

**CEDARCREST**



**FOOTBALL 2023**

**CEDARCREST HIGH SCHOOL  
FOOTBALL**

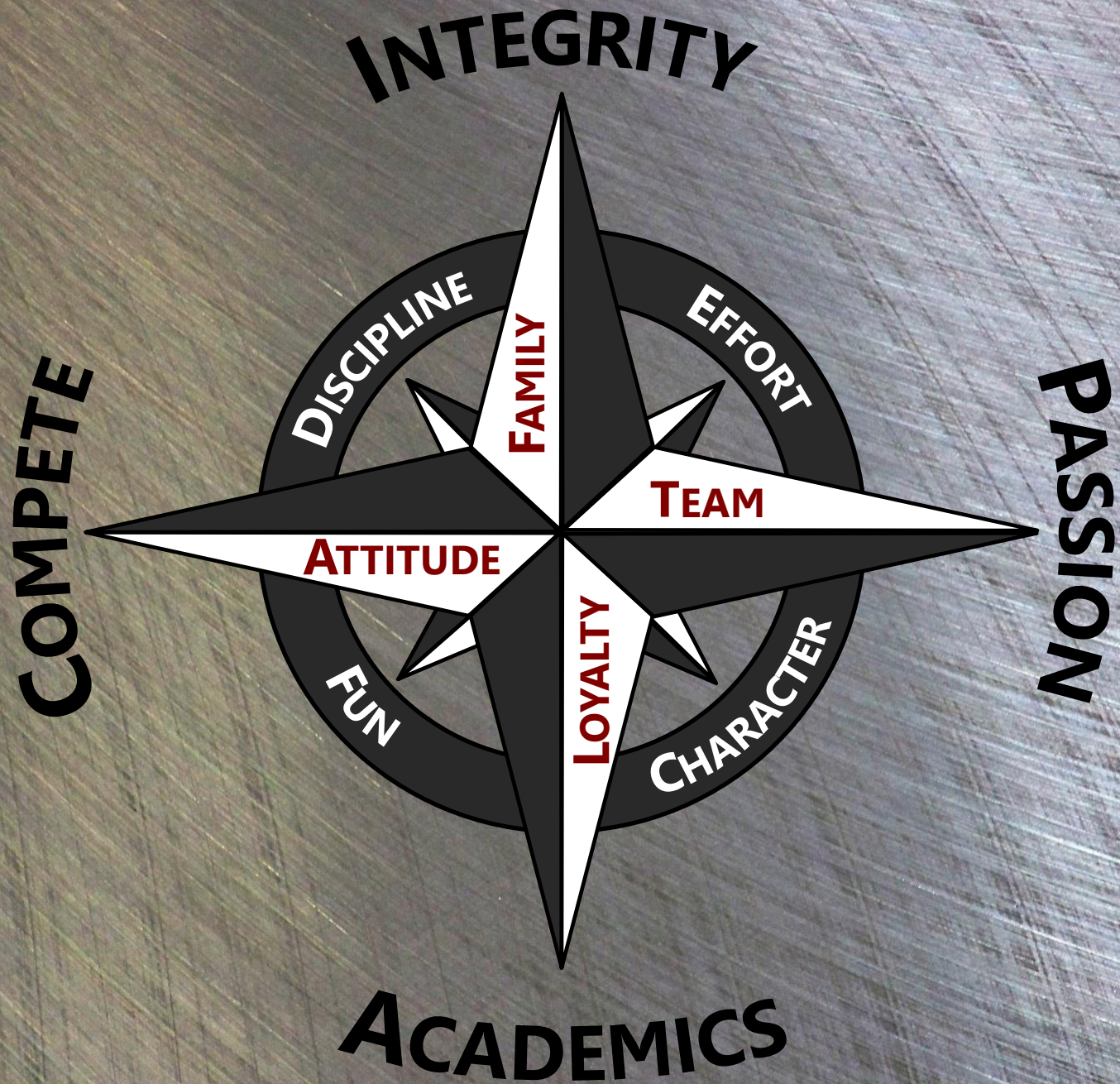
**Head Coach John Fiala**

**FAMILY OF CHAMPIONS**



# Family of Champions

- We are building student athletes with support, guidance, discipline, and leadership
- Carry over values for life
- Nothing else compares to football
- Be apart of something bigger than yourself
- Incredible support by Duvall and Carnation, Friday Night Lights
- Reveal the true potential of every player



**TEAM MOTTO**

2023

?



