

# FOOTBALL NIGHT

## AGENDA Sun 4/14/24



- 138 days til K.O. vs. Schaumburg!
- Communication (Sequoitfootball.com, Twitter, Facebook)
- Updates and News
- The Big 4 (Playing time, Eligibility, Code of Conduct, Fees and Registration).
- Other Important Items/Questions-Answer



# 2024 FOOTBALL INFORMATION NIGHT



Conference/Division Titles:

1979, 1982, 1983, 1985, 2004, 2008, 2011, 2016, 2017, 2018,  
2019, 2020, 2022, 2023

State Playoff Qualifiers

1979, 1982, 1983, 1985, 1991, 1998, 1999, 2000, 2001, 2003,  
2004, 2005, 2008, 2010, 2011, 2013, 2014, 2016, 2017, 2018,  
2019, \*2020, 2021, 2022, 2023

Varsity Sequoits have a 52-3 NLCC Record!  
F/S haven't lost a game in 3 years!

# State of the Program

Off season weightdeck numbers are good.

- ❑ 13 in the 700 lb. club (Club is max bench, squat, dead lift)
- ❑ 7 in the 850 lb. club
- ❑ 22 in the 1000 lb. club

## Attendance:

- ❑ 58/87 football players are in a spring sport
- ❑ 5 football players not in a sport on weightdeck 4 days a week.

# Sequoits Currently Playing Football in College:

- Joey Neumann- South Dakota State University
- Ethan Kolloff- Illinois Wesleyan University
- Aidan Niemczyk- St. Francis University
- Jeff Leighliter- Elmhurst College
- Aiden Lennon- Quincy University
- Roberto Dominguez-Carthage College
- Jackson Gutke- Carthage College
- Andy Bowles- University of Wisconsin-Platteville
- Athan Kaliakmanis-Rutgers University
- Dino Kaliakmanis-Rutgers University
- Tre Watson-Minnesota State University
- Ben Nauman- Western Illinois University
- Max Ness-North Central College
- Tommy VanSickle-Carthage College
- Jacob Herstowski-Lake Forest College
- Jacob Moisa-St. Ambrose University



# Football Coaching Staff

- ❑ Brian Glashagel
  - ❑ Del Pechauer (H.o.F.)
  - ❑ Mike Gordy (H.o.F.)
  - ❑ Rico Ellis
  - ❑ Jim Rejc
  - ❑ Ryan Shifley
  - ❑ Pat Swanson
  - ❑ Mike Karner
  - ❑ Mitch Munda
  - ❑ Jordan Eder
  - ❑ Dave Aklinski
  - ❑ Cameron Campbell
  - ❑ Hayden Beattie
  - ❑ Ed Nobiling
  - ❑ Sean Connor
  - ❑ Ryan Shaputis
  - ❑ Ryan Naes
  - ❑ Keith Pawlicki



All State RB Danny Arden scores against Libertyville in 2011

# ACHS Athletic Department

Mrs. Kim Humann (Athletic Secretary)- [kim.humann@chsd117.org](mailto:kim.humann@chsd117.org)

Mrs. Mary Soto (Athletic Secretary)- [mary.soto@chsd117.org](mailto:mary.soto@chsd117.org)

Mike Maloney (Athletic Director)- [michael.maloney@chsd117.org](mailto:michael.maloney@chsd117.org)





- President- Megan Marabella
- Vice President- Amanda Rivera
- Treasurer- Niel Patel
- Secretary- Heather Wickert
- Technology- Anne Soucek
- Events Planner- Mary Anne Hulting
- Utility- Amber Campbell

## ACHS Trainers:

- Ryan Naes
- Brynn Nottoli



# Sequoit Football Expectations

## Coaches Expectations of Parents

1. Have all athletic waivers and fees turned in by designated deadlines OR make arrangements with front office.
2. Know your son's academic situation by checking grades regularly.
3. Be great POSITIVE Supporters of Antioch Sequoit Football.
4. Check the school website and facebook for updates and changes regularly.
  - [www.sequoitfootball.com](http://www.sequoitfootball.com)
  - Join us on Facebook. "Antioch Sequoits Football"
  - @Sequoitfootball on Twitter (X)
5. Conduct at games to be 1<sup>st</sup> class.
6. Respect all of the coaches on game night and wait until the next day to handle any concerns or issues.
7. Have your son contact coaches when missing a practice, weightlifting or conditioning. We will contact you in return.
8. Use the chain of command with certain issues Position Coach, Level Coach, Program Coach, Athletic Director, Principal.
9. Trainers handle all injuries and all decisions with injuries.



