



Dear member of Cougar Nation:

I hope that everyone had a blessed Christmas. Nearly three months have passed since the close of our 2008 football season. However, as coaches across the land like to say – “football season never ends.” With that in mind, HPCA has been busy planning for the 2009 football season and beyond. Our objective is to ensure that we continue to grow our football program in a smart and sustainable way that is consistent with HPCA’s core mission. Within these big-picture goals we are committed to ensuring that every player who was part of the inaugural season in 2008 has the opportunity to play this next season.

There are four items we want to share with you at this time:

1. ***Playing Opportunities***

***Addition of Middle School Team:*** In order to ensure that every participant has a great experience and plays as much football as possible we believe the time is right to add a Middle School football team to our offerings. The 2009 version of this team will be composed of 6<sup>th</sup> through 8<sup>th</sup> graders. It is our goal for this team to have its own coaching staff (with planning and oversight provided by the JV coaching staff) and schedule. We are hopeful that we can arrange 5<sup>th</sup> quarter opportunities for this team so that all players will gain valuable experience.

***JV Team:*** The creation of a Middle School team means that our Junior Varsity team will be composed of 9<sup>th</sup> through 10<sup>th</sup> graders. This team will have its own coaching staff lead by Coach Steve Lechner. This team will play a full schedule to include many of the 2008 opponents. Also, we are in the process of ordering new player equipment for this team as a continuation of our commitment to safety.

***Future:*** We are building toward fielding a Varsity football team in 2010. Moving forward (2010 and beyond), we envision having a J.V. team composed of 7<sup>th</sup> through 9<sup>th</sup> graders. Factors that may impact the configuration of our teams include number of players, scheduling, etc. These goals can only be achieved by continuing to grow the program, and, thus, require a full commitment by all players, parents and coaches.

## 2. *Off-season Strength and Conditioning*

We have a solid plan to move forward with a quality off-season strength and conditioning program. We seek complete participation in this program as it is an essential aspect of improving on the field and represents an important component of coming together as a team. We call our program: ***COUGAR STRONG***.

PHASE 1 of ***COUGAR STRONG*** is focused on strength and cardio. The players will follow the specific program designed by the coaches, and will be supervised by the coaches to the extent possible. After receiving input from you, we endeavored to find a base location for our program. We investigated all potential locations including the *Refuge weight room*. After considering all factors including accessibility, availability of a variety weights and machines, cost and proximity to the school we have selected *TRIAD FITNESS CENTER* as our provider. This facility is literally right around the corner at 1744 Westchester (next to Mamma Mia's Restaurant)

Our agreement with Triad Fitness is as follows:

- Each player will have full access to the facility for a six (6) month period in exchange for a \$100 payment. (This represents a significant discount for our players).
- One parent and a corresponding player can each receive a 6-month membership for a total payment of \$150.00 (\$75.00 per person).
- Coaches will be present on weekdays after school (3:30-4:45). It is anticipated that coaches will rotate this responsibility and we welcome parents with knowledge of strength training to assist us with oversight.
- *Triad Fitness Center* will provide initial training for us as a group (will walk us through the machines and weights and familiarize us with all club rules and procedures).
- We need to have a minimum of 20 people sign up.
- Coach Lechner has waiver forms that need to be completed and returned to him. Also, Coach Lechner will collect payment from each person who wishes to participate in this program. It is our goal to start the group lifting program as soon as possible. Forms will be located at the front desk of the high school and can be returned (with payment) to that same location. Checks should be made payable to Triad Fitness Center and please reference "HPCA" on the check.
- Any players who plan to play football in 2009 but who cannot participate in this team program MUST contact Coach Lechner to discuss the situation. Failure to communicate will impact a player's role on the 2009 team.

### 3. ***Summer Football Camps***

We are excited to announce that we will conduct two (2) separate football camps in summer 2009.

***Salt & Light Football Camp:*** Our first camp will be conducted during the week of June 8 through June 12 (the week immediately following the end of HPCA's school year). This camp is open to all students entering 6<sup>th</sup> through 12<sup>th</sup> grade. The objective of this camp is to give student-athletes the tools to grow in their faith, build character and to improve as football players. More specifically, this experience will help participants understand the important life-lessons inherent in football and will equip them to become Christian leaders through football. The program will include team-building exercises, multiple guest speakers and numerous opportunities for each participant to challenge himself as a football player and as a young man. We ask you to circle these dates on your calendar so that we can achieve full participation for this unique camp.

***Top Cat Football Camp:*** Our second camp will be conducted during the week of June 15 through 19. This camp is open to all students entering 3<sup>rd</sup> through 8<sup>th</sup> grade. This camp is focused on enhancing football skills. It will be a Christ-centered camp and will introduce participants to the transcendent lessons of playing football, but will focus principally on becoming better football players.

***General Information:*** You can help us with regard to these camps in the following ways:

- We encourage you to inform us as soon as possible that you plan to participate (email or call Coach Lechner)
- We encourage you to spread the word about these camps to others (including those outside of the HPCA family)
- Parents who want to assist in some way with either of these camps should contact Coach Lechner to inquire about how they can help
- There will be a cost to the camps. All proceeds will go directly to our football program.
- Players eligible for both camps (6<sup>th</sup> through 8<sup>th</sup> grade) will have the option to attend both at a reduced overall cost.

### 4. ***Storage/Locker Room Facility***

Our football program currently operates with limited equipment storage space and no player locker room. We are actively considering ways to improve this situation to benefit players, parents and coaches. Therefore, we respectfully request your help with our efforts to obtain a trailer or metal building that can be converted into a locker room/storage facility. Specifically, we need contacts and/or financial gifts to help make this next step in our program development a reality. Anyone able to help should contact Coach Lechner as soon as possible – [slechner@hpcacougars.org](mailto:slechner@hpcacougars.org) or (336) 880-9952.

