

Dear Parents/Guardians,

The Ralston Football Tailgate committee welcomes you and your family to Ralston Ram football. We are here to help you navigate this new and exciting experience. We are dedicated to supporting your son's experience, to create a community among parents and families and assist the team in whatever way we can.

You may be wondering what's going to happen over the next several months and how to be a part of it. We have had great experiences as parents - because of other parents who welcomed us with open arms and helped create a great community of Ralston Ram family and fans. We've made lifelong friends over the past several years.

In the coming months, there will be several things we encourage you to be a part of. **Prior to August 12th all players will have to have a (1) physical, (2) NSAA consent form completed and all juniors and new players must have a (3) concussion test scheduled/completed with Co, our trainer. She can be reached at: [colleen.schneider@ralstonschools.org](mailto:colleen.schneider@ralstonschools.org)**

**August 9th** will be the first day for the freshmen. The freshmen will meet after the early out in lecture room C. At this time the freshmen will have a short meeting and take their concussion test. **This is required for all freshmen, juniors and new players in the program.** So if you have meet these requirements please be in the RHS computer lab by 2pm. Freshmen will also receive their locker and some equipment. Freshmen will be dismissed by 3:30.

**August 12th** is the first day of football practice for all players. Players in grades 10-12 are to report by 5:45am to the varsity locker room located just inside door 17 on the backside of RHS. We ask that all players park in the student parking as teachers will be reporting for work. Practice will conclude by 7:15am. **All Players (grades 9-12)** will meet in Lecture Room C right after school at 3:25. Players will be ready to pick-up by 6:15pm.

**August 13th thru August August 15th** Practices (grades 10-12) will continue to be at 5:45am & all grades at 3:25pm. The first two days of the season are helmets only with the next two days being helmets and shoulder pads. Players will be ready to be picked up by 7:15am & 6:15pm. On **August 14**, we will kickoff our fall fundraiser! The football will sell fundraising cards again this year. The money earned help provide team travel gear, camp tuition, camp scholarships, weight room equipment, and other football related activities. Our kickoff night is **August 14th** and the blitz night will take place from 6-9pm on **August 21st**. For blitz night the players will travel all over the community to promote our program and sell the cards. Our goal this year is to sell 950 cards!!!

**A Parent Meeting** will be on **August 15th at 6:30pm** in Lecture Room C.

Parent meeting topics include:

- Welcome & Introductions of coaches
- **ralstonschools.org/football** follow us on @ramfootball
- Parent email list going around - please check sure we have all forms in.
- Philosophy & Handbook - important points - three rules, medical, rules, blue cards, study hall,
- Hygiene/Eating right/Rest
- Tee Orders - **forms due August 17th**
- Community service - Score 4 Sports football youth teams
- Calendar & Schedule
- Fundraising - cards
- Handshakes & Hi-5's
- Tailgating Committee

**August 16th** is our first scrimmage of the season. All players need to report by 4:15. This will take place at 5:30pm at Speck Nelson stadium. The scrimmage will last approximately an hour and a half. The tailgate committee will serve watermelon after the scrimmage to the players and coaches. We will need some help setting up and getting the watermelon ready to serve.

**August 17th** - Players (grades 10-12) will have practice at 7:30am. The coaches focus is the pool, weights and film. Our postgame practices will follow this schedule each day after a varsity game and will conclude by 9:15 and players will be ready to be picked up by 9:30.

**August 19th thru August 22nd** - regular practices will take place after school each day. Players will be ready to pick up by 6:15 each night. On August 20th, at 7pm the **Ram Under the Lights** will take place. It is a way to showcase all of our fall sports. All players are required to attend and be apart of the night.

**August 23rd** will be our second scrimmage of the season starting at 5pm with the freshmen taking on a group of sophomores and working thru and variety of scenarios with the JV/varsity concluding by 7:30pm. We will have our post game practice on Saturday morning.

**August 26th thru 29th** is game week #1! Practices will continue to take place from 3:25 to 6:00 each day with Thursday's practice concluding by 5:30. The players (grades 10-12) will also start their Tuesday morning film review sessions. These sessions start at 7am in lecture room C and conclude by 7:45am. The first tailgate dinner of the season will be on the 28th!! Workers will need to report to the RHS lunchroom by 5 to help setup and prepare for the meal. The committee will be sending out sign-ups thru sign-up genius. Please be looking for the email and help out!!

**August 30th**, the Rams open the season at home vs. Elkhorn Mount Michael starting at 7:00. Players will report to the locker room by 4:15. It is important they get a bite to eat and report on time. **We will suit all players for home games.** All players (grades 10-12) will report Saturday morning at 7:30.

