



Welcome to Freshman Football! This is a very exciting time in your son's life. He's about to embark on a journey where he'll learn teamwork, discipline, commitment, and dedication. Mercer Island football has a long history of tradition and legacy, and your son will make life-long memories and lasting friendships. Whether your son has been playing football since he was a Rookie, or if this is your son's first time playing the game, everyone is excited that he's part of the program.

To make the transition into the Mercer Island Football program easy and stress-free, we've put together this helpful document to tell you everything you and your son need to know about freshman football. It'll answer most, if not all, of your questions while providing you with some guidance and insight for a successful transition into Islander Football.

How do I stay informed about what's going on?

Stay up to date with the latest information on Islander football by receiving Islander Nation emails. This email contains everything you'll need to know about Islander football, such as key dates, important events, and special reminders. Sign up today by sending an email to **mifootball@outlook.com**

Visit the Mercer Island Football website at **www.mifootball.org** for the most complete and up to date information.

How can I help support Mercer Island Football?

The Mercer Island Football Booster Club benefits players of all ages in the Mercer Island High School (MIHS) and Mercer Island Boys & Girls Club (MIBGC) Youth football programs by raising funds, organizing volunteers, and building community awareness. Your support is vital to the continued strength of Islander Football and to the quality of the playing experience for all athletes.

100% of your donation goes directly to the MIHS and MIBGC football programs to purchase equipment and training, to increase the skill and safety of all players, and towards scholarships in order for all athletes to be able to participate.

Some of the exciting programs and important equipment the booster club will fund this year include:

- updated field and training room equipment for the MIHS and MIBGC football programs.
- new uniforms and equipment for the MIHS and MIBGC programs.
- subsidies and administrative support for off-season player development and training.

Benefit / Membership Level	Alumni	Kick Off	First Down	Field Goal	Touchdown	Champion	MVP
Special recognition in the season program	✓	✓	✓	✓	✓		
Premier mention in the season program						✓	✓
Priority seating at home Varsity games	✓	✓	✓	✓	✓	✓	✓
Season pass for home MIHS Varsity games				✓	✓	✓	✓
One (1) Exclusive booster club recognition item					✓		
Two (2) exclusive booster club recognition items						✓	✓
One (1) Reserved parking space for all home Varsity games						✓	
Two (2) Reserved parking spaces at all home Varsity games							✓
Donation level	\$50	\$50-\$99	\$100-\$249	\$250-\$499	\$500-\$999	\$1,000-\$2,499	\$2,500+

Also, plan on attending the annual Mercer Island Football Booster Club Auction

Date: **October 10, 2015**

Time: **6:00pm – 10:00pm**


Locations: **Mercer Island Community Center**

Details forthcoming

If you're interested in helping with the auction, contact this year's Auction Co-Chair Andrea McDonald (andrea@mcdonaldhome.com)

I've heard a lot about Gold Cards. What are they?

Gold Cards provide discounts and savings at dozens of local restaurants and businesses on and off Mercer Island. Gold Cards cost \$20 each and are sold for a limited time in the fall. Every player in the High School Football program is encouraged to sell 30 Gold Cards and all proceeds support the MIHS ASB club, which helps fund the football team's uniforms.

 *Insiders tip: The coaches often make selling Gold Cards a quasi-competitive activity and winners get cool stuff so encourage your son to sell as many as he can.*

How does my son sign up for football?

Registration is handle through the Mercer Island High School Athletic Department. Visit the “Athletics” section of the www.mercerislandschools.org for more information, forms to be filled out, key dates, and eligibility requirements.

Cost: \$175

👂 *Insiders tip: Maintaining a minimum GPA of 2.0 is an eligibility requirement. Coaches will check your son’s GPA from middle school to make sure he’s eligible to play on the freshman team.*

How can I volunteer to help Mercer Island Football?

