



2019 MOUNT VERNON HS FALL FOOTBALL

Football Contact Info: Varsity Head Coach Nic Vasilchek; nvasilchek@mvsd320.org

JV Head Coach David Hudson; dhudson@mvsd320.org

C Team Head Coach Darayl Taylor; darayltaylor2@gmail.com

Parents: Please Sign up for **Remind 101 updates**: send a text message to the phone number **81010** with the message **@mvhsfootb**

Also please send me your email address to nvasilchek@mvsd320.org, so i can add you to my parent emails, thank you

Players: Please Sign up for **Remind 101 updates**: send a text message to the phone number **81010** with the message **@coachvasi**

Paperwork: Student Athletes need to fill out an athletic eligibility packet, an inherent risk form (football), and have a valid physical on file in order to be eligible to practice or play. These forms can be picked up in the Athletic Office starting on May 1st, 2019 or online after May 1st 2019 at <http://mvhs.mountvernonsschools.org/Athletics>

Athletic Fee: \$60 for 1st sport, \$30 for 2nd sport, and 3rd sport is free.

Free & Reduced Lunch Athletic Fee: \$20 for 1st sport, \$10 for 2nd sport, & 3rd sport is free

Questions?- Athletic Director Chris Oliver; coliver@mvsd320.org

Athletic Secretary Jenni Stahlecker; jstahlecker@mvsd320.org

MVHS Football Games and Bus Leave Times: <http://www.wescoathletics.com/index.php?pid=0.3.10.1.320>



AUGUST

Athletes must participate in 12 fall practices from August 21-September 5 to be eligible to play in the first game (SEP 6), per WIAA rules

SUN	MON	TUE	WED	THU	FRI	SAT
				<u>1</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>2</u> No Practice	<u>3</u> No Practice
<u>4</u>	<u>5</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>6</u>	<u>7</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>8</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>9</u>	<u>10</u>
<u>11</u>	<u>12</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>13</u>	<u>14</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>15</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>16</u>	<u>17</u>
<u>18</u> No Practice	<u>19</u> Coaches Only, WIAA Rules Clinic	<u>20</u>	<u>21</u> New Player Equipment Issue 1:00 PM-2:30 PM Practice 2:55-6:00 PM (Helmets Only) Parent mandatory meeting 5:45 pm	<u>22</u> Coaches Meeting 7:30 AM, All Player Meeting 7:55 AM-8:55 AM, Practice 2:55-6:00 PM (Helmets Only)	<u>23</u> Practice 2:55-6:00 PM (Helmets Only)	<u>24</u> Practice 7:55-11:00 AM Full Pads
<u>25</u> No Practice	<u>26</u> Practice 2:55-6:00 PM Full Pads	<u>27</u> Practice 2:55-6:00 PM Full Pads	<u>28</u> Practice 2:55-6:00 PM Full Pads	<u>29</u> Practice 1:55--4:00 PM Helmets Only Gold Card Blitz 4 PM-9PM turn all cards and money back in to training room	<u>30</u> Varsity Players report at 3:00 PM, Bus Leaves 4:00 PM, Jamboree at Ferndale 6:00 PM	<u>31</u> Practice 7:55-11:00 AM Helmets Only

AUGUST IMPORTANT DATES:

August 21st- First Fall Practice, makes sure all paperwork is in

August 22nd- Player Meeting 7:55 AM, practice 2:55 PM

August 29- Practice 1:55-4:00 PM, Gold Card Blitz 4 PM-9 PM, bring all cards and money back at 9 PM to training room