All the daily calendar events, forms, handbooks and anything else that is Ralston football can be found at [ralstonschools.org/football](http://ralstonschools.org/football) (new website). Follow us @ramfootball on Twitter

## **2019 Football Schedule:**

Week 1 8/30 - Mount Michael Benedictine

Week 2 9/6 - @ South Sioux City

Week 3 9/12 - Beatrice - **Thursday night game**

Week 4 9/20 - @ Omaha Roncalli Catholic

Week 5 9/27- @ Gross Catholic

Week 6 10/4 - Omaha Skutt Catholic - **Senior Night**

Week 7 10/11 - Plattsmouth- **Homecoming**

Week 8 10/18 - @ Norris

Week 9 10/25 - @ Waverly

## **2019 Ralston Football Tailgate Committee**

### **Frequently Asked Questions**

#### **Q: What is Ralston Football Tailgate Committee all about?**

**A:** The purpose of the Ralston Football Tailgate Committee is to support the Ralston Football Team and to promote fellowship among parents and other members of the Ralston football team. Life-long friendships have been made by many through their involvement in the Tailgate Committee.

#### **Q: How does the Football Tailgate raise money?**

**A:** The primary way we raise money is through our July 3rd/4th food stand, & parent/business donations. Money is also raised through official Ralston Football apparel sales, sponsorships and additional donations.

#### **Q. Where does the money raised by Football Boosters go?**

**A:** Our largest expenditures go toward the following ways we support the team: Weekly tailgate meals and feeding the players on travel game days. This includes teams at all levels but travel usually has to be at least an hour away. Additional funds are used for buying drinks and snacks for away Varsity and JV games, producing a poster featuring the seniors, helping to pay for senior player gifts that attend the Football Banquet.

#### **Q: Where can I get Ralston Football apparel?**

**A:** The Football Tailgate offers official Ralston Football apparel each year. The order form is currently out for distribution. Please see the enclosed apparel flyer with additional information. All forms are due August 10th and orders will be ready the first week in September. When the team qualifies for state this year, a second order will be put together.

#### **Q. How do I get involved?**

**A:** We welcome all parents and family to get involved. Everyone is welcome to attend tailgates. The more the merrier and we want to be a place that offers you the opportunity to meet and get to know other parents and the TEAM. There are big and small ways for parents to get involved: team meals after Wednesday practices, helping to set up for tailgates, helping to coordinate events, or helping to post news on our Facebook site. The opportunities are endless and we encourage as many people to get involved as possible. Contact one of the people listed on the enclosed brochure if you would like to get involved.

#### **Q: Do family members receive passes for the games?**

**A:** It is recommended to buy activity cards through the Ralston Booster Club. Varsity games cost \$6 for adults and \$4 for students.

#### **Tailgate Officers include:**

Krissy Corry (402)206-9330

Andrea Fink (402)650-6108

Breann Beach (402)753-7326

Lisa Strittmatter (623)451-8670

Andrea James (901)305-4978

Heather Faubion (402)401-1451

Ashley Corcoran (402)926-1519

## August Schedule

Date	JV/Varsity	Reserve(Freshmen)
8/9	2pm - concussion testing	1:30pm practice - team meeting/concussion testing
8/12	5:45am practice - helmets only 3:25pm practice - helmets only	3:25pm practice - helmets only
8/13	5:45am practice - helmets only 3:25pm practice - helmets only	3:25pm practice - helmets only
8/14	5:45am practice - helmets only 3:25pm practice - ¾ Shell FundraisingU Rollout	3:25pm practice - ¾ Shell FundraisingU Rollout
8/15	5:45am practice - helmets only 3:25pm practice - ¾ Shell 6:30 Parent Meeting	3:25pm practice - ¾ Shell 6:30 Parent Meeting
8/16	4:15pm player report 5:30 Watermelon Scrimmage - full pads	4:15pm player report 5:30 Watermelon Scrimmage - full pads
8/17	7:30am practice - bring swim trunks	7:30am practice(optional) - bring swim trunks
8/19	3:25pm practice - full pads	3:25pm practice - full pads
8/20	3:25pm practice - full pads	3:25pm practice - full pads
8/21	3:25pm practice - full pads	3:25pm practice - full pads
8/22	3:25pm practice - ¾ pads	3:25pm practice - ¾ pads
8/23	4pm player report 5pm Sports Drink Scrimmage	4pm player report 5pm Sports Drink Scrimmage
8/24	7:30am practice - bring swim trunks	7:30am practice(optional) - bring swim trunks
8/26	3:25 practice - full pads	3:25 practice - full pads
8/27	3:25 practice - full pads	3:25 practice - full pads
8/28	3:25 practice - full pads	3:25 practice - full pads
8/29	3:25 practice - helmets only	3:25 practice - helmets only
8/30	4:15 players report 7:00 - Kickoff - Beat EMM	4:15 players report 7:00 - Kickoff - Beat EMM
8/31	7:30am practice - bring swim trunks	7:30am practice(optional) - bring swim trunks