# COACHING STAFF



Coach Fiala  
Head Coach  
Linebackers



Coach Eric Cavanaugh  
Offensive Coordinator  
Varsity Quarterback



Coach Pete Hartzell  
Defense Coordinator  
Varsity Defensive Backs



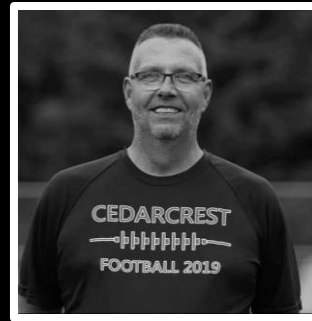
Coach Branden Savage  
JV Head Coach  
Varsity D-line



Coach Mitch Bair  
Varsity  
Offensive Line



Coach Mark Bender  
Varsity  
Wide Receivers



Coach Jeff Gerde  
Special  
Teams-Kickers



Coach Jack Love  
Varsity  
Running Backs



Coach John Marsh  
Varsity  
Wide Receivers

Coach Rodney  
Strength and Conditioning

# Academics

- Players are Student Athletes
- How grades and studying relate to football
- In season grade check: weekly by AD
- **Must pass all Spring classes to be eligible for Football for September games**
  - High School- Option: Summer School Classes
  - Middle School - Option: Summer School Classes
  - Running Start, Home School, New to the District
    - \*Please contact CHS Athletic Director \*

The \*Asterisk Club\*

\* 3.2+    \*\*3.5+    \*\*\*3.8+    \*\*\*\*4.0



# Exciting News

## Central Washington University

### Football Camp

June 24<sup>th</sup> – 27<sup>th</sup>

**\$150**

Normally \$325

Football ASB \$100 and Booster Club minimum of \$75

Pay through e-funds at school

Travel provided by Booster Club

Scholarships available





# Next Level

Are you interest in playing football in college?



# Varsity Schedule 2023

|       |                      |                          |
|-------|----------------------|--------------------------|
| 9/1   | Stadium              | Away                     |
| 9/8   | Sammamish            | Away                     |
| 9/15  | Cedar Park Christian | Home                     |
| 9/22  | Shorewood            | Home                     |
| 9/29  | Shorecrest           | Away                     |
| 10/6  | Meadowdale           | Home                     |
| 10/13 | Everett              | Away                     |
| 10/20 | Cascade              | Home                     |
| 10/27 | Open                 | October 27 <sup>th</sup> |
| 11/3  | Open                 | November 3 <sup>rd</sup> |

# Safety

## Tackling

- USA Football Shoulder Tackling System
- Coaching the head out of the game
- Four H's
- Triangulate



# Practice

- No wasted days
- Always on time
- Timed down to the second
- Designed for safety and efficiency
- Engaging
- Attention to the little things
- Practice with purpose
- Fun

# Coach Communication

- My door is always open
  - If you have a tough question
  - Keep it about your player
  - Playing time
- Consistent message from coaches
- Clear expectations
- Please email, don't text
  - [CoachFiala@rsd407.org](mailto:CoachFiala@rsd407.org)



# Communication



Booster Club

[www.Redwolvesfootballboosters.com](http://www.Redwolvesfootballboosters.com)

Follow us on Social Media



Facebook

[Cedarcrest High School Football](#)



Instagram

[Cedarcresthighschoolfootball](#)



Twitter

[@CedarcrestFB](#)

