

St. Michael Catholic School

2025 Middle School Fall Football Program

Program Philosophy

At St. Michael Catholic School, we believe middle school football offers a valuable opportunity for student-athletes to develop:

- Strong fundamental football skills
- Teamwork and leadership
- Physical and mental toughness
- Discipline and sportsmanship

Our program fosters a positive, team-oriented environment where players are coached with respect, structure, and high expectations.

Medical Requirements

All athletes must have **completed and approved medical forms** on file with the **school nurse** before participating in any practices or games. No exceptions will be made.

Player Safety

Player safety is our top priority. We are dedicated to teaching the correct techniques for tackling, blocking, and safe gameplay. Key safety measures include:

- All players are required to wear **Guardian Caps** on helmets during practices.
- Football is a high-contact sport, and players must arrive physically and mentally prepared for competition.
- Every athlete must complete the **4-day heat acclimation process**, regardless of when they begin practicing.

Heat Acclimation Schedule

- **Day 1:** Shorts, t-shirt, helmet with Guardian Cap
- **Day 2:** Shorts, t-shirt, helmet with Guardian Cap
- **Day 3:** Shorts, t-shirt, helmet with Guardian Cap
- **Day 4:** Half Shell — helmet with Guardian Cap, shoulder pads, practice jersey, and shorts

Attendance at the **SMCS Football Camp during the week of August 4** is strongly encouraged to help players prepare for the physical and mental demands of the season.

Practice & Game Philosophy

The SMCS Football Program is dedicated to:

- Delivering structured, high-quality instruction on a daily basis
- Building confident, prepared, and competitive athletes
- Promoting a positive, team-first culture on and off the field

Our goal is to create a meaningful and enriching experience for every participant.

Participation & Playing Time

- Open to **6th, 7th, and 8th grade boys** currently enrolled at St. Michael Catholic School.
- **Playing time and positions** are determined by the coaching staff and are based on each player's:
 - Ability
 - Performance
 - Participation and effort in practice

Important Notes:

- Playing time is not guaranteed or equal. Players will be placed in positions that best fit their skill set and the team's needs.
 - Coaches will not discuss playing time with parents. We encourage athletes to take ownership and communicate directly with coaches.
 - **6th-grade students** are highly encouraged to join. Our coaching staff carefully considers age, size, and skill level when placing players into competitive situations.
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Equipment Guidelines

We use **Wilson GST Leather Footballs (Youth Size)** for all practices and games.

Players are expected to care for their equipment responsibly. Coaches and athletes will inspect equipment weekly.

Required Equipment (Provided by Families):

- Certified **white helmet**
- **Chin strap**
- **Fitted mouthguard**
- **Shoulder pads**
- **Black mesh practice jersey**
- **Padded white practice pants**
- **Cleats**
- **Black Guardian Cap**

[Click here to purchase on Amazon](#)

Optional Equipment:

- Gloves
- Clear visor (tinted visors are not permitted)
- Jock strap & cup
- Neck collar or roll

Provided by St. Michael:

- Official **game jersey**
- Official **game pants**
- **Helmet decals**

We are excited to begin another great season of SMCS Football. Thank you for your support and commitment to our program!

Michael Mouton
Head Football Coach