

**FREEDOM
FOOTBALL**



**PARENT
HANDBOOK
2010**

Dear Parents/Guardians:

Welcome to the Freedom Football program. The 2010 football Booster Club Board looks forward to working hard to support our players.

As parents and guardians, there are ways we can lend our support so our children's football program can be successful. Being informed is one way to achieve this. Please review this guide to help answer questions you may have about the high school football program. One way to insure that your ideas are included in future publications is to get involved with the Black & Gold Gridiron Club (BGGC).

The BGGC is an organized group of parents whose purpose is to support our football program. If you have a player on the team, you are a member and your ideas and opinions matter. Please attend the monthly meetings held on the 3rd Wednesday of each month (meeting dates listed on page 7 and 8). Please check your email regularly in case a meeting date has changed. We meet year-round, not just during the season. We invite you to become an active part of the parent team by committing to one of the "volunteer opportunities" available.

Our website, Patesfootball.com, constructed to keep parents and fans current with team information and accomplishments is maintained by a parent volunteer, Dave Zanoni. Many thanks go out to Dave! Dave's son graduated in 2008, but he continues to help with the program.

Being a part of the football program does not have to stop when your player graduates but while he is here please get involved as much as your schedule allows. Freedom Football is a progressive-thinking program. We need to combine our talents to support the program. If you have any skills or resources that you are willing to make available to help further the endeavors of the program, please inform a Board member or Coach Roeder.

Thank you for taking the time to read this letter and reviewing the guide. We hope you find it helpful.

Welcome to Freedom High School Football.

Thank you,
BGGC Board Members

HELPFUL INFORMATION

Academics

Players are expected to be a student first and an athlete second. The academic progress of team members is monitored throughout the school year. Poor behavior and low achievement is not acceptable.

Equipment

Equipment is picked up by the three squads at the Equipment Room at their designated times. The Equipment Room is located by the pool. Great attention goes into fitting our players correctly which will take time so have your player make pick-up arrangements.

Please note: If a player does not turn in a completed Physical Form, the player will not receive his equipment and cannot participate in practice.

What are 2-a-days?

“Two-a-days” start for JV and Varsity players in August (date TBA). There is a morning session and an afternoon session, typically Monday through Friday. Varsity and JV players must bring a bagged lunch because they are not allowed to leave the campus. More information to follow.

(Freshman players do not participate in 2-a-day/double sessions.)

When do the three squads play?

Varsity games are typically held Friday evenings, but there may be a Saturday game on the schedule. Home games are held at the BASD Stadium, Frank Banko Field, located behind Liberty High School and start at 7:00 p.m. Home seating is on the Press Box side. For Varsity games, the Coach will tell players what time they are to be fully dressed and ready to board the bus. It is suggested that if a player cannot leave school and return in time, that the player should come prepared with food.

JV and Freshman home games are held Monday nights at BASD Stadium. Freshman games begin at approximately 4:30 p.m. and JV at approximately 6:00 p.m. Away games start at the discretion of the home team. Information with further details will be distributed. JV players will suit up for the Varsity games as well.

PLEASE NOTE: If the Varsity game is held at home Friday, then JV and Freshman will play away on Monday, and vice-versa.

In July, the Athletic Department will begin to sell Family passes. Please keep in mind that when we play Bethlehem Catholic the use of these passes depends on whether we are the Home or Away team. If we are Home, the passes are valid. If we are Away, the passes are invalid and you will have to pay admission to get into the game. These passes are valid for the Liberty game regardless of whether we are Home or Away. Please note that these passes are not valid for any post-season games.

Where are players dropped off and pick-up of players for games and practices?

ALL PLAYERS ARE BUSED TO AND FROM GAMES

For games and practices, players must report to the school at a time designated by the coach. Players are dropped off at the entrance to the old gym and will be picked up there after games and practices.

At the discretion of the Freshman coaching staff, weekend practices may be called, which generally occur during the morning hours.

What are pasta dinners (pre-game meals)?

