

SJA Football Fall 2008

Varsity: Lee Catalano (Head)/ Larry Diedrick (Head)

Asst: Michael Andelbradt, Jim Briggs, Kevin Crain, Ron Fisher, Tom Gausselein, Frank Kaminsky, Joe Schulte, Robert Valladares

Junior Varsity: Ed Cheatham (Head)

Asst: Chris Cooney, Tom Flynn, Mike Findlay, Mike Walsh, Dan Watzke

Summer Conditioning (at Wood Glen—Abbeywood and Trinity-- in Green Trails)

Shorts and football shoes only—no helmets, no pads; come to as many sessions as you can; you do NOT need to call a coach if you'll miss a session

Tues/Th July 8/10 5:30—7:30 pm

Tues/Th July 15/17 5:30—7:30

Tues/TH July 22/24 5:30—7:30

Equipment purchase/check: Anytime before Registration, stop at Play It Again Sports in Naperville (Gartner and Washington in Naperville) to have your existing helmet checked OR buy a new one; helmets can last 1-7 years, air is added or released to ensure a safe, snug fit.

Helmet

Mouthguard

Extra mouthguard

Practice pants

Pads for practice pants

Girdle with 5 pockets (also sold at Sports Authority)

Practice jersey (any color)

Football shoes (Play it Again has inexpensive new ones AND good quality used ones)

Shoulder pads supplied by league (see below for pick-up dates)

Game jersey, game pants, red belts for game pants supplied by SJA (in late August)

Registration at **St. Raphael School** in Naperville (pick up shoulder pads, weigh in, etc—drop-in format)

Friday, July 25 5:30—8 pm or

Saturday, July 26 9 am –12:00 or

Monday, July 28 5:30—8 pm

Note: if you cannot make these dates due to vacation, please go to Prairie School in Naperville on Monday, August 4th or Tuesday, August 5 between 5-7 pm; the lines may be long on these days, so budget time accordingly

SJA Practices Begin Monday, August 11 behind Benet 5:30—7:30 pm shorts and shoes and helmets (with mouthguard); no pads

August 11th begins our official team practices; please call a coach if you cannot attend from this day going forward; all boys must attend 3 practices before they can wear pads and 12 practices before they can play in a game, so attendance is important.

PARENT MEETING WEDNESDAY, AUGUST 13 (7:30—7:45) with Coaches. Please plan to attend.

Practices 5:30—7:30 pm daily (Behind Benet)

Monday, August 11
Tuesday, August 12
Wednesday, August 13
Thursday, August 14
Friday, August 15

Monday, August 18
Tuesday, August 19
Wednesday, August 20
Thursday, August 21
Friday, August 22

Scrimmage at Montini High School, Lombard (approx 11:30—3:30); full pads
Saturday August 23

Practice Monday, August 25 5:30—7:30 pm (Behind Benet)

Note: Saturday and optional weekday a.m. practices may be added and announced to help all boys reach their 12 practices needed to play in the first game

1st day of School Tuesday, August 26

Once school begins, practices during the season will be **Tuesday and Thursday 5:30—7:30 pm and Saturday time tbd**

Weigh-Ins

For safety, the league has established weight limits for boys to carry the ball or advance a fumble on defense. In addition, only 5 players above these weights can be on the field for our team at any given time. The JV limit is 105 pounds; Varsity is 135. If your son is 90—105 pounds for JV or 110—135 for Varsity, there will be several weigh-ins during the season. We'll give you advance warning before these weigh-ins.

Games begin Sunday, August 31

Game schedules are below and are also posted at www.spfl.org.

Time commitments for games on Sundays (including warm-up, “A” and “B” games)

JV (5 th /6 th)	9:30 am—1:00 pm
Varsity (7 th /8 th)	12:00 pm—3:30 pm



Junior Varsity St Joan of Arc

School Info

Date	Time	Home	Visitor	Location	Score
8/31/2008	11:00 AM	St Joan of Arc	Sacred Heart	TBD	
9/7/2008	10:30 AM	St Joan of Arc	St Cletus	TBD	
9/14/2008	10:30 AM	St Isaac Jogues	St Joan of Arc	Nazareth Academy	
9/21/2008	11:30 AM	Our Lady of Peace	St Joan of Arc	Hinsdale South High School	
9/28/2008	10:30 AM	St Francis Xavier	St Joan of Arc	Lyons Twp High School	
10/5/2008	10:30 AM	St Joan of Arc	St Michael	Benet Academy	
10/12/2008	10:30 AM	St Joan of Arc	SS Peter Paul	Benet Academy	
10/19/2008	11:00 AM	Playoff	Playoff	TBD	
10/26/2008	11:00 AM	Playoff	Playoff	TBD	



Varsity *St Joan of Arc*

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9/28/2008	1:00 PM	St Francis Xavier	St Joan of Arc	Lyons Twp High School	
10/5/2008	1:00 PM	St Joan of Arc	St Michael	Benet Academy	
10/12/2008	1:00 PM	St Joan of Arc	SS Peter Paul	Benet Academy	
10/19/2008	1:00 PM	Playoff	Playoff	TBD	
10/26/2008	1:00 PM	Playoff	Playoff	TBD	

(Optional camp encouraged/ sponsored by St. Raphael Football)

(please go to <http://www.straphaelfootball.org> for form and signup)

St. Raphael Football-Going Vertical

2008 Hitters Camp

General Information Sheet

Schedule: July 20 – July 24, 2008

- *Sunday: Camper Check-In 3-5PM*
- *Monday - Thursday 5:30-8:30PM*
- Monday: General Conditioning/Physical Training
- Tuesday: Offense
- Wednesday: Defense
- Thursday: Full Team Scrimmage

Location: Commissioner's Park (111th Street, Naperville, Illinois)

Open Camp: The Hitters Camp is an “open camp” and parents are all welcome and encouraged to stay and observe the drills and activities. Any questions or concerns should be raised with camp administrators and directors, not the camp instructors.

Weather Policy: In the event of thunder, lightning or other severe weather, the camp activities for that day will be cancelled.¹ Decisions regarding cancellations will not be made until just prior to the beginning of the session. Advance notice of cancellations, if any, will be provided by email. Please check the email accounts provided to the camp administrators regularly and please return to the field promptly if severe weather approaches during any camp session.²

Organization: The camp participants will be separated by grade and by position group. The camp directors may ask certain camp participants to switch position groups based on size, skill, aptitude and position needs.

Equipment: Please make sure each player attends the camp with all required equipment, including helmet, molded mouthpiece, shoulder pads (provided), camp jersey (provided), white football pants with hip, tail and leg pads, athletic supporter and cup, football shoes and large water bottle.