



# North High Polar Football 2008

2416 E. 11<sup>th</sup> Avenue \* North St, Paul, MN 55109 \* 651-748-6145

[www.polarfootball.com](http://www.polarfootball.com)

## NORTH HIGH FOOTBALL

Future North Freshmen and Parents:

Across the levels, North High School had a great year. Led by five all conference players, a senior offensive line, and North's all-time leading rusher, the Polars finished with back to back winning records for the first time since 1998. 2008 saw the Polars BEAT local rivals Tartan and Hill Murray for the second consecutive year, and saw numerous records broken. We think this is just the beginning.

I would like to introduce myself. My name is Eric Longtin and I am the head football coach at North High School. I am also a member of the math department at North and have taught freshman algebra at North for the last 4 years. I am very excited about the future of North Football and am writing to you to tell you that WE NEED YOUR HELP in the upcoming season.

## Freshmen Football

We believe that the purpose of freshmen football is the development of future varsity football players. Though winning is important, (everyone likes to win) we want freshman football to be a fun, positive learning experience for all student-athletes involved. We emphasize fundamentals, conditioning, and safety. By *attempting* to start 22 different players, the freshmen team is able to get as many athletes involved as possible.

What Can a Freshman Football Player Expect?

- Freshmen football starts ***before school starts***. This year practice will begin Monday August 17, 2009. The football season is 10 weeks long and ends the Thursday after the EM weekend.
- There are no cuts in freshmen football. Last year, we have played a full 2 team schedule and supplemented with some B games. Everyone was given a good deal of playing time.
- North High SUPPLIES ALL EQUIPMENT except shoes. The North High School athletic department has made a commitment to providing you with excellent equipment.
- Emphasizing safety, freshmen football players practice separate from the sophomore and varsity squad. An occasional scrimmage against the sophomore team and the end of year Freshman-Sophomore football game are the only contact that freshmen football players have with upper classmen.
- Freshmen play 8-10 games and have one pre-season scrimmage.
- North High School employs a certified athletic trainer that is available for all games and practices. The trainer aids in the prevention and care of all athletic injuries. The trainer will be in attendance for all home games.
- Freshmen practice 4 days per week with a game one day per week. Freshmen do not practice on weekends.
- Attendance of classes, appropriate behavior, and passing grades are required of all football players. The coaching staff checks class attendance daily and does not allow student-athletes to practice or compete if they have missed class. Additionally, the NHS coaching staff checks grades and classroom conduct on a regular basis. Student athletes who are deficient in either area are required to attend after-practice study halls/counseling sessions to get back on track.
- ***The football program is a big commitment, but it is one that reaps a great deal of rewards.***

***IMPORTANT DATES ON BACK!!***



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## *Important Dates*

- February 28 ***Parent/Player Meeting*** – 9:00 AM – High School Cafeteria  
This mandatory meeting for all of next year's players (even for next year's freshmen) is our spring kick-off. All information for the summer and following fall will be presented. Refreshments will be provided. This is a very important meeting.
- March 3 ***Parent/Player Make-Up Meeting*** – 7:00 PM - High School Forum  
This is a meeting for parents that have missed the March 28 Meeting.
- June 22 ***Start Off-season weight training and speed improvement.*** – Time TBA  
We would like all freshmen to attend this program. Our program is designed to prepare the student-athlete for the competitive schedule in the fall. Weight training improves competitiveness, creates team unity and has been shown to decrease injuries. More information to follow.
- August 14 ***Equipment Issue*** – 8:00 – 11:00 AM – Football Locker Room  
We supply all equipment except shoes. A letter describing this will be sent home in late July - early August.
- August 17 ***FIRST DAY OF PRACTICE.*** Practices run from roughly 8 am – 2:30 pm during the pre-season and from 3:00 – 5:00 during the school year.

### Conclusion

Freshman football can be a rewarding experience for anyone involved. The values that the sport teaches help prepare student athletes for challenges that lie ahead during their high school days and beyond. We would really like your son to come out and give it a try. I look forward to meeting you.

For more information please contact:

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**If you are interested in getting on our mailing/e-mail distribution list, please go to [www.polarfootball.com](http://www.polarfootball.com) or call 651-748-6145.**