



Alpharetta Football
2019 Offseason Meeting



Agenda

1. Introduction – **Coach Nichols**
 - Welcome Student-Athletes
 - Welcome Coaching Staff
 - Welcome 2019 Committee Chairs and Executive Board
2. Executive Board Message -**Percy Lidback**
3. Recruiting Seminar - **Ron Sigler, NCSA**
4. AHS Football Program Expectations – **Coaching Staff**
5. Offseason Conditioning Plan - **Coach Nichols**
6. Calendar Highlights - **Coach Nichols**



Introduction – Coach Nichols

- ✓ Welcome Student-Athletes
- ✓ Welcome Coaching Staff
- ✓ 2019 Committee Chairs and Executive Board Introductions



Student-Athletes, Welcome!

- **Class of 2020 - The Few, The Proud ...**Quite an Accomplishment
- **Class of 2021 - “30” Strong...** No longer the youngsters
- **Class of 2022 - UNDEFEATED...** 'Gotta stay there
- **Class of 2023 - State Runner-Up...** Unfinished Business

2019 AHS Football Coaching Staff



Head Coach - Jacob Nichols

QB - Nick Malantis

RB - Shelby Smith

WR - Mike Cox

WR - Jeff Ragsdale

OL - Webster Bumpers

LB (DC) - Jim Rowell

DL (ST) - Jim Brown

DB – Jermaine McCollum

DB – Kevin Elion

ST/Ops - Roy Peek

Freshman Head Coach - Rusty Reed

Off Skill - Tom Wujcik

Off Line - James Sye

Def Skill - OPEN

Def Line - Mike Pitts

2019 AHS Football Committee Chairs



- Special Events: **Leslie Cole**
- IT/Web Support: **Sophia Lidback/Barbara Dorsey**
- Varsity/JV Team Managers: **Angie Carriere/Liv Johnson**
- TD Club Manager: **Ryan Foster**
- Director of Player Promotion: **Kevin Perri**
- Spirit Wear and Varsity Player Meals: **Liz Ashe**
- JV Player Meals: **Anne Warner/Maureen Oyola**
- Concession: **OPEN**
- Mom's Club: **OPEN**
- Freshman Team Manager: **OPEN**



2019 AHS Football Executive Board

- President - **Percy Lidback** (son Alexander / 2021)
- VP Team Support - **Rob Gilliom** (son Jayson / 2021)
- VP Communications - **Jermaine Carriere** (son Matteo / 2022)
- VP Operations - **Jeff Troutt** (son Bryce / 2020)
- Secretary - **Kristin Ruff** (son John / 2021)
- Treasurer - **Todd Ashe** (son Mathew / 2021)



Recruiting Presentation

- **Coach Ron Sigler**, Director of Recruiting, NCSA
- **Jermaine Carriere**, V-P Communications
 - ✓ **Kevin Perri**, Director of Player Promotion, AHS Football
- **Coach Jacob Nichols**, Head Coach, AHS Football



AHS Football Program Expectations

Coach Nichols and Coaching Staff



AHS Football Core Values

- **LOVE**
 - Unselfish, Loyal and Concern for Others
- **EFFORT**
 - Energy, Work-Ethic and Capacity
- **ACCOUNTABILITY**
 - Responsible, Answerable and Liable
- **DISCIPLINE**
 - Obedience, Restraint, and Self-Control

AHS Football Program Commandments



- Your Education
 - Study, prioritize, time-manage!
- Make an Impact
 - Be Significant, Not Successful
- Give Relentless Effort
 - 4 to 6 seconds, Point A to Point B
- Compete Every Day
 - Event + Response = Outcome
- Maintain a Positive Attitude
 - No Matter What
- Be a Great Teammate
 - Expectations for ALL



Offseason Conditioning Plan –

Coach Nichols



2019 Offseason Training

Setup:

- Strength Testing-NEXT WEEK!
 - Monday 1/14-Squat Max (Senior Ht/Wt)
 - Wednesday 1/16-Bench Press Max (Junior Ht/Wt)
 - Friday 1/18-Power Clean Max (Sophomore Ht/Wt)
- Regular Lifting Begins-Tuesday January 22nd
- 2 Sessions
 - 7am-Zero Period (40 players)
 - 8am-1st Period (35 players)
- 3 days/week Monday, Wednesday and Friday
 - Push-in to Tuesday/Thursday for “No-School” Days (Monday/Friday)
 - Days Off for Recovery, Sports Schedules, Study Sessions



Focus of Routine

- *January and February*
 - Weights Only
 - Add Bulk/Establish Technique
- *March*
 - Speed & Agility (Tues/Thurs pm...RUN TRACK!!!)
- *April*
 - Position Group Meetings/Film/Drills (Tues/Thurs pm)
- *May*
 - Spring Practice



Rising Freshman Weightlifting

- Program Starts Tuesday February 12th
- Tuesdays and Thursdays 4:30pm-6:00pm @ AHS Weight Room
- Bus Service from Webb Bridge MS
 - Regular Bus Rider Lane (1st in line)
 - Coach Shelby Smith
 - Permission Forms Available tonight
- *Carpool Needs from Hopewell MS*
 - *Organization Starts Tonight*
- Runs through Spring Practice (May 6th-May17th)
 - Bus pick-up/delivery every day during Spring Practice



Calendar Highlights for 2019 Season



Calendar Highlights

- ✓ Full 2019 Calendar coming soon to www.alphaettaiders.org
- ✓ Week of January 14th:
 - STRENGTH TESTING
- ✓ Tuesday January 22nd:
 - OFFSEASON PROGRAM BEGINS
- ✓ Wednesday February 6th:
 - NATIONAL SIGNING DAY
- ✓ Monday February 11th-Friday February 22nd:
 - 1 ON 1 PLAYER EVALS
- ✓ Friday February 15th-Monday February 18th:
 - NO SCHOOL

Calendar Highlights (Cont'd)



- ✓ Monday March 11th:
 - NO SCHOOL

- ✓ Monday March 25th-Thursday March 28th:
 - SPRING STRENGTH TESTING

- ✓ Tuesday March 26th:
 - SPRING REGISTRATION MEETING

- ✓ Saturday April 13th and Saturday April 20th:
 - FOOTBALL REGISTRATION

- ✓ Monday May 6th-Thursday May 16th:
 - SPRING PRACTICE

Calendar Highlights (Cont'd)



- ✓ Friday May 17th:
 - SPRING SCRIMMAGE VS. CHEROKEE (HOME)

- ✓ Monday May 20th-Friday May 24th:
 - FINALS WEEK (ALL PLAYERS OFF)

- ✓ Monday May 27th:
 - MEMORIAL DAY (ALL PLAYERS OFF)

- ✓ Tuesday May 28th:
 - SUMMER TRAINING SESSIONS BEGIN

- ✓ Monday June 24th-Sunday July 7th:
 - DEAD WEEKS (ALL PLAYERS OFF)



Thank YOU for the support and
Contributions!

QUESTIONS??

Go Raiders!