It takes a team of parents to build a successful football program. Please consider volunteering your time and talents to help support Islander Football. There are many way to help and it’s a great way to get involved with your team and meet other parents. Here are a few upcoming volunteer opportunities:

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|----------------------------------------|----------------------------------------------------|
| - Rumble on the Rock 7 on 7 Tournament | July 18 (hosted & played @MIHS Stadium) |
| - MI Football Kickoff Barbeque | August 28 |
| - Varsity Concessions ** | Varsity home games |
| - Booster club auction | October 10 |

If you’re interested in helping with the auction, contact this year’s Auction Co-Chair Andrea McDonald (andrea@mcdonaldhome.com)

** Freshman parents are responsible for staffing and running the concession stand during all Varsity games, including pre and post-season. Having freshmen parents run concessions is a long-standing Islander Football tradition. Since freshmen aren’t playing in Varsity games, you won’t miss seeing your son in action. This favor will be returned in future years by the other incoming freshman parents.

Contact **Ioulia Howard** (Ioulia.howard@comcast.net) or **Emily Thompson** (Emily.thompson.98040@gmail.com) to volunteer


How can I volunteer to help my son’s team?

Game day is an exciting time for players and their parents. Become involved in the action by volunteering to help. Here is a list of game day volunteer positions.

- Team parent
- Chain gang (3 volunteers per home game)
- Videographer (every game)
- Game clock (home games only)
- Announcer (home games only)
- Spotter (home games only)

To see a complete list of volunteer positions and to sign up to volunteer, visit www.mifootball.org.

If you have questions about volunteering, or are interested in being the team parent for the Freshman Team, please contact Betsy O'Connell at tboconnell@msn.com.

 *Insiders tip: Volunteering to be on the chain gang gets you on the field and up-close to the action. It's the best place to watch the game.*

How else can I stay involved with Mercer Island football?

There are many opportunities throughout the season to stay involved in the football program. Examples include:

Friday Night Lights – New this season!

Before each home Varsity game the parking lot at PEAK will be closed. We're bringing in food trucks and other pre-game activities that will provide fun for the entire family. You'll receive access to the stadium via the bus barn entrance with your paid admission.

Postgame Party

Everyone, especially freshmen parents, is invited to the Friday night postgame adult social after the game. They're held at the home of a volunteer parent after every Varsity game. This is a great way to stay connected to meet parents in the program.

When are the fall freshman games?

Freshman typically play their games on Wednesday nights. Kickoff is usually sometime between 6:00 – 7:30pm. Exact dates and times will be known once the schedule is available.

What are the upcoming important dates and events I ought to know about?

Regularly visit the website (www.mifootball.org) for the most current listing of important events, dates and times. Here are some upcoming events you should put on your calendar.

April - May	Gervais Training
May 17	Freshman – Senior Barbeque
May 18	Spring equipment issued – MIHS
June 1 – June 25	Spring football
June 14	Skyline 7 on 7
June 22	Summer Chiles workouts begin
June 26 – 29	Team Camp – Evergreen State College
July 18	Rumble on the Rock
August 17	Fall equipment issued – MIHS

August 19	1 st day of practice
August 20	Picture Day
August 28	Kickoff Scrimmage & Family Barbeque
October 10	MI Booster Club Auction

👂 *Insiders tip: If your son plays summer football he gets his equipment in the May and will keep through the end of the fall season. If not, he'll get his equipment the first day of fall practice.*

What is spring football and how is it different from the fall?

Spring football is an acclimation period for new players to try new positions and learn the basics of High School Football. There is a lot of fun involved in the spring as well as learning the basic offensive and defensive schemes to get ready for the fall. The important part is getting enough practices during spring ball to play against other high school teams at team camp. A player needs 7 practices before team camp (3 helmet only and 4 full pads practices).

When is Team Summer Camp?

Team camp is June 26-29 at Evergreen College.

Who's Gervais?

Steve Gervais is an award winning high school football coach who founded SG Academy to provide student-athletes with innovative training opportunities. The SG Academy comes to MIHS Stadium in the off-season to provide team work outs. All players are encouraged to take advantage of his training.

Cost: **Quarterbacks, Receivers, & Running Backs** - \$200 or \$20 per session
Linemen (6 sessions) - \$100 or \$20 per session

Sign up at www.mifootball.org

Who's Chiles?

