



"One Team, One Mission"

**2009 Rockville Rams
Football**

Packet Contents:

1. Letter from Coach Bernot
2. Summer Calendar
3. Player Profile Sheet
4. Parent Permission Form
5. Student Eligibility Agreement
6. Physical Forms (Must be current and good through at least
12/8/09)
7. Medical Card
8. Transportation Agreement
9. Varsity Passing League Schedule



“One Team, One Mission”

May 14, 2009

Dear Parents, Guardians and Rockville Ram Football prospects,

I am very proud to be writing this letter as the new head coach of the Rockville Rams Football team. I am excited to be a part of this great community and I look forward to leading this team to a successful and rewarding 2009 season. This letter will talk about the program expectations starting with academic expectations, character expectations, summer workouts and conditioning, and the schedule of activities and events which will take us up to the 2009 football season.

Academics are the top priority for all our student-athletes. You must have a minimum of a 2.0 GPA and no more than one “E” in order to be eligible to participate in sports or extracurricular activities. All returning high school players (rising 10th through 12th graders) must bring a copy of their last report card of the school year to the head coach for verification of eligibility by the end of June. If you are not eligible you have the opportunity to take a class during summer school to raise your GPA but may only replace one “E” to help with eligibility. All rising 9th graders enter high school eligible but must follow all academic requirements once the school year begins (mandatory study halls are held Monday through Thursday for the entire football program and tutors are available as requested through the National Honor Society and the It’s Academic Team). We are encouraging our student-athletes to strive to carry at least a 3.0 GPA in order to help promote them to college recruiters as they progress through their high school playing days.

It is the Rockville Football programs belief that CHARACTER plays a critical role in each individual as well. We encourage our players to make good sound decisions and to recognize that the consequences for poor choices can prove to have them removed from the football program. Included in the packet you’ll find a copy of the student-athlete contract which clearly outlines policies that focus on a variety of issues, make certain to review this with your son/daughter and both should sign and return this contract in order to be considered for a position on the final roster.

The summer workout and conditioning program begins Monday June 22nd and will run through July 28th from 4-6 p.m. All dates and times are clearly outlined in the calendar that is included with this packet. The summer is a critical time for all players to prepare themselves the best they can for the upcoming season. This is also an opportunity for incoming 9th graders to become familiar with coaches and returning players and to some of the important elements of the Rockville Football program. When evaluations are done to prepare final rosters players who attend the summer workout and conditioning are better prepared to make the team so we encourage as much participation as possible. If a player is

away during the summer at a camp or another obligation please be certain to inform us so that we know they are still planning on participating upon returning.

Our Youth Football Camp will be July 6th through 10th this year from 8-1:00. Players will have the opportunity to earn money or Student Service Learning hours by working the camp and instructing youths rising into grades 3 through 8 on the basic fundamentals and skills of playing football. This will tie directly into our team camp at Albright College which will be held from July 30th through August 2nd. Space is limited to 60 players with priority given to upper classmen and those players who have been committed to the off season program.

Equipment distribution will be done on August 14th. Attendance at all practices is mandatory. If a player must miss a practice they must notify the Head Coach of either the Varsity or Junior Varsity team depending on which team they are on. If a player gets sick they may call the coach's office and leave a message with a call back number. Any player who misses more than 4 consecutive practices during two-days without making prior arrangements or contacting the coaches may be dismissed from the team.

In order to receive equipment players must have turned in all mandatory paperwork included in this packet prior to the first day of practice. We are highly recommending that the paperwork be completed and returned on or before August 10th. On August 10th we will be set up to collect any remaining paperwork that needs to be turned in by players. All paperwork should be turned in at one time in an envelope to Coach Bernot with the players name on it. A physical must be current and good through the season. Plan to have a physical in the spring or summer that will enable your player to participate in other sports throughout the school year. Physicals done the previous school year 2008-2009 for a winter or spring sport must be good through the entire football season or early December. Proof of physicals is kept on file with the school but in order to participate in football you must provide a copy of the physical. The RHS Booster club will be offering physicals to individuals who need them at a cost of \$25.00 at Rockville High School. Date and time yet to be determined but we will get this information out to you as soon as we find out.

With hard work, dedication and commitment, the 2009 Rockville Rams Football team promises an exciting and successful year. We are "One Team, One Mission" and that mission is to build Rockville Football into a perennial playoff team contending for, and winning, state championships.

Kevin Bernot

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Rams Football May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Workouts 2:30	6 Workouts 2:30	7 Workouts 2:30	8	9
10	11 Workouts 2:30	12 Workouts 2:30	13 Workouts 2:30	14 Workouts 2:30 Parent/Player Meeting	15	16
17	18 Workouts 2:30	19 Workouts 2:30	20 Workouts 2:30	21 Workouts 2:30	22	23
24	25 Memorial Day No School	26 Workouts 2:30 Varsity Passing League Game vs Northwood 4:00 @ Wheaton	27 Workouts 2:30 Passing League Practice 3:30	28 Workouts 2:30 Varsity Passing League Game vs Springbrook 5:00 @ Wheaton	29	30
31						