# Team Snap



<https://go.teamsnap.com/6617418/home>

**Subscribe to the online calendar:**

**Subscribe to Full Calendar**

**Subscribe to Games Only**

# Equipment

- Gear handout
  - Thursday May 26<sup>th</sup> – Seniors 2024 @ 2:45pm
  - Thursday May 26<sup>th</sup> – Juniors 2025 @ 4:00pm
  - Tuesday May 30<sup>th</sup> – Sophomores 2026 @ 2:45pm
  - Tuesday May 30<sup>th</sup> – Freshman 2027 @ 4:15pm
- What does the school provide?
  - Helmet, Shoulder pads, Girdle, mouthpiece, bag



# Player Packs

- Required Items

- Practice Jersey \$41
- Shirt \$21
- Shorts \$13



- Total \$75
- Team Store
- [Cedarcrest Football 2023 Player Pack CMT1053 | Cloud 9 Sports \(itemorder.com\)](#)
- The Store will be close May 3<sup>rd</sup> Don't wait
- Financial assistance available through school or Booster Club. Come speak with Coach Fiala



**IRON WOLF**

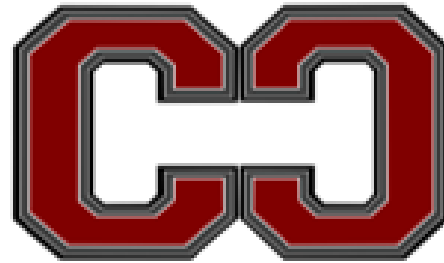


**GYM**

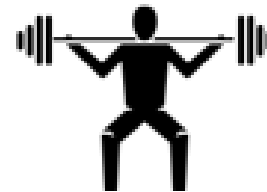


# Lift-a-thon

**IRON WOLF**



**LIFT-A-THON**

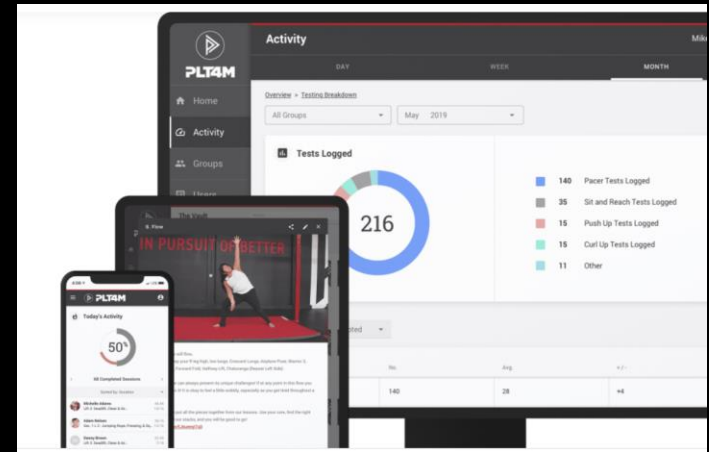
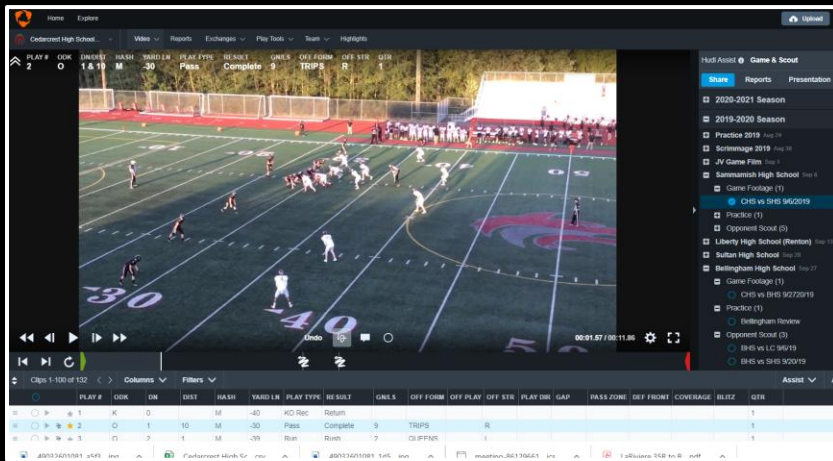


