



North High Polar Football 2010

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www.polarfootball.com

NORTH HIGH FOOTBALL

Future North Freshmen and Parents:

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 16, 2010. 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!!