# Sequoit Football Expectations

## Coaches Expectations of Players

- 1. Be on time for meetings, practices, appointments and class.
- 2. If not in a sport, attend off season strength training.
- 3. Excellence in the classroom and on the field.
- 4. Take pride in avoiding mental errors.
- 5. Be the best conditioned player on the field.
- 6. Be the best disciplined player on the field.
- 7. Know your role on the team and take pride in helping our team achieve victory!
- 8. Be each other's greatest supporters. Hang together!!!!
- 9. Be loyal to the team, your teammates, school and coaches.
- 10. Eliminate excuses. Learn to accept coaching.

# Sequoit Football Expectations

## ▣ Players Expectations of Coaches

1. Be on time.
2. Be prepared for meetings and practices.
3. Work your position players harder than any other group on the field.
4. Mentally challenge your position players higher than all other groups.
5. Make sure you run after practice for innapropriate conduct. (Late to practice, swearing, not prepared)
6. Lose patience and explode at times to raise players to another level.
7. Love and respect players.
8. Coach them like they are your sons.

# Parent/Player **MUSTS** to Stay Informed

- ▣ 1. Go to [Sequoitfootball.com](http://Sequoitfootball.com). The football website serves as a one stop for everything football.
- ▣ 2. Follow us on Twitter [@Sequoitfootball](https://twitter.com/Sequoitfootball).
- ▣ 3. Follow us on Facebook at “[Antioch Sequoits Football](#)”.



# 4 Biggest Issues in Every Sport

- ▣ 1. Playing Time
- ▣ 2. Eligibility (Academic)
- ▣ 3. Code of Conduct (Behavior)
- ▣ 4. Physicals, Registration, and Fees



# Playing Time Part 1

1. THE BEST PLAYERS PLAY. Here's how to be the best you can be:

A. Attend Off Season after school strength training. BE PRESENT!

1. Varsity Athletes lift weights after school with their teammates
2. Varsity Athletes are in Physical Best P.E. class.

B. Play other sports.

1. Sports keeps you mentally tough, in shape, out of trouble and better academically. The best football players always are multiple sport athletes.

C. Do Not miss any summer strength training, football camp, 7 on 7's or team functions.

2. Every player has countless of hours/opportunities to prove their playing ability everyday in camp, practice and games. Coaches are always evaluating players on and off the field.



# Playing Time –Players

- ▣ How to handle unsatisfied playing time.
  1. Talk to your position coach first!
  2. Talk to your Offensive/Defensive Coordinator.
  3. Talk to your Level Coach.



# Playing Time- Parents

- ▣ How to handle your son/daughter's unsatisfied playing time.
  1. Encourage your son/daughter to talk to position coach, coordinator and/or head coach.
  2. If not satisfied. Email Coach Glashagel for a face to face sit down meeting.
  3. If not satisfied with your meeting with Coach Glashagel....contact Mr. Maloney (Athletic Director)



# Academic Eligibility Part 1

Coaches get an Academic Eligibility report every Thursday during the football season around 11:00 a.m. The eligibility begins on that following Monday. Here is the district Academic eligibility 3 avenue policy.

<u><b>Avenue 1 ELIGIBLE</b></u>	<u><b>Avenue 2 PROBATION</b></u>	<u><b>Avenue 3 INELIGIBLE</b></u>
<ul style="list-style-type: none"><li>☐ <b>G.P.A. 2.0 or higher.</b></li></ul> <p><b>AND</b></p> <ul style="list-style-type: none"><li>☐ <b>Passing at least 5 classes.</b></li></ul>	<ul style="list-style-type: none"><li>☐ <b>G.P.A. below 2.0 BUT above 1.5</b></li><li>☐ <b>Passing at least 5 classes.</b></li><li>☐ <b>Can Practice and Play in Games.</b></li><li>☐ <b>Can only be on Probation for a total of 3 weeks, then Ineligible.</b></li></ul>	<ul style="list-style-type: none"><li>☐ <b>G.P.A. is below a 1.5</b></li></ul> <p><b>OR</b></p> <ul style="list-style-type: none"><li>☐ <b>Not Passing 5 classes.</b></li><li>☐ <b>Can Practice BUT Cannot play in Games. Should get tutoring afterschool.</b></li></ul>



