



Unity, Discipline, Maximum Effort

ALL SAINTS FOOTBALL



2010 PROGRAM INFORMATION PACKET



Welcome Letter

Dear Parents and Prospective Players:

On the pages that follow you will find much information about our football program including our philosophy, our expectations of players and coaches, the league we play in, eligibility requirements, and other logistics.

We are committed to making the All Saints Football Program the finest travel football program in the Naperville area. You have many choices regarding travel football, but we believe our approach – based heavily upon the St. Raphael In-House Program with which we are affiliated - will provide you and your child an experience that is significantly different than your other options. The parent quotes at the end of this document attest to this fact.

I encourage you to read through this document carefully and contact me if you have any questions or if anything is unclear. I can also put you in touch with many parents and players who would be pleased to speak with you about our program.

I hope you choose to join us for the 2010 season and experience the difference for yourself.

Sincerely,

Frank Ribaudó

Program Director & Head Varsity Football Coach

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Our Vision & Mission

Our Vision

To be the premier travel program in Naperville for youth football players and their families. We will develop a family focus within the structure of the team, where everyone will be an encouraging force in building our program. The quest will be positive in nature, with high expectations for players, parents, and coaches.

Our Mission

We will use football as a vehicle to teach our players about the values of honesty, loyalty, commitment, work ethic, sportsmanship, pride, integrity, and discipline while preparing them for the demands and expectations they will encounter when competing at the high school level. These core values are the backbone of a successful football team and are qualities that serve as the basis for success in all of life's endeavors. We believe that young people should be challenged to live these ideals. This process will develop better football players, better athletes, better students, and most importantly, better individuals.

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Why We Are Different

Our Vision and Mission speak to lofty goals. We will achieve our goals by building on a set of core principles that guide all of our program decisions.

- *Have The Right Philosophy* – everything we do is geared towards the total development of the individual child.
- *Build The Right Coaching Team* – our coaches are selected carefully, trained thoroughly, and are individuals “who love the game and love the kids”.
- *Provide Individual Attention* – our player-to-coach ratio of less than 5:1 allows us to work with each player as an individual based on their skills and needs.
- *Stress Accountability* – all members of our football family are held accountable to each other for their actions, inactions, and behavior – there are no exceptions.
- *Compete Against the Best* – as a member of the Catholic Grade School Conference we play a highly competitive schedule in the premier grade school league in Chicago.

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About Our Coaching

As football coaches we understand the unique opportunity we have to impact the lives of our players. With that comes a significant responsibility to our players and their families. As a program we are only as good as the coaches who work with our players. We expect the coaches in our program to:

- Love the kids and the game of football
- Teach with passion and enthusiasm
- Prepare and be organized
- Demonstrate the values we preach and teach
- Work hard and have fun

Coaches in our program are carefully selected to ensure they embrace our philosophy and belief that successful coaching is about teaching, motivating, learning and serving as a role model.

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Coaching Is Teaching

The saying goes, “it isn’t what the coaches know that wins football games; it’s what the players know and can do.” We must be educators in everything we do. Our coaches will:

- Provide a safe environment to play and learn the game of football.
- Create an environment of learning free from fear of making mistakes.
- Teach our players the rules and fundamentals of the game.
- Set goals for the team and for individual players and work with each of our players based on their individual strengths and weaknesses.
- Prepare for every practice and every game so that we give our players the best chance possible to learn and compete successfully.

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Coaching Is Motivating

As coaches we cannot make a player do anything they do not want to do; we can however create an environment that encourages them to do what they need to do. We:

- Get to know all our players as individual people and let them know we care about them every day.
- Create a disciplined environment based on respect and mutual trust.
- Communicate to our players in a positive manner and treat each player as we want our own children to be treated – with dignity and respect.
- Make football fun and do everything possible to develop and maintain a “winning” attitude.
- Provide leadership and direct our players in competition.

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Coaching Is Learning

A good coach, like a good teacher, is constantly striving to learn and improve. One good coach can help develop 4 or 5 good players. Our coaches will:

- Know the entire offensive, defensive, and special team schemes we employ.
- Have a thorough knowledge of all fundamental techniques we teach.
- Attend coaching clinics, do independent research, and work hard to improve their coaching skills.
- Earn their Youth Football Coaching Certification through the American Sports Education Program.
- Develop relationships with local high school coaches in order to understand how we can prepare our players when they move on to their high school football careers.

