

Rising 9th South Paulding Football Information

- Winter / Spring Workouts will be Tuesday, Thursday 6:00pm-7:30pm SPHS Weight Room – Feb 1
- All participants must have a completed physical.
- All 9th graders make the SPHS team – We do not cut based on ability, but do not guarantee playing time and you must follow team rules and attend practice each day to stay on the team.
- Player Fees are \$525 with \$100 Volunteer Fee - Half must be paid before spring football.
Assistance is available via request.
- We encourage and support players participating in other sports in the winter and spring.
- 9th Grade HPE and Weights – Players will lift and go to the gym for Health class (they will be in HPE not weights class) during the Fall Semester. The 2nd semester they will be put in 4th block football weights class.
- Spring Football Practice – Rising 9th graders will participate in spring practice (10 days) –Begins May 1st after school. Meeting at 3:45pm – Practice 4:30pm-6:30pm (Parent Pick Up 6:45pm)
- Summer Schedule- Starts Tuesday June 4th. Workouts are Tuesday-Thursday 8am-12am.
- Dead Weeks May 27th - June 1 and July 1 - July 7 - No Activities - Please take vacation during this time
- Heat Acclimation – Monday July 22th – Friday July 26th – Meetings at 4pm Practice 5-7pm. This is the start of official practice and all players are expected in attendance for that week.
- 9th Grade Game Schedule – As of now we have 6 games on the 9th grade schedule. All 9th grade or JV games are played on Thursday at 5pm.
- Labor Day and Fall Break Practice – We will have mandatory practice on Labor Day and Monday and Tuesday of Fall Break. Practice will be in the morning on those days.
- High School Football is different from middle school football....
 - More commitment, more time, more intense
 - Age/ Body differences once you get to JV and Varsity - The Weight Room is the Key!
 - Parent support at home and in the stands is critical to our success and trust of the player
- College Recruiting - It is getting a lot more competitive to get an opportunity to play at the next level because of the transfer portal. If your child has aspirations to play at the next level the best thing they can do to help them gain opportunities is to do well academically. **The main things that get a player recruited are 1. Academics 2. Varsity Game Film 3. Position Needs by the school 4. Measurables 5. Character / Work Ethic reference from the HC**
- Communication
 - Parents email me at Mallen@paulding.k12.ga.us with any questions, concerns and to be added to our email communication database. You can also reach me at 254-661-7972.
 - Parents Join our PARENTS SportsYou 6D2W-5BD8
 - Follow on twitter @Coach_Allen5 @South_Paulding & Facebook: Southpauldingfootball.com
 - Players - Download the SportsYou on your phone and join. This is how I communicate and update players – Players should check this daily once we start workouts. - HDKQ-6AGR
 - Yearly Calendar - Subject to Change - <https://shorturl.at/chtyZ>
- Please make sure this information has been completed on each player.