August 16<sup>th</sup>

Football Team ASB Fundraiser



# HUDL




Playbook  
Game Film

Join Code  
CHSfootball  
Check the "Register" tab  
<https://app.plt4m.com/login>

# Reminders

- Final Forms for Spring and Fall Football
- 2023 - 2024
  - It is open now
  - <https://riverview-wa.finalforms.com/>
  - No Fees for June Football
- Physicals- Check Final Forms. You can upload directly to the site.
- Physicals are good for two years


# Final Forms



Parent

[LOGIN](#)

[NEW ACCOUNT](#)



Student

[LOGIN](#)

Email:  [Forgot your email?](#)

Password:

[Login](#) [Back](#)

[Never logged in?](#)

[CLICK TO SWITCH TO 2023-24 REGISTRATION](#)  
And for more information on 2023-24

[+ Add Student](#)

## My Students

MANAGE YOUR STUDENTS WITHIN THE SYSTEM.

**Cedarcrest High School Administrative Note:**  
If you would like to make a payment for the participation fee please follow this link to efunds. <http://www.rsd407.org/parents/efunds/default.aspx> If you are not registered Cedarcrest High School student yet: Parent(s) can go in and create an account and everything else about their child except their RSD e-mail at this time because I am not registered. Next, e-mail me the athletic director your child's first and last name and their personal e-mail. Once you e-mail this information, we can override your student information and then they will have access to final forms and can complete paperwork. Once an RSD e-mail account is issued, parent(s) can go back into final forms and change their child's e-mail from personal to an RSD e-mail.

| Status  | Name  | Grade | Sports/Activities   | Actions   |
|---|---|-------|---|---|
| Graduated<br>No action necessary                      | Fiala, Clint<br><a href="#">fialac@rsd407.org</a> | Grad  |   |   |
| Eligible!<br>Physical expires on 9/1/24 (in 494 days) | Fiala, Reid<br><a href="#">reid@rsd407.org</a>    | 10th  | Spring Football<br>Football<br><a href="#">+ Add Sports</a> | <a href="#">Update Forms</a> 2 <a href="#">Profile</a> <a href="#">Edit</a> |

## Registration Process for 2023-24

**Warning:** If you want to update info / add sports for THIS YEAR, 2022-23, click **Close** below and stay in the current school year.

### NOTE: Not All Schools Open

You will not be able to register your student for schools not yet open:

- **Open** - CHS
- **Closed. Opens May 1** - TMS

### Important info when registering for next year...

- **Select** the Sports and Activities your student would like to participate in.
- While you can **complete** your forms now, your school/state may have additional or updated forms to sign closer to the summer.
- You can always come back and work in the current 2022-23 year anytime.

[OK, Let's Get Started!](#)

[Close](#)

# Final Forms

## Incomplete Forms

(Click to complete them)

Physical expires on **9/1/24** (in 494 days)

[Fiala, Reid](#)

11th

[+ Add Sports](#)

[Update Forms](#)

[2](#)

[Profile](#)

[Edit](#)

Before completing any forms, please verify your interest in sports for the 2023-24 school year.

### Summer 2023-24

Registration open until 6/23/2023

Spring Football

### Fall 2023-24

Registration open until 9/10/2023

Cross Country

Football

Registration closed

Cheer

### Winter 2023-24

Registration open until 12/10/2023

Boys Basketball

Boys Wrestling

Registration closed

Cheer

Don't see an option you're looking for? Contact your school district to inquire about other options.

