

End of the Year Parent Meeting
11/2/2023

Parents, here are the notes from the parent meeting that was held on 11/2/2023 over Zoom.

I called this meeting because I want to make sure that we all understand the upcoming schedule and expectations. We have a lot to celebrate from this season but will reserve that for our upcoming banquets.

1) First, let's talk about the schedule ahead:

- a. No lifting / after school activities till after **Thanksgiving Break (November 20th - 24th)**
- b. It is critical to allow the body to rest / recover
- c. Players are welcome to lift on their own at outside gyms
- d. Football classes will focus on study hall, cleaning of facilities, exit meetings, etc.

2) Gear Collection

- a. Starts tomorrow – 11/3. Till the end of the week.
- b. All items must be washed and properly faced out.
- c. Any missing items will need to be paid for.
- d. Please reach out to Coach Forster (JCFORSTER@capousd.org) with any questions or concerns

3) PARENT MEETINGS COMING UP

- Expect a Sign Up Genius to go out at the end of the Varsity season
- These are 20 minute - 1 on 1 meetings with myself!
- Players are welcome to attend with their parent.
- This is your opportunity to voice the good, the bad, or just take a moment to get to know each other a little better.
- Please take advantage of this! The last thing I want is for you to be unhappy, voice that to everyone else, and yet never bring it to me. I will be the first to admit if my coaching staff or I need to improve on something. I can serve everyone better if I know what each family wants out of their football experience.

4) Off Season Training

- a. I know most of you are not on campus regularly and don't see a lot of these things up close. However, I can tell you with confidence that we are doing things at a very high level. I don't want to talk poorly about other programs or other sports teams on our campus but trust me when I tell you that nobody is taking their off season this seriously. It seems silly that I need to "sell" you on this but in years past, some players have not taken advantage of it. Before I came to Capo, a lot of players didn't participate in the off season at all. We are looking to continue to change that part of our culture and get 100% participation from our returning players. Why am I so adamant about kids staying in off season football? It's not because I am against multiple sports. It is because I KNOW that there is no better form of training that our athletes can get outside of our program and working with their team. Here are some ways to get the most out of your offseason...

- b. **Football ONLY Players (not participating in other sports)**

- i. Stay in your 1st or 6th period football class.
- ii. We will adjust rosters at the change of the semester. Classes will be sorted by number of athletes and strength numbers produced during the season.

c. **Multiple Sport players**

- i. **Ask yourself, can I stay** in 1st or 6th period football class while joining another sport?
 - Example: **1st period Football players** that have a free period... Talk to your counselor and see if your free period can match the period you're your new sport holds practice. *Basketball = 6th period, Baseball = 5th period, Track = 7th period, etc.* Keep that period open and attend all practices. If you are unable to make that work, take an open 1st period and attend 1st period lifts as much as possible. You can also take a 0 period class to open up another time slot during the day to be able to attend 1st or 6th period football.
 - Example: **6th period Football players** reference above or look into the possibility of taking a 0 period class. This might allow for you to free up a period during the day. You can be placed in 1st period or 6th period depending on what your counselor can do.
 - If you cannot make the above work with your schedule, **look at the start date** for the sport. We don't need to transfer to spring sports classes right away. If you do leave for another sport, plan to transfer back into football at the conclusion of your season.
 - **Does your sport lift weights?** Golf, baseball, soccer, track, etc. do not!
 - **Is your sport after school only or 7th period?**
 - If your sport starts right away (wrestling, basketball, etc.), **look at the end date** and be proactive by getting back into the football class asap.
 - Understand that being a multiple sport athlete comes with some sacrifices. You will probably never have an open period or get to go home at lunch. This is what you signed up for so it's not football's fault if playing other sports hurts your chances for getting on the field next season.
 - **I LOVE MULTIPLE SPORT ATHLETES when it makes sense.** Can the student athlete maintain their grades, continue to work towards improving as a football player, and not be burnt out when our schedule picks back up?

d. **After Thanksgiving Schedule**

- We are looking to get in 4 lifts per week (1 lift per day)
 - **1st Period Class**
 - Lifting during class - Monday, Wednesday, Friday
 - Monday report time: 8:15am (just like season)
 - After school lift: Tuesday - 3:30 - 5:00pm
 - **6th Period Class**
 - Lifting during class - Monday, Tuesday, Thursday
 - Monday dismissal time: 4:00pm (45 minutes after bell)
 - After school lift: Wednesday - 3:30 - 5:00pm
 - **Christmas Break**
 - 2 weeks of hard training
 - Not mandatory. Workouts will be shared for those out of town.
 - **Injured Players**
 - Players that are injured are expected to provide a doctor's note with what they can and cannot do. They should be exercising daily if possible and working out the parts of the body that are not injured. This will be handled case by case. However injured

players who show no sign of making a return will be evaluated further on whether or not they should stay in the football class.