Kevin Chiles – Owner/Sports Performance Coach of Chiles Sports Development (CSD) Specializes in instructing and empowering individuals and teams to maximize their potential through athletic performance training. He's a Certified Strength and Conditioning Specialist (NSCA-CPT) and is also a Certified Speed, Agility & Quickness Specialists.


Cost: \$450/year or \$225/quarter (off-season) & \$150/quarter (in-season)

Sign up at www.csdzoomfocus.com

What's the Spirit Pack?

The Spirit Pack contains a white Mercer Island football T-shirt, Maroon football shorts, and black Mercer Island socks. The Spirit Pack “uniform” is worn during Chiles work outs and team meetings. Players are required to purchase Spirit Packs in the spring and delivered at equipment issue day in the fall.


Cost: \$70 each

 *Insiders tip: Think about buying two Spirit Packs. Your son's t-shirt and shorts will get grungy during the year and it's nice to have additional pair.*

What should my son wear to practice?

Practices take place at the upper grass field at MIHS. See your coach for exact dates and times. Your son should wear the following to each practice.

- Helmet with mouth guard
- Shoulder pads worn over a white/gray/black T-shirt
- Football pants and practice jersey (issued during equipment check out)
- Cleats, typically black molded cleats are preferable.

 *Insiders tip: High school football pants don't have built in pads so buy a pair of padded compression shorts containing thigh and knee pads.*

What should my son wear to football games?

Home and away game day uniforms will be issued to your son on equipment day. No additional equipment is needed. If your son is injured we ask players to still come and help root on your team and help with sideline. We also ask players to wear khaki pants with the appropriate home or away game jersey.

What should my son do with his equipment & uniform between games?

Equipment lockers are provided at the high school for equipment storage between games. However, it's very important for game day and practice uniforms, pads, jerseys, etc. to be washed after every use. For the health and the well-being of players, coaches, and staff it's crucial that all equipment and uniforms be kept clean and sanitary.

The equipment room manager has an info. sheet for how to wash and take care of gear.

What should I wear to the game?

It's always encouraging to see a stadium full of fans wearing Mercer Island football logo wear. Mercer Island football clothing and merchandise can be purchased at the concession stand during home varsity games as well as during periodic “flash store” sales on www.mifootball.org.

MIHS FOOTBALL 2015 PROGRAM FEES & COSTS

Activity	Amount	Payable to	Payment Due	Pays for
Kevin Chiles Strength & Conditioning Program	\$450/year OR \$225/quarter (off-season), \$150/quarter (in-season)	CSD at www.csdzoomfocus.com	On-going	Year-round professionally supervised strength & conditioning training at MIHS
Kevin Chiles Speed Training			April	Additional speed & conditioning training at MIHS in April-May
Steve Gervais Off-Season Training Program	\$200, \$100 for Linemen OR \$20/session	MI Football Booster Club at www.miffootball.org	2/22	Weekly team skills and drills coaching at MIHS 2/22-5/31
MIHS Spring Football Athletic Fee	\$100	MIHS ASB	6/1	School-funded coaches and equipment
Spirit Pack	Approx. \$70	TBD	June	Annual team practice uniform
Team Summer Camp	Approx. \$450	MI Football Booster Club at www.miffootball.org	June	Costs for team camp, including coaching, food, lodging, & transportation
MIHS Fall Football Athletic Fee	\$175	MIHS ASB	End of August	School-funded coaches, equipment, & transportation
Discount Card Sale Team Fundraiser	Each player is asked to sell a minimum # of cards	MIHS ASB	End of August	Raises funds for new uniforms and equipment
MI Football Booster Club Membership	\$50+	MI Football Booster Club at www.miffootball.org	May-Sept	Covers costs of all other program activities, including coaches stipends & training, equipment, player activities, team dinners, banquets, and player scholarships
Booster Club Dinner & Auction Fundraiser	Approx. \$85 per guest for tickets, additional purchases & item donations are appreciated	MI Football Booster Club at www.miffootball.org	October	Supplements Booster Club activities