[Contact Information](#)

[Health History & Medical Profile](#)

[Medications](#)

[Injuries & Hospitalizations](#)

[Past & Ongoing Health Conditions](#)

[Emergency Medical Authorization](#)

[Athletic Code of Conduct](#)

[WIAA HS Athletic Eligibility](#)

[Sudden Cardiac Arrest Awareness](#)

[Concussion Information Sheet](#)

[Physical](#)

[Football Informed Consent](#)



# Code of Conduct

## **RIVERVIEW SCHOOL DISTRICT ACTIVITY CODE OF CONDUCT CEDARCREST HIGH SCHOOL and TOLT MIDDLE SCHOOL**

### Attendance

1. Medical
2. Dental
3. Court
4. Family Emergency
5. Can be tardy

### Academic Standards

1. Passing all grades. No F's
2. In season grades are checked every week

### Alcohol, Controlled Substances, Illegal Drugs and Tobacco

1. Can't do it
2. Parties where they are present, must leave immediately

# Unsung Heroes

- Parents
- Teachers
- Administrators
- Assistant Coaches
- Cheerleaders
- Parents
- Video Staff
- Booster Club

# Booster Club

## Opportunity to be in your player's life

- Beyond what is provided by the school
- Travel Meals
- Team Dinner
- Sponsorships
- Communication
- Photography
- Behind the scenes support
- The glue that holds us all together



# Summer Schedule

- Gear Handout - May 25<sup>th</sup> and May 30<sup>th</sup>
- Max Lift Night – June 2<sup>nd</sup> CHS Weight Room
- June Football – May 30<sup>th</sup> – June 21<sup>st</sup>
- Duvall Days – June 3<sup>rd</sup>
- CWU Football Camp - June 24<sup>th</sup> to 27<sup>th</sup>
- Jr. Football Camp – July 10<sup>th</sup> -13<sup>th</sup>
- Lifting and Conditioning - Summer 7am to 9:15am
- 7 on 7 – Pop Keeney – July 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> 10:00am
- Lakewood Passing Tournament/Lineman July 29<sup>th</sup>
- Coach's quiet period ends July 31<sup>st</sup>
- August Football – Boot Camp - August 16<sup>th</sup>
- Lift-a-thon August 16<sup>th</sup>
- 12 days of practice before you can play
- **Plan your vacations wisely**

# Your Action Item Checklist

<http://www.redwolvesfootballboosters.com/docslinks>

- ✓  Player Pack – Store close on May 3<sup>rd</sup> 9:00pm **QR**
- ✓  Physicals: Check Final Forms and schedule
- ✓  TeamSnap: Must request activation @ [cedarcrestboosters@outlook.com](mailto:cedarcrestboosters@outlook.com) **Sign up now**
- ✓  Hudl: Email if you do not have account: [coachsavage@rsd407.org](mailto:coachsavage@rsd407.org) **Sign up now**
- ✓  Final Forms: Sign up **QR**
- ✓  Lifting App – PLT4M **Sign up now**
- ✓  Booster Club Membership – **QR Code**

# Incoming Freshman and New Players

## Expectations as a new player to CHS:

- Involvement: Lifting, Jr. Camp

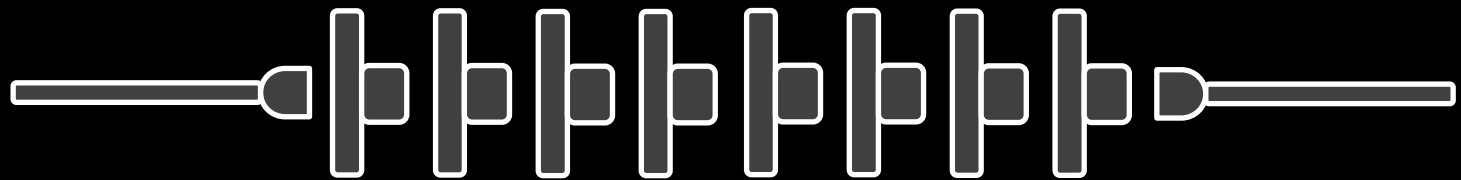
## June football

- How practices are designed
- Safety
- Locker at CHS

## Normal Season:

- How games work with JV and Varsity
- Practice Schedule
- Seniors will play in Varsity games only, no JV

# CEDARCREST



# FOOTBALL 2023

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