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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | Parents,  Welcome to another upcoming fall season of PACS 1st/2nd Flag, 3rd/4th and 5th/6th grade youth tackle football and Kindergarten-2nd and 3rd-5th grade youth cheerleading as well as Prince Lower School Running Club. On behalf of myself, the PACS Youth Athletic Director, I’d like to take the opportunity to explain what PACS football, Cheerleading and the running club is all about.  **Registration Starts Monday April 23rd and ends Monday May 14th**  **Football/Cheerleading**  I realize that coaches, players, parents, and even officials are extremely passionate about the game of football. Our passion should not just stem from winning or losing, but from the real-life lessons competitive athletics teaches young athletes like your son or daughter.  It is my sincere goal to create an atmosphere where all our young athletes are afforded an opportunity to participate in fundamental, instructional, and competitive football and cheerleading. Moreover, the PACS primary vision is to produce young athletes who understand and display the meaning of Christian leadership, discipline, integrity, hard work, and teamwork. These attributes that I’ve just mentioned come only when an athlete makes the necessary commitment to excellence and takes the initiative to play at his or her highest caliber.  Families and players will choose to compete in PACS 1st/2nd grade Flag or the 3rd/4th and 5th/6th tackle football as well as Kindergarten-2nd and 3rd-5th grade youth cheerleading because it is the official "FEEDER" to the PACS Middle and High School football/cheerleading programs. The coaches of your child adhere to the philosophical and physical demands expected from Head Varsity Football Coach – Greg Vandagriff as well as Head Cheerleading Coach – Lisa Ricketts.  The PACS football/cheerleading programs provide a seamless transition for its players into the Middle School and Varsity football/cheerleading programs.  **Running Club**  Lil Wolves running club is an 8 week, co-ed running program suitable for 1st grade through 4th grade students.  Our season will start with practices that lead to runners taking part in real 1.86 mile XC races run in the Northeast Georgia Youth Running League. (Entry fee in all 6 of these races are included) This program will develop and encourage children of all running abilities to progress from their current level of fitness to being able to complete a 1.86 mile run at the conclusion of the program. This will be achieved through a variety of games which incorporate running.  We will always do a small amount of core exercise and stretching at the beginning and end of each session.  Practices: Practice will be on Wednesday’s right after school (Coach Palmer will get them from car rider line) starting in August on the Prince Avenue XC Course. Practice will go from 3:00 pm to 4:00 pm, we will also practice from 8:30 am to 9:30 am on Saturday mornings at Prince Avenue track. Once the races start we will run on Saturday mornings so we will only practice on Wednesday’s right after school.  Does your son or daughter fit into this picture? Please fill out the attached registration and email it back to [mpalmer@princeave.org](mailto:mpalmer@princeave.org) or drop it off in the front office to by Monday ***May 14th***. All Activity fees will be billed to your Facts Account in the Fall once the program starts. Getting this back promptly is important as it will give us a head-start to know how many kids are signed up for these programs and how many teams we need. Again, PACS coaches teach youth sports not with the intent of winning every game or race, but producing young men/women who are mentally tough and disciplined in aspects of everyday life. PACS youth sports challenges you to become the best Christian athlete/person possible. If you want to be prepared for middle and high school sports, you must have the essential tools to succeed. The PACS fall youth sports program will mold you into the athlete you desire by emphasizing individual humility and being part of a team.  Our coaching staff and cheerleading staff are as follows:  1st/2nd Flag-TBA  3rd/4th Head Coach Brandon Tolbert [btolbert28@hotmail.com](mailto:btolbert28@hotmail.com)  5th/6th Head Coach Tony Jeffers bjeffers@ezclassicsolutions.com  Cheerleading Coach Gina Mayne [gmayne@princeave.org](mailto:gmayne@princeave.org)  Lil’ Wolverines Running Club Michael Palmer [mpalmer@princeave.org](mailto:mpalmer@princeave.org)  EACH of these coaches has the experience and knowledge of the game and/or the skill they will be teaching as well as an intense dedication to PACS youth sports. Again, thank you for your time and I hope to see you this fall in one of our youth sports programs and remember….It’s a GREAT day to be a Wolverine!  Michael V. Palmer Youth Athletic Director, PACS 706-372-9003  [mpalmer@princeave.org](mailto:mpalmer@princeave.org)  **FREQUENTLY ASKED FOOTBALL QUESTIONS**  **Registration Starts Monday April 23rd and ends Monday May 14th**  **Cost and Equipment**? Cost is $100 and includes the practice and game jerseys  **What do I need to buy**?   * Football cleats-they must be molded plastic bottom * Shoulder Pads, White Helmet, White Pants, Mouth Piece * Dick’s, Academy Sports and Bulldog Sporting Goods has youth football packages if you need and want to buy all of your equipment together. * Flag Football will play through the NFL Flag program again and will be provide a reversible NFL jersey.   **What does my son bring to practice the first night and every night?**   * Practice starts @ 6:30 pm and goes until 8:00 pm unless otherwise noted * A good attitude * Water or Gatorade * Cleats * Helmet   **When does “full pads” practice start?**   * First day of school   **How long is practice?**   * It will be 1 ½ hours per practice   **What day & time are the games?** The games are mostly Monday and Tuesday nights. Each team will play an 8 game schedule.  **What if I have a question that isn’t answered here?**   * Contact Coach Palmer at 706-372-9003 or [mpalmer@princeave.org](mailto:mpalmer@princeave.org)   **FREQUENTLY ASKED CHEERLEADING QUESTIONS**  **Registration Starts Monday April 23rd and ends Monday May 14th**  **Thursday May 3rd at 3:30-parent meeting/uniform measurements in**  **Gina Mayne’s Classroom (room 303)**  **Cost and Equipment**? $25 activity fee which will include end of year trophy; cost of uniforms around $80  **What do I need to buy**?   * Each girl will order a uniform packet which will include shell, skirt, poms, socks, bloomers, and hair bow. White cheer shoes are recommended, but not required. School approved tennis shoes are required.   **What does my daughter bring to practice the first night and every night?**   * Practice starts afterschool unless otherwise noted * A good attitude * Water or Gatorade   **When does practice start?**   * Second week of school   **How long is practice?**   * Practice will be an hour long   **What day & time are the games?** The games are mostly Monday and Tuesday nights. Each team will play an 8 game schedule. Some dates to be aware of are:  **Registration Starts April 24th and ends May12th**  **What if I have a question that isn’t answered here?**   * Contact Coach Palmer at 706-372-9003 or [mpalmer@princeave.org](mailto:mpalmer@princeave.org)     **Don’t forget to SIGN Up for these PACS Youth Summer Camps**  **PACS YOUTH FOOTBALL CAMP**  Our Varsity Football Head Coach Greg Vandagriff and his staff will teach kids the fundamentals of football in this non-contact, fast-paced week of football activities. June 11th-14th, 6:00 pm-8:30 pm Rising K-6th Grades $110  **PACS YOUTH CHEERLEADING DAY CLINIC**  Experience a day in the life of a Varsity Cheerleader with Wolverine Cheer Sponsor Lisa Ricketts. August 11th, 9:00 am-5:00 pm  Rising K-6th Grades $75 (includes lunch) |  | | | |  | | --- | |  | | | |  | | --- | |  | | | |  | | --- | |  | | | spacer  spacer[Minimize](javascript:__doPostBack('dnn$ctr13524$dnnVISIBILITY$cmdVisibility','')) |