



Upcoming 9th Grade Players – Winter/Spring 2019

We are excited about our upcoming 9th grade season! The purpose of this meeting is to inform you of upcoming events and to help answer commonly asked questions that rising 9th grade parents and players often have when beginning in our football program.

Upcoming Dates:

- Afternoon workouts started Monday, January 22! Workouts are EVERY Tuesday and Thursday afternoon from 4:30 - 5:45 in the MCHS field house weight room.
- RISING 9TH GRADE PARENT MEETING – Tuesday, February 5th
MCHS Field House Team Room – 5:30 PM (When you come to pick up your child from weight training). Information specific to the transition into high school will be discussed at this meeting.
- MANDATORY SPRING PARENT MEETING – Monday, April 15th
MCHS Theater – Registration starts at 6:30 pm then meeting at 7:00 pm
- SPRING PRACTICE -Monday, May 13th through Friday, May 17th. Practice will be from 4:45-6:30 each afternoon.

Frequently asked questions that have been asked by rising 9th grade parents and players:

Q: How can I get up-to-date information on a calendar of events and information regarding the football program?

A: It is essential that parents take an active role in getting information regarding our program. Much different than youth athletics, most information passes from the coaches directly to the players. Your son will be expected to keep up with the dates and times of all events. We do, however, have multiple tools for communication and expect our parents to actively use any combination of the four methods to get up to date information regarding our program.

Email – Please contact Sherrie Campbell if you are not receiving email updates.
campbell9898@comcast.net

Facebook - Please go to MCHS Football on Facebook and become a fan of our page. This is a Touchdown Club page and contains information to promote our program and upcoming Touchdown Club events. This is also a great source of pictures since all our photographers upload directly to this system.

Twitter - If you wish to use Twitter to get your information please go to your Twitter account and follow @MCFootballCoach. The MCFootballCoach account is specific to mostly player information.

Website - You can visit our website at any time by using www.millcreekfootball.com, to gain access to calendars, program history, and much more information.

Q: What does a player need in order to participate in afternoon workouts?

A: A player must have an up-to-date physical in order to participate in afternoon workout sessions. The physical can be the same one that was used for the GFL (MCAA will deliver all physicals for players who played in the 2018 season) in addition to completing waiver and insurance information on the high school form (back two pages). Any player without a physical must have a current physical on the **MILL CREEK HIGH SCHOOL FORM!** This form has all includes medical history, insurance, and waiver information. It must be completed before any player can participate. This form can be downloaded from the Mill Creek High School Website- Athletics . Physicals for the 2019-20 school year will be Saturday, May 11th in the MCHS gym from 8am-12.

Q: When should a player begin to start coming to afternoon workouts and how do they get there?

A: As SOON as possible. Workout sessions include weight training and speed drills that focus on getting a player ready to compete in region 6-AAAAA. Our region is widely considered the toughest in the nation and demands our athletes to be physically strong for us to reach our goals year in and year out. Students from Osborne Middle School meet in the bus lane after school and are walked over by a coach. Students from Jones are asked to work out car pools to transport over to the field house after school.

Q: Will there be workouts over the summer?

A: Yes. Our summer workout sessions will begin on Tuesday, May 28th. Rising 9th graders will work out from 10:00am – 12:00 every Monday through Thursday through the month of July.

Q: How can parents get involved with the Mill Creek Touchdown Club?

A: There are touchdown club meetings on regularly scheduled basis, please see www.millcreekfootball.com for dates, in the Mill Creek Field House team room (starts at 7:00pm) This is a great way to get plugged in on events and happenings and is also a great way to meet other parents and fellowship with other members. There are many opportunities for you to get involved with the various committees we have in our club. Please contact Mike or Sherrie Campbell (campbell9898@comcast.net) if you are interested in helping with our program.

Q: What is the football schedule like for 9th graders in the fall?

A: Practice will be Monday-Wednesday rain or shine from after school until 6:00 pm. Each day will consist of both weight training and practice. Games will be played on Thursday's @6:00 p.m.

Once again, we look forward to getting to meet you very soon. We cannot stress enough the importance of players and parents getting involved as soon as they can. It will help ease the transition from middle to high school, and we are here to help as much as possible. I hope this provides meaningful information for you as a player or parent and you are as excited as we are about the continued success of our football program. Please feel free to contact me at josh_lovelady@gwinnett.k12.ga.us if you have further questions.

GO HAWKS!

Head Coach Josh Lovelady