



## Saugus High School Football Freshman Parents Frequently Asked Questions

- How do I register my player for football?
  - The registration process is now open. You will need to register your player in two areas.
    - First you will need to register your player at the Saugus High School Athletic Department <https://www.athleticclearance.com/login.php> . You will also need to submit a Certificate of Examination signed by a physician. The form is available on the Athletic Department Website.  
[https://www.sauguscenturions.com/apps/pages/athletic\\_clearance](https://www.sauguscenturions.com/apps/pages/athletic_clearance) .
    - Secondly, you will need to register your player at the Saugus Football website <https://www.saugusfootball.com/saugus-football-player-registration/>
- How much does the program cost?
  - To run a successful program that provides the required resources, equipment and prioritizes safety, it costs \$1,200 per athlete per year. We endeavor to meet this cost by requesting a parent donation in the amount of \$600 and participation in fundraising programs to raise the remaining \$600 (Blast Athletics Crowd Fundraising, City Restaurant Discount Cards, Corporate Sponsorships).
- Who is the Freshman Head Coach?
  - The head Freshman Coach is Jeff Bennett.
- Who is the Freshman Team Representative?
  - The Freshman team representative is Tammy Koontz [tikoontz@hotmail.com](mailto:tikoontz@hotmail.com).
- Who do I contact if I have a question?
  - Your first point of contact is your team representative. She will reach out to the Freshman head coach and/or the program head coach if necessary. If you still have a question or concern after speaking to the team representative, please reach out to the Freshman head coach.
- What can my player do in preparation for high school football?
  - Be sure you player is exercising to stay in good condition (i.e. running, sit-ups, push-ups, weight training, etc.). There are also various programs available on-line.
- When are the Freshman football games?
  - Most of the Freshman football games are scheduled at 4:00 pm on Thursdays.
- What can my player expect on game days?
  - The player must wear a navy-blue polo shirt and tan dress pants to school.

- The player must attend all classes on game day in order to be eligible to participate in the game, except as excused in part or whole by the school.
- The coach will communicate to the player where and when to meet.
- The designated uniform will be communicated to the player by the coach the day before. Please have your player check their normal form of communication the morning of games for any changes (i.e. game time, uniform, meeting place, etc.).
- How does my player get to the game?
  - All players will ride on a bus to away games.
    - In valley games: Parents must provide their player a ride home from in-valley games (i.e. Hart, Valencia, Canyon Country, West Ranch, Golden Valley and Castaic).
    - Out of valley games: All players must ride back on the bus.
- Is there any equipment recommended that I should purchase for my player?
  - It is highly, highly recommended to purchase the Saugus Football reversible tank with practice shorts.
  - White cleats
  - Mouthguard
  - While a seven-pad set will be provided for your player, some players prefer to purchase a seven-pad integrated girdle.
- What are the benefits for my player?
  - The goal of the Saugus Football program is to teach skills and lessons needed to succeed in life: commitment, discipline, perseverance, integrity to name a few.
  - Players will experience being an important part of a team and develop a brotherhood that will last a lifetime.
  - Players will be challenged to give their personal best at each practice and game.
- How can I support my player during the season?
  - Be sure that your player is keeping up with academics throughout the season. You can do so by frequently accessing Infinite Campus to view your player's grades. The school requires all student-athletes to pass a minimum of 4 classes and maintain 2.0 grade point average or higher in order to participate in a team sport. The football program will conduct regular grade checks to ensure all players are meeting this academic requirement.
  - Ensure your player is eating properly throughout the season and especially the day before and the day of a game. Your player may need to consume more calories during the season as a result of burning extra calories because of practices and games.
  - Your player needs to stay properly hydrated throughout the season. Poor hydration can lead to muscle cramps, dizziness, feeling tired or other serious symptoms.
  - Be your players biggest fan! Try to attend as many games as feasibly possible. Wear school colors and cheer on the team. Provide positive feedback and allow the coaches to coach your player.
- How can I become involved?
  - All parents/guardians are welcome to attend and/or join the Saugus Gridiron Booster Club. The meetings are held the third Wednesday of each month and usually on campus in room K-1103. The meetings are extremely informative and you can help ensure the success of the program.
  - All levels will provide various opportunities to volunteer (i.e. chain gang, record game stats, provide away game water, videographer, dinner committees, etc.).