**INTRODUCTION TO ATHLETES**

* Who am I
* Introduce my Assistant Coaches
	+ Varsity
	+ JV
	+ Freshmen
* 5 year plan
* Requirements to play
* How to accomplish our goals
* Words of wisdom from Coach Saban
* Weight Room Expectations
	+ Weight Room Goals
* Winter & Spring Practice Format
	+ Rules
* Full Contact Camp Practices
* Full Contact Camp
* Fundraising
	+ Goals
	+ Options
	+ What do you get for accomplishing goals
* Intra-squad Game
* College Prep
* Website
* Important dates

