

Solanco Football: "All it takes is all we got".

Welcome

To the 2008

Spring Parent Meeting

Agenda:

- Welcome
- Program philosophy and your student-athletes role in the philosophy
- Eligibility requirements (academic and attendance)
- Weight room and conditioning programs (varsity and jr. high)
- Program Summer Information
- Parent Involvement (Booster Club)
- Thoughts for preparation for the 2009 season (forms and physicals)
- Open Forum
- Brief Meeting for parents of players interested in playing College Football.
- Booster Club Meeting

Program Philosophy

Program Values

1. Togetherness
2. Honesty
3. Trust
4. Hard Work
5. Toughness (Physical and Mental)

Three Qualities of a Successful Team Unit

1. Commitment - Dedication to one goal and to the good of the Team. Commitment is demonstrated by actions not words.
2. Ownership - Your actions are yours and you own them. This Team is yours and you control it. You are accountable for the actions of this Team because you are the Team.
3. Character - As a member of the Team you must display striking moral qualities of integrity, class and honesty.

Program Guidelines

1. Respect the members of the Team and those outside of it.
2. Loyalty to the Team and its members.
3. Drugs, alcohol and tobacco are prohibited.
4. Profanity and Abusive language is not tolerated.
5. Conduct yourself so you do not embarrass or give yourself and the Team a bad name. You are a reflection of your family and the Team at all times.

Character Education

A goal of this program is to develop our players as young men that will contribute to the community and value others.

Character qualities of hard work, sacrifice, communication, loyalty and self-control will be stressed throughout the program. These elements will not only lead to success on the field but also in the student-athlete's daily life.

We need to give "ALL WE'VE GOT" in everything thing we do to be successful. That means in the classroom, in the community, with our families and on the practice field. Please support this continued goal

Program Calendar

Visit www.goldenmulesfootball.com to view the program calendar. Also register with the website to receive program updates.

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Quarryville Library
Community Work

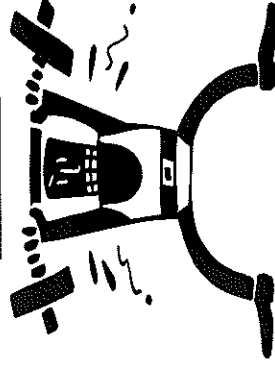
We again will be volunteering at the
Quarryville Library on
MAY 9th @ 10:00.

Volunteering for this community
service project will earn the players a
\$15 off of LVC TEAM CAMP.

This is our Fifth year of community
service events. The Quarryville
Library, Daddy/Daughter Dance,
Halloween Hallways and SECA Pool
cleanup have all shown ways that our
players care and give back to the
community.

Please encourage your athlete to
partake in the upcoming community
service events to show support for the
community that encourages and loves
these Mules. This is just one way we
are trying to build these young men
for the future.

Lift-Off



Come One!!!
Come All!!!

May 18, 19, 21 and 26, 27 and
28th

From 3:10 - 4:40

All players interested in playing
football for the high school or
jr. high teams are encouraged to
attend.

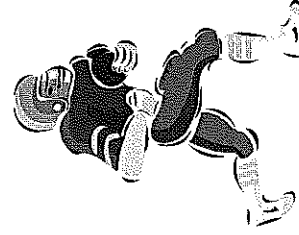
This will provide a great start to
our summer workouts and give
the players a chance to get to
know the coaches and
expectations of a program on the
move.

May 12th at 3:00 in the High School
Small Gym

**The Fourth Annual Solanco
Football Lift Off.**

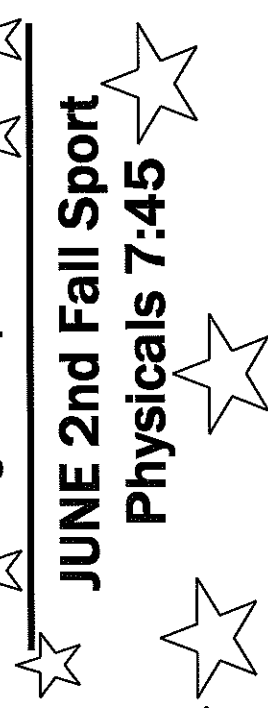
This Lifting competition will
demonstrate the hard work that the
players have put into the off-season
and give them a chance to set goals
for the pre-season.