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Coaching Is Being a Role Model

Our players look to us to set an example. We will earn the respect of our players by the examples we provide. Towards that end we will:

- Control our emotions (screaming and foul language are not tolerated) but not our enthusiasm for what we are doing.
- Help our players become better athletes and to value physical fitness.
- Encourage sportsmanship at all times and to accept both victory and defeat with class and humility.
- Actively demonstrate the values and behavior we expect from our players and help them to embrace these values.
- Work as a team. Differing opinions and ideas are good, but not in front of the players, parents, and others.

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Expectations of Our Players

We believe that the highest reward for what we ask of our players is not what they might get from it, but rather what they will become because of it. Players are expected to represent our program and themselves positively on and off the field by following the Player Code of Conduct:

1. Do well in school. We support parents 100% in this area.
2. Attend all practices, games, meetings, and events – and be on time!
3. Show respect to everyone – teammates, coaches, referees, and opponents.
4. Never cheat or engage in dangerous play.
5. Always be prepared on the practice field or during a game.
6. Hustle at all times. There will be no walking on the football field during practice or games.
7. Understand that coaches make decisions based on what is best for the team, not individual players.
8. Take their position seriously and do their best at all times.
9. Participate in community service activities with the team or on their own.
10. Accept responsibility for their actions - “Be Accountable and Be Your Word”.

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Eligibility

In order to play in our program players must meet certain league mandated eligibility requirements. To play in 2010 players must be:

- 4th graders to 8th graders in the 2010/11 school year.
- Students at All Saints Catholic Academy **OR**
- Members of **AND** registered in religious education programs at any of the following parishes:
 - ✓ St. Elizabeth Seton
 - ✓ Holy Spirit
 - ✓ St. Thomas the Apostle
 - ✓ St. Margaret Mary

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Team Organization

Our program features 2 teams which are organized by age and weight:

- JV – 4th to 6th Graders
- Varsity – 7th and 8th Graders
- Both the JV and Varsity levels are subject to weight limits and “Striper Rules”.

Junior Varsity	Varsity
No Limits <= 105 pounds	No Limits <= 140 pounds
Must Play LOS > 105 pounds	Must Play LOS > 140 pounds
Maximum Weight = 130 pounds	Maximum Weight = 185 pounds

- 6th graders who do not meet the maximum weight limit for JV are welcome to “play up” at the Varsity level.

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Roster Management

Our program has grown dramatically since its inception in 2006. We expect continued growth in 2010 and have established several guiding principles in managing our rosters:

- If a player is willing to put in the effort required to play football there will ALWAYS be a place in our program for them to play and learn the game. Players will not be cut from our program – period!
- Going into training camp every player has a chance to play any position (except for strikers).
- During the July and August training camps players will be thoroughly evaluated by the coaching team. Roster assignments and positions for each player will be determined using the following guidelines:
 - Attitude and Work Ethic
 - Individual Skills
 - Team Needs
- As the season progresses players improve through coaching and practice, so we can and will provide players with new opportunities and challenges.

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Playing Time

Players and parents are always concerned about “playing time” in games, particularly in a travel program where there are no “minimum play” rules. We understand and manage playing time accordingly.

- We strive to be a two platoon team to the extent possible. Players who earn a starting position will get significant playing time in our “Blue Squad” league games. We strive to have as many players as possible in full-time starting positions.
- For players expected to get less significant playing time in league games (less than 15-20 plays) we provide schedule of non-league “Gold Squad” games for each level. This “Gold Squad” schedule is considered critical to our program mission and player development goals and objectives.
- We are committed to getting all players into game situations as a reward for their hard work and effort as a member of our football program. Every player in our program will have the opportunity to earn significant playing time in competitive games during the course of the season.

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About Our League

We compete in the highly competitive Catholic Grade School Conference of Chicago (CGSC). The league, which was established in 1967, is the premier grade school football league in the Chicago area.

