



Checklist for 2014 football season

- The definition of teams are as follows: Elemental-4th grade, Developmental-5th grade, Cadet - 6th grade, Youth (Junior Varsity) - 7th grade and Intermediate (Varsity) - 8th grade.
- The *CYO Football* Rules for each division can be viewed at the CYO website clevelandcatholiccharities.org then link to **CYO Athletics** and **Football**.
- Players will need water/ beverage brought with them for all on-field practices. The beverage container should have their names printed somewhere on the container.
- A signed CYO Physical exam form must be turned into the church office no later than July 31, 2014. A copy can be obtained online at the St. Gabriel Parish website st-gabriel.org. then link to **Faith Formation, youth, and CYO Sports**. Questions regarding physicals should be brought to the attention of Karen Jubeck, in the parish office 440-352-8282.
- Your football registration fee will need to be paid no later than July 31, 2014.
- For players on the 4th, 5th, and 6th grade teams who weigh-in at between 55-65 pounds, you will need to have an underweight player release form signed by your physician. This form can be obtained at the St. Gabriel Parish website st-gabriel.org. then link to **Faith Formation, youth, and CYO Sports**. Keep this in mind if your child still needs their physical or you are reasonably sure your child will be under-weight.
- The football program will supply helmets/with chin straps, shoulder pads, knee pads, thigh pads, hip pads, tailbone pad, game jersey, game pants and belts.
- You will need to purchase: black practice pants (which can be used as game pants at the 4th-6th grade levels), accessory pads, athletic cup and supporter, game socks, and belts for the practice pants. We also do not supply helmet shields, gloves, or rib protectors. Practice jerseys and practice/ game pants will be on sale at the equipment hand out day. The cost of a practice jersey will be \$25.00, integrated football pants \$30.00.

St. Gabriel Football 2014 Schedule

July 14-17 St. Gabriel Football Skills Camp, 5:30-7:30pm at the football field. Registration begins at 5:00pm on July 14th. Donation \$20.00/ child. This camp will concentrate on football related skills and is designed to ready the athlete for the upcoming season. The camp will be hosted by the incoming 4th grade football coaches and former St. Gabriel CYO

Football coaches. ***Please sign and bring the attached waiver form to camp.***

- July 16 Helmet and equipment cleaning. Help is needed at the football barn, 6pm. Any questions please contact Todd Slowey 440-478-8155.
- July 26 Field Opening Day, 9-12pm at the football barn. This is an opportunity to help our ministry prepare for the 2014 season. Help is needed to get the football equipment out onto the field, line the practice fields and help us with overall maintenance and clean-up of the football facilities.
- July 30 Equipment Hand out day. 6pm at the St. Gabriel Church. The initial meeting in the church will give parents an opportunity to meet the coaches and parents that administer our program and to answer any questions you may have regarding our football ministry. We will then hand out the football helmets and shoulder pads to the athlete's that did not receive them after the football camp. It is at this meeting that you will have an opportunity to purchase a practice jersey for your child. Cost of the Practice jersey is \$25.00. You can also order black practice/game integrated pants for grades 4th-6th. The cost of the integrated football pants is \$30.00. Physicals and football Fee's are due.
- August 1 The first day of organized practice. The practices will begin at 6pm and end promptly at 8pm. You should plan on practices being held Monday through Saturday until school starts (August 27th). Under the CYO Rules, 1st day of practice – Helmets, Shoes, Shorts – **No Contact allowed**. The 2nd day of practice the players must wear - Helmets, Shoes, Shorts – **No Contact allowed**. The 3rd & 4th day of practice the player must wear helmet, shoulder pads, shoes, shorts – **No Contact allowed**. The 5th day of practice the player must wear full equipment – **No Contact allowed**. The 6th day of practice is the first day of **Contact allowed**.
- August 15 Game schedules available on the CYO website.
- August 16 We will hold our first scrimmage of the 2014 season. Grades 4-7 will be included in a program called ***Rush for a Cause***. This is a CYO sanctioned day of football scrimmages that promotes safety and athletic injury awareness. Our different grades will be participating at different times of the day. The scrimmages will be held at Brecksville-Broadview Heights High School. For more information on the program consult **rushforacause.org**. Your individual coaches will have time and location details as we approach the scrimmage dates.

August 16 CYO Varsity Preview scrimmage vs. St. Mary's Mentor@ Lake Catholic Field.

August 27 Practice schedule switches to school practice schedule.

August 29 Anticipated 2014 CYO Football opening weekend.

*The CYO Program allows three pre-season scrimmages before the season begins. With this in mind, please plan on having at least one or two more scrimmages per team. They may or may not occur during a scheduled practice time or on a weekend morning, afternoon or evening. Your coach will keep you up to date on scrimmage events added to our calendar.

In School Practice Schedules

4th Grade- Coach Shero	Practice Monday, Wednesday, Friday 6-8pm. Games on Saturday.
5th Grade- Coach Begovic	Practice Monday, Wednesday, Thursday, 6-8pm. Games Saturday.
6th Grade- Coach Longano	Practice Tuesday, Wednesday, Thursday, 6-8pm. Games Saturday.
JV- Coach Patriarca	Practice, Tuesday, Wednesday, Thursday, 6-8 pm, Games on Sunday Afternoon.
Varsity- Coach Drozin	Tuesday, Wednesday, Thursday, 6-8 pm. Saturday, 9-10:30 am, 9:00 am Sunday Mass, Games on Sunday Afternoon.

2014 St. Gabriel Football Contact List

Ed Walsh Football Commissioner	440-796-3215	edwalsh2@yahoo.com
Larry Drozin Varsity, Head Coach	440-637-3134	larry@jelenicmachinery.com
Chris Mottola Asst. Varsity, Head Coach	440-867-4431	cmottola@ameritech.net
Dan Patriarca Junior Varsity, Head Coach	440-479-5230	patriarcacpa.dan@gmail.com

Mike Lngano 6th Grade, Head Coach	440-477-6411	mlongano@milltechsales.com
Ivan Begovic 5th Grade, Head Coach	440-478-8306	icbegovic@roadrunner.com
Bill Shero 4th Grade, Head Coach	440-488-0932	bshero@oh.rr.com
Dione DeMitro Web Administrator	440-867-5390	dionedemitro@att.net
Nick Adams Football Marketing	216-272-0272	njadams@sbcglobal.net
Amy Folino Concessions	440-391-7137	amy_c_folino@progressive.com

Reminders

If any parent is interested in coaching at any of our grade levels they must attend the CYO Coaches Development Program, The Virtus Training Program, and complete the St. Gabriel background check, be certified for concussion training with the State of Ohio and complete the parish volunteer process. Anna Lee can help you with all of the parish related information. Anna is the Virtus chairperson and can be reached at 440-352-8282.