# Academic Eligibility Part 2

- ▶ Other Info:
- ▶ 1. IMPORTANT!!! Players can correct any grade on Thursday afternoon, Friday or Monday by 9:00 a.m., to rectify their academic situation. For example, Player A is academically ineligible on Thursday at 11:00 a.m. He retakes a test after school on Thursday and brings G.P.A. up and now is eligible for the following week. Player A also needs that academic teacher to email Mrs. Humann in athletics and Coach Glashagel to confirm.
- ▶ 2. All classes count for your G.P.A. (P.E., Foods, Health..etc.)
- ▶ 3. Have had players ineligible because they are only taking 5 academic courses during the day. Fail one and you are ineligible. If your son/daughter has 2 study halls during the day....contact their Counselor and get them into another course!
- ▶ 4. Follow you son/daughter's grades on the Infinite Campus app to stay informed on your child's grades.

# Academic Eligibility Part 3

- ▶ 1. Do not remove your son/daughter from football (or really any sport) because they are doing bad in school. Us football coaches are relentless on the players and their academics. Scientifically proven that sports help academics, not hurt!
- ▶ 2. If your son/daughter is academically ineligible, we will make arrangements for that athlete to make up missing work, retake tests, get tutoring after school before coming to football.

# Code of Conduct Part 1

- ▣ Besides academics, there's other ways athletes can be suspended from practice and games.
  - Ditching classes or school.
  - Fighting in school.
  - Threatening others in school OR on Social Media.
  - Attending parties or gatherings where there is alcohol, tobacco or vaping.
  - Using alcohol, tobacco or vapes.
  - INAPPROPRIATE SOCIAL MEDIA POSTS! (Fake Barstool accounts, X, Instagram or Snapchats)

# Code of Conduct Part 2

- ❖ Athletes must be in school for a full day in order to play in any contests Friday night unless of a cleared doctors appointment, family emergency or prearranged absence. In other words be in school on Fridays!
- ❖ Athletes cannot be called out of school during lunch periods, in order to go out to lunch. They will not be able to attend practice that day....which will result in missing game time. This was an issue in 2019, that needs to stop. However, parents can drop off lunch for their kids.
- ❖ Social Media. If an athlete posts anything on social media negatively, or perceived as negative by coaches/admin, about coaches, teammates, the program or school....the result can be missed playing time.

# Physicals, Registration, and Fees

## I. Physicals

- A. Sports Physicals are good for 390 days. We are asking all football players to get their summer sports physicals done by August 1st.
  
- B. There are walk in physicals done by Family Medicine in Antioch, the Urgent care facility (across from Culvers) and the Walgreens in Round Lake. All are generous with any health insurance plan.

# Registration & Fees Part 2

1. If you have financial issues, for football fees, just contact Coach Glashagel or Gridrion President Megan Marabella.
2. The \$150 Athletic Fee is taken care of through the Athletic Department and not the football program.

PLEASE TAKE CARE OF ALL PHYSICALS, REGISTRATIONS AND FEES PRIOR TO THE START OF THE SEASON!!!!!!

# Registration, and Fees



- ❑ Football Summer Camp Registration \$130
- ❑ Gridiron Varsity Registration/Fees- \$100
- ❑ Athletic Department Fee-\$150 (this is per sport; max of 2 sports and collected later in the season)

# Phases of Antioch Sequoia Football

1. Off Season (January-May)
  - A. One on One Meeting with Coach Glashagel
  - B. Strength Train (Monday-Thursday) Players are graded on attendance and effort unless in another sport.
  - C. Team Build and Leadership Council
  
2. June/July Practice
  - A. Fundamentals, Conditioning, Position Establishment, Competitions, Identifying strengths and weaknesses. 7 on 7's.
  - B. Fundraising
  - C. Most Important part of the season.
  - D. Mental and Physical toughness. Strongest point of year.
  - E. Evaluation
  
3. Regular Season
  - A. What it's all for.





# Summer Calendar<sup>FROSH</sup>

- See Attachment

# Most importantly. Welcome!

By having your son/daughter in our football program you are enriching their life and high school experience. It isn't easy, but the rewards are so worth it.

Go Sequoits!!!