- The league featured 17 teams in 2009.
- The primary goals of the league are to foster team play, self discipline, good sportsmanship, scholarship, and Christian values. Coaches are expected to stress fundamentals of the game and safe playing conditions.

Players from the CGSC routinely move on to play high school football at their local public high schools as well as some of the high profile private schools in the area. Coaches from St. Rita, Brother Rice, Joliet Catholic, Marian Catholic, St. Francis and Benet Academy are often in the stands at CGSC Varsity games.

Many of these schools are friends of the CGSC and support our programs by allowing us to use of their facilities and by sponsoring clinics for our coaches.

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CGSC Teams & Locations

All Saints "Mighty Shepherds" (Naperville)	St. Ann "Rough Riders" (Lansing)	St. Patricia "Bobcats" (Hickory Hills)
Infant Jesus of Prague "Kingsmen" (Flossmoor)	St. Gabriel "Shamrocks" (Chicago)	St. Raphael "Redwings" (Naperville)
Our Lady of the Ridge "Rockets" (Chicago Ridge)	St. Gerald "Giants" (Oak Lawn)	St. Rene "Raiders" (Chicago)
St. Agnes "Wildcats" (Chicago Heights)	St. Kieran "Irish" (Chicago Heights)	St. Symphorosa "Vikings" (Chicago)
St. Alexander "Raiders" (Palos Heights)	St. Mary of Riverside "Demons" (Riverside)	St. Thecla "Falcons" (Chicago)
St. Al/St. Patrick "Celtics" (Lemont)	St. Mary of the Woods "Knights" (Chicago)	

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Program Logistics

- Registration begins in February.
- Pre-season camps are conducted in April and July.
- Formal practices begin in early August.
 - First two weeks of pre-season (prior to school starting) we will practice 4 nights per week.
 - Once school starts we will practice 3 nights per week.
- 8 game regular season begins around Labor Day.
 - Games are played on Sundays with the JV starting at 12:30PM and the Varsity starting at 2:00PM.
- Playoff games follow the season for teams that qualify.
- 8th Grade All Star game the week following the championship games.
- Season ends by mid-November.

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Contacts/Other Information

- The All Saints program is a travel affiliate of St. Raphael Football Inc.
- The total cost of the program is the same cost as the in-house program - \$100 or \$175 per family if more than 1 child participates. Registration begins in February through St. Raphael Football Inc.
 - The team provides shoulder pads, game jersey, and game pants, all of which are returned at the end of the season.
 - Players provide their own helmets, practice pants, game socks, padding for pants, mouthpiece, practice jersey, etc.
- For more information about the All Saints program please contact Frank Ribaudo:
 - Email: info@ascafootball.com
 - Phone: (630) 853-5397
- Or visit our website: www.ascafootball.com

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What Parents Are Saying....

We have shared our thoughts on our program, but nothing speaks louder than the words of former and current parents and players.

“This being our first year, we really liked having the kids exposed to players from other areas and exposure to new fields. We were pleased with the discipline of the program to improve player’s concentration. We enjoyed the camaraderie that was instilled from the coaches to the families. We look forward to next season!”

“I can't tell you how much I appreciate your time and effort in coaching this team. The boys are lucky to have men of your dedication and skill coaching them - someday they will appreciate this gift they have been given.”

“You don't know how much we appreciate you working with our son. You are reinforcing with him even during football practice the important traits and characteristics that we are trying to instill with him at home. It is wonderful that you and the coaches are setting such a great example for him. Let's hope he learns and absorbs the example you are setting and exhibits them both on and off the football field as he grows..”

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What Parents Are Saying....

“I know you've heard this many times this year but thanks again for being a tremendous coach and role model for the boys this season. Our son has truly enjoyed his experience with the program.”

“Thank you SO MUCH for your patience and thoughtfulness with our son this season. We feel strongly that the most valuable thing that we can provide for him are the opportunities to learn important 'life lessons'. It is a huge bonus when others, good coaches and leaders, put so much into what they do that it is all so beautifully translated! I do believe 'he gets it'. You make a difference!”

