



Nordonia Middle School Football 2019

Head Coach Information:

Coach Rudy

Email: Bryan.Rudowsky@nordoniaschools.org

Remind Code: @nms19

**** Please Join Coach Rudy's Remind Class... all important information will be shared through Remind

How to Join Remind

1. Text @nms19 to the number 81010
2. You will receive a welcome text from Remind.

Offseason: November- May:

Coach Rudy will let you know of the time and dates of the offseason weightlifting program once the season ends. While many of our young men will be involved and encouraged to join other sports (basketball/wrestling/track) these lifting sessions will be for the athletes who are not involved in other sports. The middle school weightlifting program is designed to teach proper techniques of core lifts and build a lifelong love of the weightroom. Here is an example of a workout your son would be put through.

Dynamic Warmup:

1. Knee Hug / Ankle Cradle
2. Quad to Reach
3. Inchworms
4. Atlas Lunge
5. Lateral Lunge
6. Spiderman
7. Soldier Skips
8. Sprinter Carioca
9. High Knee Butt Kicks
10. Cartwheel

*Distance for each exercise is 10-15 yards

Lifts:

1. Barbell Back Squat 3x12
2. Dumbbell Step Ups 3x12
3. Dumbbell RDL 3x12
4. Side Lunges 3x12
5. PVC Body Squat 3x12
6. Partner Rows 3x12

Offseason July-June:

Important Dates to Remember:

Offseason Practice Schedule:

June 5th: 6-8pm @NHS
June 6th: 6-8pm @NHS
June 7th: 6:30-8:30am @NHS
July 9th: 4-6pm @NHS
July 11th: 4-6pm @NHS
July 15th: 4-6pm @NHS
July 17th: 4-6pm @NHS

Offseason Weightlifting Schedule:

June 10th: 7-9:15am @NHS
June 11th: 7-9:15am @NHS
June 13th: 7-9:15am @NHS
June 17th: 7-9:15am @NHS
June 18th: 7-9:15am @NHS
June 20th: 7-9:15am @NHS
June 24th: 7-9:15am @NHS
June 25th: 7-9:15am @NHS
June 27th: 7-9:15am @NHS
July 1st: 7-9:15am @NHS
July 2nd: 7-9:15am @NHS

Summer Synopsis:

During the months of July and June there are weightlifting sessions that will be held now at the highschool with the entire Nordonia Football Family staff and athletes 7-12. These sessions are held Monday, Tuesday, and Thursday 7-9:15 am in the NHS weight room and on the varsity football field. These sessions will start on June 10th and will run until July 2nd.

Also the NMS football team will hold 7 offseason practice sessions. It is important you attend these sessions because during these times the athletes will be taught the basics of our offense and defense as well as how we practice.

(Official Start Of The Season) August:

Important Dates to Remember:

JULY 31st- Equipment Handout @NMS Large Gym

- 8th Grade 3-4pm
- 7th Grade 4-5pm

AUGUST 1st- First day of practice @NMS Practice Field

- 2-5pm
- Please arrive before the 2 pm start time
- Gear and Water will be provided

***The rest of the times and dates will be attached to the calendar attached to this packet

Practice Philosophy:

Our job as a middle school coaching staff is to prepare our athletes for high school football. Coach Fox and Coach Rudy have worked together in developing in a program for both offense and defense that will not only lead to success at the Middle School level, but also develop the core ideas and philosophies of our varsity football team. Our goal is to teach our athletes proper techniques and sound fundamentals to help ensure their success as they advance within our football program and further.

We ask all of our players to come in with the mindset to do the following:

1. Be Coachable
2. Be on time
3. Give your best effort
4. Communicate if you don't understand

Example of a Practice Schedule:

2:00-2:10	O/D Individual Meeting	<i>Review Signals</i>
	(Signals & Review Install	
2:10-2:20	O/D Individual Meeting	<i>Review Signals</i>
	(Signals & Review Install	
2:20-2:35	Warm-Up	
	1. Knee Hug/Ankle Cradle	2. Quad to Reach/Toe Touches
	3. Reverse Lunge to Reach	4. Lateral Lunge
	5. Atlas Lunge	6. Open/Close the gate
	7. Soldier Kicks/High Knee Butt Kicks	8. Cartwheel
2:35-2:55	O Circuit: Ball Security	
2:55-3:25	8th O Individual	
	7th D Individual	
3:25-3:40	8th O Inside Run/Route Timing	
	7th D Group	
3:40-4:00	Tackling/Pursuit (Stomp/Shoot/Drive)	
4:00-4:30	8th D Individual	
	7th O Individual	
4:30-4:45	8th D Group	
	7th O Inside Run/Route Timing	
4:45-5:00	Compete	