A chance to cheer on your favorite
player as they attempt to break
personal records and prove to all that
Solanco Football is continuing to take
a giant step forward.



JUNE 2nd Fall Sport

Physicals 7:45



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Summer Weight Room

The season can be won or lost before it even begins.

- **Days: Monday, Tuesday, Wednesday and Thursday**
- **Hours: 7:00-9:00AM and 5:00-7:00PM**
- **Who: All players from all teams**

The weight room is the difference between average and greatness. Be there to better yourself and to become a team. As we have seen in the past, teams win games not individuals.

Varsity players are expected to attend 80% of the off season workouts. Meeting that expectation will allow you to possibly start the first three varsity games. LVC camp will count as bonus and will be worth 12 workouts.

Conditioning workouts and practice will occur on specific nights.

Monday: QB and Back School

7 on 7 (4-5PM)

**Tuesday: Inside Run Drills
(7-7:30PM)**

**Thursday: Speed and Agility
(7-8PM)**

Schedules

All League JV games will be played at the same location as the varsity games.

To check the schedule

Go to

www.highschoolsports.net

Select State:

Pennsylvania

Click:

Select

Select School:

Solanco High School

Click:

View Schedule

Select:

Sport and Year to view the schedule

See weekly or monthly schedule of events using the calendar

FOOTBALL WEBSITE

www.goldenmulesfootball.com

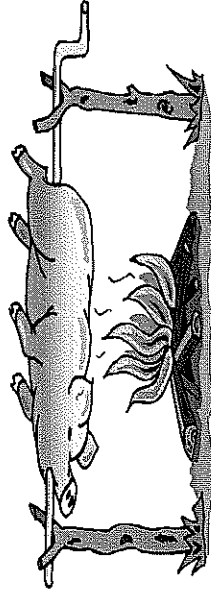
Please register for the website and for the newsletter and get email reminders.

Pictures, video, alumni section and much more.

Keep the lines of communication open.

SECA FEST

- When: July 11th @4:00
- Where: Legion Park
- Who: Players will be asked to volunteer. This is not a required fundraiser.
- The booster club will be contacting parents for help. If you are able to help please contact Gary Crawford.
- Signup sheets for the players will be in the weight room. Shifts will start at 3:45 and run for an hour until 10:00pm.
- Remember that this money is used for all of our meals, shirts, etc., for both the Varsity and Jr. High
- Support the Program and your players.



Mule Pride Football Camp

This is a youth Football camp sponsored by our Football Program for all students in grades 2-7.

- When: July 6th-9th from 6:30-8
- Where: High School Practice Fields

We will need High School Players to help instruct our future stars.

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LVC Camp

- Camp is open for all players in grades 9-12. If you would like to attend please see Coach Pearson for a brochure.
- All registration Forms and deposits are due to Coach Pearson by May 29th. If you raised money through the lift-a-thon or through community service still send in your registration fee. The remaining balance will be paid for using the lift-a-thon and community service monies. All remaining lift-a-thon monies will be reimbursed to the player.
- Make all check payable to Solanco

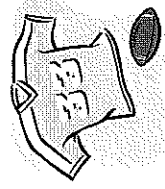
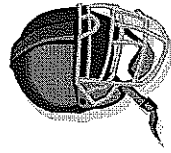
Football Boosters.

- The Booster Club will provide transportation to and from LVC. The Bus will leave at 7:30AM on Sunday July 12th and return between 4:25 and 5:00 on Wednesday July 15th. The Bus will leave from the High School student parking lot. Players should be at the school no later than 7:00AM.
- Once registration is paid, LVC will send you a letter confirming your balance and informing you of the things you should bring.
- If you have any questions contact Coach Pearson @610-998-1363

Equipment Handout

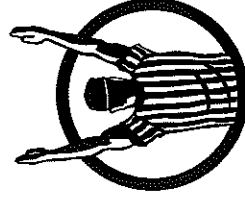
- July 6th - Returning Seniors
- July 7th - Returning Juniors
- July 8th - Returning Sophomores, First Year Players and only Freshmen that are attending LVC
- August 3rd - Final Varsity Handout
- August 19th - Jr. High @9:00am

Varsity equipment will be handed out based on a schedule. Times will be issued based on weight room attendance and returning players. All times will occur during regular weight room hours. See the team room for schedules.



