**INTRODUCTION TO FRESHMEN**

* 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
* HOME vs AWAY Game
* How to succeed academically
* College Prep
* Website
* Important dates

