



# St Patricia Bobcat Football

Dear Parents and Players,

I am writing this letter to help promote our football program at St. Patricia, and I am going to focus on all the right reasons and hopefully dispel some myths and untruths that may have clouded many parents and players decisions about playing.

Safety is something we, as a coaching staff, take for granted. In many of my conversations over the years, the comfort levels of parents letting their sons play football has increased after some explanation and what actually takes place on the practice field. This is what prompted me to write this letter. Safety has been and will always be atop the list. This perception of the game has really changed over the last few years. There has been a lot of negative publicity regarding safety and health risks associated with this sport. I can assure you that we have taken and will take every precaution and preventative measure to avoid any and all careless injuries. We have top of the line equipment, which is constantly updated, tested, and supplied by Riddell. We are fortunate to have John Strus, (Riddell representative), who is an active member of our parish and I'm sure would be happy to answer any questions or concerns you may have. This program wouldn't be where it is today without the watchful eye and guidance of Van Virva. He has always been there to oversee practices, manage coaching staffs, bandage up some cuts and scrapes, always willing to help and available to answer any of your questions.

The past several years we have taken safety measures one step further, whereas any person coaching or helping the players on a regular basis must clear a background check and attend a mandatory Safety/Medical Training Seminar held by our league later this summer. All participating assistant coaches will be taught how to avoid overheating and exhaustion, how to recognize the symptoms if there is an incident, and what to do, hydrating, resting, etc.... The way it was in the past and the way it is today is just about night and day regarding our practice schedules and routines. The myths of running the kids until they drop, or throw-up, are long gone. Our focus is to properly condition the players so they can safely participate in the games. It becomes challenging to really condition them without them realizing or thinking of it as drudgery, but I think we have achieved a successful method to accomplish this. We have also had many players in the past with conditions such as asthma and severe allergies that have fully enjoyed the game without any unnecessary risks.

Our program opens many doors for the players. I want to present you with all that our program has to offer and hopefully encourage more boys to come out for something more than just saying you participated in a sport. Football offers so much more. It is more than just being a participant in a game. It builds character, self-esteem, friendships and relationships that sometimes last a lifetime. One of the strongest points I have witnessed is the self-confidence the players develop over a short period of time and the role it plays in peer pressure. It may not turn a follower into a leader, but it may certainly give them the courage to stand up and say "NO" when it counts. It shows how teamwork and preparation is so important and it is unlike any other sport. I have seen so many players go through the program. Some of those have come in very meek and humble while others have come in very bold and physical. Both very different but in the end realize how important each other's role plays in overcoming what may seem like an insurmountable task some weeks. The camaraderie continues into high school. They are given unique opportunities introducing them to local high schools, teachers, and coaches, which may make your decision as a family easier. This adds to their comfort level and eases the transition from grammar to high school.

Thank you for your time in reading this letter and hopefully dispel some of the myths that may keep your sons away from a wonderful experience. If you have any questions or further concerns, please feel free to call me anytime.

Sincerely,  
Ken Klimasz  
Football Director / Coach

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