

Dear Parents,

I first want to introduce myself. My name is Norm Holthe and I am the President of the Creighton Prep Little Jays youth football program. I have several years of experience coaching youth football and I have 8 years of experience running a youth football program. This next season will be my 13th year being a youth football coach and there is nothing more rewarding.

The reason for this letter is to describe to you the purpose of the Creighton Prep Little Jays youth football program and why you should encourage your son to participate in football this fall. Even if your son has never played football before I would like you to consider the powerful impact we are trying to make in your child's life.

The purpose of CP Little Jays football program is to complement the educational goals of the Little Jays program by emphasizing the physical, mental, and character development of each athlete. To fulfill this purpose statement, the football program will "teach the athletes essential traits that are needed to be successful in football and in life." The Little Jays football coaches believe that to be successful in football requires growth in the body, mind, and the heart of each athlete. This philosophy acts as the basis for our program.

Our main goals as coaches within the Little Jays football program are as follows:

- (1) To teach these young men how to play the game of football the right way,
- (2) To be a positive impact on them as young men, and do all of this with class.

My coaches and I are trying to make your sons better people. We want to see them grow and mature by providing lessons and mentorship to guide them toward becoming better people. Learning the game of football, as with life, is a never ending process. We will assist your son in his maturation and development physically, mentally, and with his character development. Parents should be the primary means of developing character and mental skills, but coaches, just like teachers, can assist parents in teaching attributes that are essential in life. I want to use football as a way to make a difference in the lives of my players.

A main goal in this pursuit is to create a team. Creating a team is more difficult than teaching football or a specific skill. It's teaching kids how to cooperate with other people and focus on the team. I want players to understand what it means to sacrifice for a team and achieve team-related goals.

For the athletes the commitment is a promise that they will be there for each other. Their shared commitment will create a brotherhood between the players. Players will gain camaraderie, discipline, and lifelong friendships while playing the game of football.

To reduce the chance of injuries we strictly abide by USA rules. Players will always have a helmet on with a formed mouth guard. During the first five days of practice players can only contact the bags/shields. During the second week there can be full contact. We teach and emphasize proper tackling technique. We teach *Heads Up Football* from USA Football. The players are allowed unlimited access to water at all times. The Little Jays football coaches will do our best to make sure the game is as safe as possible.

It is my job as President of the Little Jays youth football program is to ensure that our coaches teach your son how to play football the right way. Through the process your sons will learn valuable life lessons. I am asking you and your son to make a commitment to the Creighton Prep Little Jays youth football program for the 2018 season.

The link below will direct you to our website where you can register.

<http://www.littlejaysathletics.com>

If you have any questions or concerns please let me know. You can either call me at 402-677-6156 or email me.

Go Little Jays,

Norm Holthe