In keeping with the Coach's philosophy, Varsity and JV players eat together the night before a game (Thursday for a Friday game, Friday for a Saturday game). The purpose of the meal is to "carb-up". A typical dinner consists of salad, a pasta dish, meatballs, and bread. No sweets. Each week a different class (Sophomores, Juniors, Seniors) will be responsible for supplying the food for that week's dinner. Food should be dropped off at the cafeteria by 5:00 p.m.

The easiest place to drop off your donation is to come to the cafeteria via the entrance off of Oakland Road. Make a right/left turn off of Oakland Road onto Santee Road. Travel straight into the school's parking lot and head left towards the high school. Off to the left you will see a small asphalt road that leads up around to the back of the cafeteria.

The players eat at 5:30 p.m. If you are not able to bring your food item, please let your Parent Rep. know so that alternate arrangements can be made. There are two special dinners during the season; the *Kick-Off Dinner* and the *Last Supper*.

The Kick-Off Dinner

All 3 squads (Varsity, Junior Varsity, and Freshman) and their families are invited to attend the Kick-Off Dinner. You will receive a flyer regarding the dinner. The Kick-Off Dinner affords the opportunity for parents to meet the coaching staff and players. It is at this dinner, you will receive more information about the dinners. *We hope you can attend this function with your player.*

{Note to Varsity and JV Parents: A Donation is taken at this dinner to help defray the cost of the pizza which the players will have in place of the Pasta Dinner the night before the Homecoming Game.}

The Last Supper

The **Last Supper** celebrates the accomplishments of our teams and we recognize our senior players and their parents. This is also the pasta dinner prior to the Freedom/Liberty game. In addition to the Seniors' families, this event is attended by the Junior, Sophomore and Freshman players and their families. It is also at this dinner where Varsity (and JV ?) players will present Mums to their Moms. Coach will dictate the level of celebration, and this is the only dinner where cake is allowed. Each class will be responsible for a particular food item. More information will follow.

How are funds raised for the program? (currently done)

Freedom Football Golf Tournament. This event is held in late May and has become a very successful fundraiser. Parents are encouraged to participate by volunteering to work the event, soliciting sponsors, and providing prize donations. Further information will be distributed at a later date.

Hoagie Sale. Players are asked to sell coupons redeemable for one (1) small hoagie from the Height's Market on Freemansburg Avenue. Details regarding coupon amount and hoagie selections will be forthcoming.

Lift-A-Thon. In April, players who participate ask sponsors to pledge an amount for each pound lifted during the event or a flat pledge amount. Each player is requested to raise a certain amount. If the player cannot participate at the actual meet, the player's totals from his weight testing is used.

Giani's. Players take orders for gourmet foods. Information will be distributed at Equipment Pick Up. Orders are due within two weeks.

Fall Sports Program Ads. Players and parents are asked to sell space or patron comments to run in the Home game programs.

Texas Roadhouse Fundraiser (newest). In 2009, the event was held September 8th from 4PM to 10PM. With this fundraiser, redeemed coupons entitle our program to receive a pre-determined percentage of the amount for your dinner.

Patriot Club-Profit Sharing. Profit sharing is when athletic teams "volunteer" to work an event at the Freedom concession stand and receive a portion of the profits for their respective team. This money can then be used by the coach for items or camps or league fees where individual players have the opportunity to participate. The Patriot Club holds the money in their account until such time that the coach requests the funds. Profit Sharing is in addition to the mandatory coverage that we will be responsible for. We will not be scheduled to cover a concession stand when we are scheduled to play.

Your efforts and support are greatly appreciated!