“I want to thank you so much for coaching our son. We have seen such a positive change in his attitude toward football. You have also shown him the importance of hard work and effort. As a teacher, I realize how difficult it is to create a balance between being tough but positive. Thank you also for your support in our decision to put academics first. Thank you so much again for your time and what you have done for our son. With Gratitude.”

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What Parents Are Saying....

“Just want to say thanks to you and the whole coaching staff for a great season. You guys put in a lot of time and effort with the boys and I really appreciate it. Our son was a bit hesitant about football at first, but as the season went on we could see him becoming more confident and excited about the games and the practices. Thanks again for a great season.”

“This was by far the best year of football our son has ever had. There was a perfect balance of discipline, positive reinforcement, and motivation. We are eternally grateful for all the coaches have done. We will strongly recommend this program to other families.”

“Thank you very much for a great season. Our son learned not only fundamental skills but also how to enjoy the game of football and have some fun. I see a confidence and enthusiasm in him that he did not have before – I credit the dedicated coaching staff for this. You guys have made a big difference and impact on him – thank you! Looking forward to next year.”

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What Parents Are Saying....

“We just wanted to send you a quick email tonight to thank you for your patience this year with our son. He had never played football before this year and before the first practice he couldn't even name more than 1 or 2 positions on the field. This week he told me that he really is starting to understand how to play the game and he is really enjoying football and wants to work hard to get better. Today was the first time that I really saw him out there competing and trying to make plays...and it really is a credit to you and the coaches that he kept such a positive attitude while he was learning.”



“I appreciate the level of confidence you helped instill in my son so he would enjoy the game but more importantly the positive example you set. He never once complained about doing extra practice for QB and actually enjoyed it. I believe that is a reflection of your coaching. He has come along way from that first scrimmage in 7th grade. Thank you for all that you have done. My wife and I have spoken many times on how glad we were that our son joined the All Saints program.

God bless and the best to you and your family in the future. You have made a positive difference in many young men's lives. Thank you.”

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What Parents Are Saying....

“I just wanted to drop you guys a quick note and say thanks for everything you did this year. When making the decision to play for All Saints this year I explained to my son that while he wouldn't be playing with a group of his friends, he would certainly be playing for a much better coached team and would also experience life on a travel team against better competition. I know he went back and forth in his mind on the decision, but as we talked about yesterday on the way home, he knows now that he made the right decision...and there were a couple of good reasons:

- Great group of coaches: I knew that he would be better coached, but I didn't really expect how much better coached he would be. As a group, you guys are at the highest levels of dedication, football knowledge, organization, and work ethics. You guys really care and it shows.
- Great Program: It started with the Spring Camp, continued through the July camp, and kept going once official practices started. It got the kids together early and gave them a jump start on coming together as a team, while also letting you guys get to know the players as well. It continues through the facilities and equipment. Compared to facilities at the 203 and 204 schools, there is no comparison on both the practice facility and game locations. It was also great to have opportunities to have some guest speakers come in for practices – I know the boys were listening and absorbing what they heard.

To really sum it up, it's hard to believe how good of a program that has been developed in three short years – it is truly a testament to the hard work by all of you.”

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What Parents Are Saying....

“Many, many thanks for all of your hard work & dedication during this football season. It was a wonderful experience for our son, as well as his two old parents. He learned so much about the game of football, the different positions, skills, and in my opinion...the most important lessons of all....

Give it your best. Along with that comes the tough life lesson that our best is just that - our best on that day, in that moment of time. Sometimes our best is great and the payoffs are fabulous. Other times our best is great and the payoffs aren't what we hoped. And sometimes our best simply doesn't measure up...but giving our best always makes it easier to sleep at night and to move on to the next thing, tomorrow.

Also, our son learned what it means to be a part of something bigger than yourself. Football teaches what it means to be a man. Not just the grunting, pushing, running physical things...but the ‘dig deep’ stuff a man needs deep in his soul to be a ‘player’ in this very complicated world. No matter how techie our world gets, or how fast, or even how violent, or anything else....a man has to be able to navigate some very muddy waters with pride and integrity. A man has to be able to ‘stand up’. At the end of the day that is all any of us have to hang our hat on.

Take care and again a big thank you!”

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