



SULTANS
F O O T B A L L

2019 Frosh Parent Information Packet



@ santana_football



Santana High School Football Program

Contact Information:

Coach Lyons Email: peterlyons9232@gmail.com (preferred method of contact)

Coach Lyons Cell: 801-608-2297 (Emergency Only)

Coach Estes' Email: tdestes@guhsd.net

Weight Room Office: 619-956-0336 (only use during summer)

Coach Estes' Classroom 204: 619-956-0368 (only during school year)



Mission Statement

The mission of the Santana High School football program is to field a team that excels on the field, achieves in the classroom, and positively impacts our school and community. Santana values the lessons that have long been taught by football participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off. Santana strives to create an atmosphere of enthusiastic volunteerism and support within the organization of Santana parents, players, coaches, and the surrounding community to develop the most competitive football program possible, and to help each player achieve the best possible football experience.



SUMMER WORKOUTS

- **Begins as soon as incoming 9th graders finish middle school.**
 - Half Field Work, Half Weight Training
- **Dates: June 10th - June 30th & July 15th - 29th**
- **Time: 6-8am**
 - Monday - Tuesday - Thursday - Friday
 - Off Wednesdays and weekends
- **VARSITY: 7 on 7 games Every Tuesday @ 4:30pm**
 - Locations vary, schedule will be posted
 - Athletes will need their own transportation to the games
 - Arrive 45 minutes early
 - Freshman are encouraged to come watch, learn and support
- **Sunday June 23 7 on 7 Tournament @ USD - Varsity only**
 - Freshman are encouraged to come watch, learn and support
- **DEAD PERIOD July 1-14**
 - No contact period. We will have no practices per CIF ruling.
- **Freshman Camp July 15th - 26th**
 - Any incoming 9th graders are encouraged to participate in our annual freshman camp. Please inform anyone who is an incoming freshman interested in football. Cost is \$100. 4:30-6:30pm Monday through Friday.

FALL SEASON

1. The regular season begins on **Tuesday, July 30th, 2019 at 7:30am.**
 - **YOU MUST BE CLEARED THROUGH FINANCE BEFORE July 30th to participate**
 - Fall season calendar will be posted online when it is available
2. Not being cleared will result in an unexcused absence
3. For the remainder of the season the student is allowed ONE unexcused absence.
4. An Excused absence is arranged ahead of time with Coach Lyons.
5. If any absence occurs you will have consequences. (i.e. Loss of playtime, conditioning, etc.)
6. On the second unexcused absence the student **will be dismissed** from the team.

ONLY Coach Lyons can excuse you from a practice, you should tell your individual coach when you will not be present, but it will NOT excuse you. Telling any other coach will NOT excuse you.



HOW WE ARE VIEWED BY OTHERS.

- Students
- Teachers
- Administrators
- Community
- **Will you do what it takes when no one is watching?**

TEAM CONCEPT “UNDERSTAND THIS”

- All decisions made are based on what’s best for the team
 - The group will always come before the individual.
 - EX: playing a position that is best for the TEAM and not the preferred position.
- ***Players Kicked off** - Disruptive Behavior in practice, games, in the classroom, or on campus, ETC.
- No calling each other names or getting on each other
- Be Positive
- We need EVERYONE from first to last on the depth chart.
- **We will treat you fairly, but not necessarily equally**

OTHER IMPORTANT INFORMATION

- All equipment issues need to be reported to Coach Lyons ASAP - game or practice
- NO ALTERATIONS OF ANY EQUIPMENT MAY BE DONE
- NO CUTTING KNEE PADS OR BELTS
- Color of undergarments/socks **must be team colors** and we will match as a team (Black w/black & White w/white)
- NO SPATTING CLEATS (unless needed and done by trainer)
- **ALL FOOTBALL GEAR STAYS IN LOCKERS - NOT IN YOUR CAR**
- Our jerseys cost over \$300 for the set. Please take care of them. When gear is issued, washing instructions will be given to the athletes.
- **ALL INJURIES NEED TO BE REPORTED TO COACH LYONS AND THE TRAINER (JUSTIN)**
- **You must have mouthpiece and knee pads every practice**
- Loaners are limited for practice and will NOT be given out on game day
 - Come prepared for practice and games. Have things ready the night before. You are a Sultan now.

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- This game is not for everyone IT is unique
 - **Look out for your teammates, including the JV and Varsity, in the program. Take care of each other - We are a TEAM from Frosh through Varsity.**

Playing Time - Be ready for the answer.

If you have questions or concerns on why your son or daughter isn't playing or playing “enough”, ASK THEM FIRST (Do they know the plays, do they participate in practice, etc) If this doesn't answer the question, please call and make an appointment to meet with me.

DO NOT approach any coach after a game with these concerns. Everyone’s emotions are high and the question will not be answered properly.



Gridiron Club

Letter from the staff,

As we move into our first season guided by our new mission statement it became clear that in order to meet the goals set out in the following words “ To help each player achieve the best possible football experience” we realize that we need to utilize the best resource we have, which is the community of people who surround our program and the city of Santee. We believe a great program is the collaboration of hard work on the practice field and Friday nights **and** the support of the Santana faithful. All the building blocks of a program beyond the game between the lines Friday nights are the details such as pre-game meals, decorating for games, volunteership, fundraising, and simply being a positive voice in the stands is what makes the young student-athletes feel valued and part of something greater than themselves. In order to facilitate these ideas and many more, we would like to invite you to join the Santana **GRIDIRON CLUB**. We wish, as a staff to incorporate the players families in these young peoples football experience. We want those around the program to enjoy the many great moments that are experienced throughout the season, such as the struggles, triumphs, and the growth as quality young student-athletes we hope to create as a result of being part of the Santana program. Looking forward to a great season!

Thank you,
Santana Coaching Staff
Go Sultans!

Santana Football wishes to invite you to join the Gridiron Football club to ensure the best experience possible for our student-athletes and we are actively looking for parents who wish to lend a helping hand financially, through volunteering, and encouraging our athletes on game day. To become part of the Gridiron Club, please fill out the following form and save the date for our inaugural meeting **Thursday, May 30th at 6:30 in the Event Center.**

If you have any questions regarding the Gridiron Club please contact Patrick Kelly through e-mail at pakelly@guhsd.net or by calling his work phone at (619) 956-0346.