BLACK & GOLD GRIDIRON CLUB MEETINGS

4/21/10	8/18/10	12/15/10
5/19/10	9/15/10	1/19/11
*6/09/10	10/20/10	2/16/11
*7/20/10	11/17/10	3/16/11

**Meets 7:30 P.M. at the
COOLIDGE BLDG., 5th St.**

*special meeting dates

EXAMPLES OF HOME GAME VOLUNTEER OPPORTUNITIES

- Sell Programs and Fan apparel
 - Sell 50/50 tickets
 - Sell raffle tickets

Example: Rotation of Class Pasta Dinner Responsibility

DATE	CLASS
09/02/10	<i>SR</i>
09/10/10	<i>JR</i>
09/16/10	<i>SO</i>
09/23/10	<i>SR</i>
09/30/10	<i>JR</i>
10/07/10	<i>So</i>
10/14/10	PIZZA
10/21/10	<i>SR</i>
10/29/10	<i>JR</i>
Last Supper Date: 11/04/10	All Families And Guest Are Asked To Bring A Dish

OTHER EXAMPLES OF VOLUNTEER OPPORTUNITIES

- JOIN COMMITTEES
- BE A PARENT REPRESENTATIVE
- SERVE AT PASTA DINNERS
- CONCESSION STAND COVERAGE

CALENDAR OF EVENTS*

EVENTS, DATES & TIMES ARE SUBJECT TO CHANGE. LIST MAY NOT BE COMPLETE.

8/09/10	EQUIPMENT PICK UPS-Srs. 1pm, Jrs.-1:30, Soph.-2:00
8/10/10	FRESHMAN EQUIPMENT PICK-UP- 3PM, PARENT MEETING-4PM
8/16/10	OFFICIAL PRACTICE STARTS
8/18/10	B&G AUGUST MEETING @ 7:30 P.M.
8/21/10	SCRIMMAGE @ HARRISBURG - 10A.M.
8/25/10	KICK-OFF DINNER FOR PLAYERS & FAMILIES/ PASTA DINNER SUPPLIES AND PIZZA DINNER DONATIONS COLLECTED
8/26/10	SCRIMMAGE VS. NORTHWESTERN @ BASD STADIUM- 6:00 PM
8/28/10	TENTATIVE-PICTURE DAY- Before A.M. PRACTICE
9/03/10	VARSITY GAME @ EAST STROUDSBURG SOUTH - 7:00 P.M.
9/11/10	VARSITY GAME @ A'TOWN CENTRAL CATHOLIC - 7:00 P.M.
9/15/10	B&G SEPTEMBER MEETING @ 7:30 P.M.
9/17/10	VARSITY GAME VS. ALLEN @ HOME - 7:00 P.M. (BULLDOG NIGHT)
9/24/10	VARSITY GAME VS. EMMAUS @ HOME - 7:00 P.M.
10/01/10	VARSITY GAME @ DIERUFF - 7:00 P.M.
10/08/10	VARSITY GAME @ NORTHAMPTON - 7:00 P.M.
10/15/10	VARSITY GAME VS. NAZARETH @ HOME -7:00 P.M. (SR.NIGHT)
10/20/10	B&G OCTOBER MEETING @ 7:30 P.M.
10/22/10	VARSITY GAME @ EASTON - 7:00 P.M.
10/30/10	VARSITY GAME @ BETHLEHEM CATHOLIC - 7:00 P.M.
11/04/10	LAST SUPPER-MUMS FOR MOM/LIBERTY GAME "TEAM PEP RALLY" (ALL SQUADS & THEIR PARENTS ATTEND)
11/05/10	BONFIRE @ 6:00 P.M. - PIZZA SERVED TO PLAYERS BEFORE
11/06/10	BREAKFAST FOR VARSITY AND JV PLAYERS @ TBA
11/06/10	VARSITY GAME VS. LIBERTY @ HOME - 2:00 P.M.
11/07/10	FRESHMAN LIBERTY GAME PIZZA PARTY/MORE INFO. LATER
11/08/10	JV AND FRESHMAN LIBERTY GAMES
11/17/10	B&G NOVEMBER MEETING @ 7:30 P.M.
12/15/10	B&G DECEMBER MEETING @ 7:30 P.M.
1/19/11	B&G JANUARY MEETING @ 7:30 P.M./BOARD NOMINATIONS & BY-LAWS DISCUSSED
2/16/11	B&G FEBRUARY MEETING @ 7:30 P.M./BOARD NOMINATIONS & VOTING FOR BOARD & PROPOSED BY-LAW CHANGES
3/16/11	B&G MARCH MEETING @ 7:30 P.M./NEW BOARD IN OFFICE