August 30th- JV/Varsity Jamboree at Ferndale 7:00 PM, bus leaves at 3:30 PM



SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
<p><u>1</u> Coaches Only Meeting No Practice</p>	<p><u>2 (Labor Day)</u> NO PRACTICE</p>	<p><u>3</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>4</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>5</u> Varsity Helmets Only JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>6</u> Varsity Players Report: 3:00 PM, Depart: 4:45 PM, Game at Burlington 7:00 PM No JV or C Practice</p>	<p><u>7</u> No Practice</p>
<p><u>8</u> Coaches Only Meeting No Practice</p>	<p><u>9</u> Varsity Film/C Team Full Pads Practice 2:55-6:00 PM JV Game Report 3:00 PM, Game vs. Burlington 5:30 PM</p>	<p><u>10</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>11</u> Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game</p>	<p><u>12</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM</p>	<p><u>13</u> Varsity Players Report 3:00 PM, Meal 3:45 PM, Game vs Sedro Wooley 7:00 PM No JV or C Practice</p>	<p><u>14</u> No Practice</p>
<p><u>15</u> Coaches Only Meeting No Practice</p>	<p><u>16</u> Varsity Film/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Game vs Sedro Wooley 5:30 PM</p>	<p><u>17</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>18</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Game vs. Lyden Christian 5:30 PM .</p>	<p><u>19</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM</p>	<p><u>20</u> Varsity Players Report at 1:45 PM, Depart: 2:30 PM, Game at Cascade 5:00 PM Everett Memorial Stadium No JV or C Practice</p>	<p><u>21</u> No Practice</p>
<p><u>22</u> Coaches Only Meeting No Practice</p>	<p><u>23</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Depart 4:30 Game at Arlington 6:00 PM</p>	<p><u>24</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM</p>	<p><u>25</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Depart 4:30 PM, Game at Cascade (Everett Memorial) 6:00 PM</p>	<p><u>26</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM</p>	<p><u>27</u> Varsity Players Report at 3:00 PM, Depart: 4:15 PM, Game at Lake Stevens 7:00 PM No JV or C Practice</p>	<p><u>28</u> No Practice</p>
<p><u>29</u> Coaches Only Meeting No Practice</p>	<p><u>30</u> 3:15 Pictures in Grey Uniforms Varsity Film, C Team Full Pads Practice 3:25- 6:00 PM JV Report 3:00 PM, Game vs Lake Stevens 5:30 PM</p>					



OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
		<u>1</u>	<u>2</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 2:10 PM, Depart 2:30 PM, Game at Lake Stevens (Cavelero Middle School) 4:00 PM	<u>3</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>4</u> Varsity Players Report at 3:00 PM, Meal 3:45 PM, Game vs. Monroe 7:00 PM No JV or C Practice	<u>5</u> No Practice
<u>6</u> Coaches Only Meeting No Practice	<u>7</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Depart 3:30 Game at Monroe 5:30 PM	<u>8</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>9</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Game vs. Monroe 5:30 PM	<u>10</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>11</u> Varsity Players Report 3:00 PM, Depart 4:15 PM, Game at Mariner 7:00 PM Goddard Stadium No JV or C Practice	<u>12</u> No Practice
<u>13</u> Coaches Only Meeting No Practice	<u>14</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Game vs Mariner 5:30 PM	<u>15</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>16</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Depart 3:15 PM, Game at Mariner (Goddard Stadium) 5:00 PM	<u>17</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>18</u> Varsity Players Report 3:00 PM, Meal 3:45 PM, Game vs Jackson 7:00 PM No JV or C Practice	<u>19</u> No Practice
<u>20</u> Coaches Only Meeting No Practice	<u>21</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 2:30 PM, Depart 2:50 Game at Jackson (Everett Memorial) 4:00 PM	<u>22</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>23</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Depart 5:30 PM, Game at Stanwood 7:00 PM	<u>24</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>25</u> Varsity Players Report 3:00 PM, Team Meal 3:45 PM, Game vs. Kamiak 7:00 PM No JV or C Practice	<u>26</u> No Practice
<u>27</u> Coaches Only Meeting No Practice	<u>28</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Game vs Arch Bishop Murphy 5:30 PM	<u>29</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>30</u> Varsity and JV Full Pads 2:55-6:00 PM C Team Report 3:00 PM, Game vs. Kamiak 5:30 PM	<u>31</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM		



NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Varsity Players Report 3:00 PM, Depart 4:15 PM, Game at Glacier Peak (Veterans Memorial Stadium) 7:00 PM No JV or C Practice	2 No Practice
3 Coaches Only Meeting No Practice	4 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Report 3:00 PM, Game vs Glacier Peak 5:30 PM	5 Varsity/JV/C Full Pads Practice 2:55-6:00 PM C Team after practice will turn in all practice gear and game jersey not used on Wednesday November 6	6 Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Report 3:00 PM, Depart 4:15 PM, Game at Glacier Peak (GPHS) 6:00 PM C Team will turn in all game gear after the game.	7 Practice 2:55-6:00 PM Helmets Only JV and Varsity after practice will turn in all practice gear and game stuff not used on Friday Nov 8	8 Varsity District Playoff Game T.B.D. 7:00 PM No JV or C Practice	9 if we <u>qualify for</u> <u>the state</u> <u>playoffs, all</u> <u>varsity</u> <u>dressers</u> <u>will</u> <u>continue</u> <u>practice on</u> <u>normal</u> <u>week to</u> <u>week</u> <u>schedule</u> <u>as long as</u> <u>we keep</u> <u>advancing</u> <u>in the</u> <u>playoffs</u>

NOVEMBER IMPORTANT DATES:

November 5- C Team players after practice will turn in all practice gear and game jersey not used the next day.

November 7- JV and Varsity Players after practice will turn in all practice gear and game stuff not used on next day.