

A photograph of a football game in progress. The players are wearing blue jerseys with orange numbers and white pants. They are running on a green field. The background shows a clear sky and some trees.

# Spartan Freshmen Information Meeting

5/19/20

# Coaching Staff 2020

Head Coach: Justin Trovato

Assistant Coaches:

- John Arlis
- Scott Harper
- Chaz Kuhn
- Zack Lomonaco
- Josh Mander
- JC Nagel
- Rick Rujawitz
- Brad Smidt
- Andy Urban
- Kyle Vonderheide
- Matt Williams



# Coaching Staff

We are in this together

We are here for you

Multiple ways for you to reach us

If you have questions add them in the chat I will answer them at the end.



# Committed!

- Belief
  - Everyone
- Discipline
  - Something you Choose
- Relentless Effort!
  - 4 to 6



# Team Rules

1. Do what is right.
2. Do your very best.
3. Treat others like you would like to be treated.

Follow these rules in all aspects

1. Family/ Faith
2. School
3. Football



# Athlete Expectations



## Be the Best at things that require Zero Talent

1. Be on time: always
2. Work ethic: classroom, weight room, field
3. Effort: relentless 4 to 6
4. Body language: always positive
5. Energy: bring it!
6. Attitude: Above the Line
7. Passion: Be Football!
8. Being coachable: apply what coaches teach
9. Doing extra: Be Committed
10. Being prepared: make 100% of all meeting and practices

# Summer Camp

- Currently Suspended by IHSA
- We will have a summer camp
  - Start in June Virtual
  - Tuesday and Thursday
  - Meetings- Basics
  - Drills- Skill Development
  - Workouts- Be prepared

No fee for virtual camp, minimal fee if in person and will include camp shirt/ shorts.



# Summer Dates

June 23	Frosh Camp 11:00- 12:00
June 25	Frosh Camp 11:00- 12:00
June 30	Frosh Camp 11:00- 12:00
July 2	Frosh Camp 11:00- 12:00
July 7	Frosh Camp 11:00- 12:00
July 9	Frosh Camp 11:00- 12:00

## Tentative Fall Schedule

August 6	Registration Night 5:00
August 10	First Day of Practice

# Google Classroom

This will be for freshmen only.

All summer meetings and workouts will be communicated on this page.

Allows us to record meetings and post workouts if players miss for any reason.

Classroom Code: **ptk2vo2**



# Wrap Up/ Questions

- Team Shop (Closes May 26th)
  - Bsnteamssports.com
  - 20rhsfb20
- Social Media
  - Twitter: @RhsSpartanfball
  - Facebook: @RHSSpartanFootball
- Web Page
  - <https://il.8to18.com/romeoville/activities/football/b>
- Questions

Thanks for joining! It's always a great day to be a Spartan!



Best ways to contact:

(815)293-7824 call or text

[trovatojf@vvsd.org](mailto:trovatojf@vvsd.org)