



2025 Wyandot 7th Grade Preseason Football Information and Schedule

“ALL IN”

Coaches:

Troy Cavataio – Tcavataio@cvs.k12.mi.us

Jay Callahan- JCallahan@cvs.k12.mi.us

Forms / Equipment needed at 1st Practice:

-Physical dated after April 15th, 2025

-Concussion Test

-Lock with combination

-Cleats and waters

Players will receive:

-Game Schedule

-Football clothing order form

-Helmet, Pads, Practice Pants & Practice Jersey, Game Pants & Game Jersey

Players **will not** be given extras of any equipment, including practice jerseys and pants. Anything not turned in on time at the end of the year will be subject to fines and loss of eligibility in sports throughout the school year.

Preseason Schedule (All practices will be from 3:00-5:00pm)

- ***We practice in ALL weather conditions except if it thunders / lightning.***

Week of August 25th -August 29th

Monday 8/25	Tuesday 8/26 Conditioning	Wednesday 8/27 Conditioning	Thursday 8/28 Conditioning	Friday 8/29
Equipment Pickup	Helmets & Mouth Guard	Helmets & Mouth Guard	Helmets & Mouth Guard	NO PRACTICE

Week of September 1st -September 5th

Monday 9/1 Labor Day	Tuesday 9/2 1st Day of School	Wednesday 9/3	Thursday 9/4	Friday 9/5
NO PRACTICE	NO PRACTICE	Helmets & Shoulder Pads	Full Pads	Full Pads

Week of September 8th – September 12th

Monday 9/8	Tuesday 9/9	Wednesday 9/10	Thursday 9/11	Friday 9/12
Walk Through	Scrimmage @ Algonquin	Helmets & Shoulder Pads	Full Pads	Full Pads

Week of September 15th – September 19th

Monday 9/15	Tuesday 9/16	Wednesday 9/17	Thursday 9/18	Friday 9/19
Walk Through	Game 1@Romeo	Helmet & Shoulder Pads	Full Pads	Full Pads

Parent / Guardian Information

1. All players must have a physical form completed by a physician dated after April 15, 2025, in order to begin practicing. This physical will be good for all 2025-2026 sports.
2. Players are expected to be at every scheduled practice. If your student athlete needs to miss practice, please let the coaches know in advance.
3. Coaches will receive eligibility reports from teachers on a weekly basis. Students will be eligible with satisfactory reports in academics and behavior. If a student receives an unsatisfactory mark, they will be put on probation. Unsatisfactory marks in the same class for two consecutive weeks will result in the student missing one game. **We emphasize the principles of being a student before an athlete. Playing time will be cut if a student athlete does not comply with the standards and expectations of the team.**
4. There will be a parent meeting early in the season after practice. Details will follow on date, time, and location.
5. We are always in need of parent volunteers for the chains and yard markers for home games. If you are interested in volunteering, please contact our athletic director, Mr. Bickers.
6. Chippewa Valley Schools prohibit parents to be volunteer coaches at practice or during games, if they have a child attending that school.
7. For any parent complaints or concerns, please use the 24-hour rule. Please wait 24 hours before contacting a coach. If you have any questions or concerns, please feel free to contact our AD, Brian Bickers. (Wyandot Athletic Coordinator (586) 723-4247 or bbickers@cvs.k12.mi.us)

Summer Conditioning Outline

If you are looking to stay in shape this summer, you may use this plan. Being on the team requires you to be in good physical condition and this outline can be used to stay equipt for when the season begins.. **Every player must complete three days of conditioning before they are allowed to make contact with pads.** This outline is completely optional but may be useful to follow to keep your mental and physical strength in line leading up to the season. If you play a summer sport, you may still use this outline.

Summer Athletic Conditioning Plan

STRETCH EVERY DAY

Weekly Schedule Overview (One 30 - 60 Minute Session / Day)

Start with recommended reps and increase week by week.

- **Monday** – Strength & Core
- Tuesday** – Speed & Agility
- Wednesday** – Active Recovery
- Thursday** – Conditioning
- Friday** – Strength & Core
- Saturday** – Speed and Agility
- Sunday** – Rest

1. Strength & Core (Mon/Thurs)

Focus: Bodyweight strength, injury prevention, posture

Warm-up (10 min)

- Light run (2-5 min)
- Dynamic stretches (leg swings, arm circles)
- High knees, butt kicks (30 sec each)

Main Circuit (Repeat 2–3x)

- Squats – 15 reps
- Push-ups (knee or regular) 10–15 reps
- Glute bridges – 15 reps
- Plank – 30 seconds
- Wall sit – 30 seconds

Cool down (5-10 mins)

- Stretch major muscle groups

2. Speed & Agility (Tuesday)

Focus: Quickness, coordination, reaction time

Warm-up (10 min)

- Jog + dynamic stretches
- Skipping, side shuffles, karaoke, 5-10 yard sprints

Drills (30–40 min)

- Ladder drills (footwork patterns, stay light on your toes, down ups)
- Cone drills (zig-zag, shuttle runs)
- Short sprints (10–20 yards)
- Reaction games (partner drops ball, clap start)
- Jump rope – 3 rounds of 30 seconds - 1 min

Cool down (5–10 min)

3. Active Recovery or Fun (Wednesday)

Suggestions:

- Swimming
 - Biking
 - Light yoga/stretching
 - Capture The Flag
 - Frisbee or games with friends
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4. Conditioning + Sport Skills (Thursday)

Focus: Cardio endurance + coordination

Warm-up

- Light jog (5–7 min)
- Dynamic stretches

Conditioning Activities

- 4 x 100m runs with 2-3-min rest
- 2 rounds: Jumping jacks (50), mountain climbers (30), burpees (10)
- Push ups and Sit ups (3 sets of 10, increase number of reps week to week)

Sport Skills Practice (20–30 min)

- Dribbling (basketball/soccer)
Throwing/catching drills
Passing and shooting
Balance and footwork exercises

Cool down (5- 10 mins)

5. Thursday can be the same layout as Monday

6. Saturday Activities

- Go on a hike
- Bike ride
- Swimming at pool/lake
- Race your friends, run routes, be active