

12th **H** Man
Francis Howell Football Booster Club
General Membership Minutes
Thursday, April 3, 2008 @ FHHS Cafeteria – 6:30 p.m.

Members present included: All contract night attendees.

Minutes: distributed via e-mail and available on website.

Welcome:

Hot dogs, chips and cookies available.

Coach Koch

Introduction of Coaches

Coach Koch - Head Varsity / O Line

Coach Williams - Varsity Offensive Coordinator / QBs and RBs

Coach Hayes - Varsity Defensive Coordinator / D Line

Coach Locke - Line Backers

Coach Malawey - Head JV Coach / QBs and RBs

Coach Johnston - WRs and DBs

Coach Brew - WRs and DBs

We are looking for additional help with the Freshman team.

Justifications for 6a.m. workouts as opposed to after school workouts

- The purpose of our weight room is not to show up and go through the motions. Rather, we need everyone to show up with a purpose. We only ask for 45 minutes a day, and this short amount of time is expected to be filled with intense effort.
- 3-5 football coaches supervising our boys vs. only 1 supervisor after school.
- At 6am ONLY football players will be in the weight room, thus avoiding the potential distractions of 30+ non football players (students, cheerleaders, etc.) after school. We are in the weight room to get BETTER, not just to say we were there.
- Team building
 - Example: An athlete has hit a plateau on bench press at 255 pounds. Understanding there are 90 teammates encouraging him to break through barriers fosters a bond few can break. This is the foundation needed to build a CHAMPIONSHIP football team.
 - Forms a bond of trust and accountability amongst team mates that signifies we are always there for each other.
 - Provides our team with the “intangibles” that can only be obtained through team activities. When one of us succeeds we all succeed, when one of us struggles we all struggle and when 90 of us stand together, there is nothing that we will not overcome.
 - Forms a bond between the coaching staff and players built on trust and understanding. Coaches motivate athletes to become better football players and better men. Through the weight room, goals are established, met, and exceeded. It is important to trust and understand that that coaching staff wants the best for you. We will push you to limits you never thought existed. Mediocrity will not be accepted.
 - Football is a team game, and the only way to be a true team is to interact with its members. In our weight room, we work together towards a common purpose. Sharing struggles and victories is an important part of achieving a strong and powerful team.

- IF you are playing another sport:
 - #1 – Give your maximum effort to that sport.
 - #2 – Lifting weights will not hurt or hinder your ability in another sport. Being stronger is often what decides the “victor” in many athletic situations.

 - The weight room is open at 6am for the football team and our team mates who have after school commitments. There should be no reason not to be there. Any issues/concerns please see Coach Koch.

Fundraising

We have copies of the planned expenditures in the budget for the upcoming season. In order to achieve these goals we need your participation in the fundraising efforts. The golf tournament is coming up on April 19th and we will be selling Gold Cards and 50/50 Raffle tickets.

Website

We will be using the website to communicate – www.fhsvikings.com

Bill Ekiss

12th MAN, President

Welcome – goal for tonight is to make registration easier and be sure that everyone is receiving communication. To reinforce what Coach Koch already touched on – we will be communicating via e-mail and the website: www.fhsvikings.com Please be sure that we have your e-mail address, and watch the website for updates.

FUNDRAISERS

HoneyBaked Hams - \$2895.00 in sales with a profit for the 12th Man of \$579.00

50/50 Raffle Tickets – for sale at the 12th Man table for \$20.00 each. Goal – 1,000 tickets sold.

\$10,000 for the 12th Man and \$10,000 for one lucky winner.

Schnucks eScrip – registration packet has an area to check if you want us to sign you up and get your card to you.

Golf Tournament – April 19th – Enroll by April 11th. If you are not a golfer, we need volunteers to make the day successful. Please sign up at the 12th Man table. Also, we need donations for give-aways – please contribute.

VOLUNTEERS

We ask each family to commit to 2 events of volunteer time. You can sign up at the volunteer table. If you are unable to work, you can buy-out for \$100.00.

Thank you for coming – please turn in your registration packets. Check-out tables are set up according the first letter of your son’s last name.