Parent Rules Meeting

- Where: August 3rd @ 6:30 in the High School Auditorium
- Who: All parents and players of the High School and Junior High Teams
- Why: An intro to the running of the program from top to bottom
- Agenda: Tentative
 1. Coach Introduction
 2. Program Expectations
 3. Player Program Guides
 4. School rules and regs
 5. Post Secondary Education Preparation
 6. Athletic Trainer
 7. Fundraiser
 8. Booster Club
 9. Varsity and Jr. High parents will then split
 10. Team Specific facts and info
 11. A Booster Club Meeting will follow



Solanco High School

Boys Varsity Football 2009 - 2010

Day	Date	Place	Opponent	Facility	Time	Depart Time
Fri	09/04	Home	Penn Manor		7:30PM	
Fri	09/11	Home	Kennard Dale		7:30PM	
Sat	09/19	Home	Oxford Area	Hall of Fame Induction	7:00PM	
Fri	09/25	Away	Elizabethtown		7:30PM	
Fri	10/02	Home	Manheim Central H.S.		7:30PM	
Fri	10/09	Away	Conestoga Valley H.S.		7:30PM	
Fri	10/16	Home	Lebanon		7:30PM	
Fri	10/23	Away	Ephrata		7:00PM	
Fri	10/30	Home	Garden Spot		7:30PM	
Fri	11/06	Home	Cocalico		7:30PM	

Solanco High School

Boys Junior Varsity Football 2009 - 2010

Day	Date	Place	Opponent	Facility	Time	Depart Time
Mon	09/14	Home	Kennard Dale		4:00PM	
Mon	09/21	Away	Oxford Area		4:00PM	
Mon	09/28	Away	Elizabethtown		4:00PM	
Mon	10/05	Home	Manheim Central H.S.		4:00PM	
Mon	10/12	Away	Conestoga Valley H.S.		4:00PM	
Mon	10/19	Home	Lebanon		4:00PM	
Mon	10/26	Away	Ephrata		4:00PM	
Mon	11/02	Home	Garden Spot		4:00PM	

Solanco High School

Boys Jr. High Football 2009 - 2010

Day	Date	Place	Opponent	Facility	Time	Depart Time
Wed	09/16	Home	Lebanon		4:00PM	
Wed	09/23	Away	Ephrata		4:00PM	
Wed	09/30	Home	Cocalico		4:00PM	
Wed	10/07	Home	Manheim Central H.S.		4:00PM	
Wed	10/14	Away	Elizabethtown		4:00PM	
Wed	10/21	Away	Conestoga Valley H.S.		4:00PM	
Wed	10/28	Home	Garden Spot		4:00PM	

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Quick Reminders

May 9th: Quarryville Library Community Service 10:00AM

May 12th: Solanco Football Lift Off

May 18, 19, 21, 26, 27 and 28: Spring Drills

May 28th: Junior Wing Night (Current Juniors only)

May 29th: 7 on 7 vs. Pequea Valley (high school players only)

May 29th: LVC Team Camp Registration due to Coach Pearson

June 1st: Testing of 40 yard dash and vertical jump

JUNE 2nd: Physicals at SHS 7:45 (FREE)

June 15th: First Day of Summer Lifting

June 22nd Red Lion 7 on 7 Bus will leave the high school at 4:30 (high school players only)

June 29th Pequea Valley 7 on 7 Bus will leave the high school at 5:00 (high school players only)

July 6, 7 and 8: All High School and Only Freshmen going to LVC equipment hand out

July 12-15: LVC team Camp

July 30th Octorara 7 on 7 at home at 5:30 (high school players only)

August 3rd: Season Kickoff Parent Meeting 6:30 at SHS

August 17th: High School Preseason Practice Begins at 6:00 AM at the High School

August 19th: Jr. High Equipment Handout at 9:00 AM

August 24th Jr. High Practice Begins