- **Can't stay in football, planning to return...**
 - Attend after school lifts when possible
 - Access to Rack performance. Can follow / complete workouts on their own. Coaches will be able to see if the workout has been completed.
 - Communicate with coaching staff on a weekly basis

What you get out of off-season training..

- **James Benedix**
 - Certified Strength and Conditioning Specialist - NSCA
 - Bachelor's in Kinesiology
 - Detailed plan that progresses the athlete to reach their full potential at the start of summer ball.
 - Week by week training that cannot be replicated outside our building
 - **All players will receive a nutrition packet / strength calendar at the start of training.**
 - "Do your part at home."
- **Rack Performance**
 - Our state of the art facility includes Rack Performance software
 - This software is displayed on the TVs for the athlete's to follow
 - Even if Coach Benedix and I are not there (which rarely happens), the workouts can continue on. No Days missed!
- **Protein / Meals / My Fitness Pal**
 - We will be providing protein again this off season
 - All players will receive a shaker and 2 scoops of protein after every workout
 - Costs about \$2k per month to supply the program with this.
 - We are going to work with our cafeteria on providing additional meals for the players. We will also have a signup genius for parents to donate PB + J and other food items.
 - We have an app called "My Fitness Pal" that we will use to track the number of calories we eat each day. Coaches will have access to each player's account and will offer guidance on how to adjust our diet to match our goals.
- **Speed and Agility Training**
 - This is a new feature that we plan to add this year starting in January.
- **Accountability / Academic Intervention**
 - Grades will be tracked every 6 weeks
 - Athletes with at least 1 D or F will be taken out of training and put into our academic intervention program. This requires the student to have a weekly progress report signed by their teachers stating whether or not they are trying to

improve their grade.

- **AND YOU'VE ALREADY PAID FOR THIS!** There are no additional donations collected during the winter season. Do not go pay for Saddleback Strength or other training you don't need. I want Capo to be your one stop shop!

This program is meant to build the best possible overall athlete. We are not trying to become body builders. So even if you are playing another sport, it will benefit you to be in this program. Last I checked, Mike Trout and LeBron James looked pretty well built by lifting weights.

e. Expectations

- You are expected to be here everyday. Especially during the season.
- If you can't be here, you need to communicate. Now with that being said, 10 or more missed practices or workouts are not made up for by sending an email. It's a red flag about your level of commitment.
- Players signed a code of conduct that stated 3 or more missed practices without communicating to the coaches could result in being removed from the team.
- We take attendance every day. This will be addressed individually in our exit meetings.
- You are also expected to improve. Players that come in every day and do not take the time to learn the playbook, correct their technique, or improve their numbers in the weight room are also being evaluated.

This is football. You will need to play through some adversity. Our effort is always there but our mental toughness and consistency needs to continue to improve. Brett Favre is known for being one of the best players of all time. You know what his best skill was? He was always available. He started 297 consecutive NFL Games. I can guarantee you he was not at 100% for every single one of those games.

Why is this a point of emphasis this off season? Because if we want to achieve something special, we need to put something special into it. We are not trying to just "get through" the season. We want to reach our full potential. We need to put our heart on the line and go ALL IN! Is there a chance we still fail, of course, but we will be left knowing that we did absolutely everything we could. So please help us take this program to the next level by taking our off season to the next level!

Final Reminders...if time allows:

Freshman Banquet – Monday, Nov 13 at 6pm at Capo. Please reach out to Kiki Banuelos or Coach Schepens if you have any questions.

Varsity / JV Banquet - Dec 4 at 6:00pm... Invite will go out soon.

*Players are free / Parents and family will purchase tickets
Space is very limited
RSVP and ticket payment deadline is Nov 30th*

- Patches for Letterman's Jackets: will be available to order this coming week. Details to follow.