** WELCOME! **

**Downingtown West High School Football**

**Incoming Freshman Kickoff**

**March 9, 2017**

The coaches and booster club would like to welcome you to the 2017 football season kickoff. D-West Booster Club is a registered non-profit volunteer organization of parents, coaches, players, alumni and friends dedicated to supporting and developing the best high school football program in the country. Our focus is to provide financial support to the program for activities, events, transportation for football camp, supplemental equipment, pre-game varsity meals, post-game food, and an end-of-the year banquet with gifts. These items are not covered by the school district.

Tonight, your son will receive the 2017 D-West football t-shirt, courtesy of the Booster Club, so that all will know that he is officially a Whippet Football Player! To support these efforts and other D-West football needs we have several fundraisers such as mulch weekends, mattress sale, Whippet discount cards, game program sales, retail sales at the games, a golf outing and other social events. Downingtown West High School Football Booster Club, Inc. is a registered 501(C) (3) charitable organization and as such any donations are deductible to the extent allowable by law. Another focus that we have is to have a little fun along the way as we watch our sons play D-West High School football!

As an interested party in your son’s high school football development you are automatically considered a member of the Booster Club. We would like to invite you to contribute your time and talent wherever and whenever you can. There is no task that can’t use another set of hands. We have included a list of activities (page 6) that need your help for our 2017 season. Your ideas are also greatly appreciated as we try to grow in sustainability from one year to the next. It is critical for our underclassman families to get involved as the future success of the Booster Club rests in your hands! We are confident that you’ll find volunteering extremely satisfying and a fantastic way to get to know other football families and players!

Please visit with the coaches and booster members tonight for more information or to answer your questions. Attached is a description of the current planned events, fundraisers and tasks that are scheduled. Let us know if you can help in any way. No volunteer will ever be turned away!

**Mailing Address** ~ DWHS Football Boosters, PO Box 249 ~ Downingtown, PA 19335

Sincerely,

Tom Wickersham, Co-President [wickersham44@msn.com](mailto:wickersham44@msn.com) (610-506-1740)

Meg Ciliberto, Co-President [cilimeg@gmail.com](mailto:cilimeg@gmail.com) (484-798-3691)

Tim Glennon, Vice President

Charlene Bigelow, Secretary

Dave Jorgensen, *EXITING* Treasurer

Mike Milano, Varsity Head Coach [mmilano@dasd.org](mailto:mmilano@dasd.org) (610-269-4400 x7574)

Allyn Bacchus, Freshman Head Coach [abacchus@dasd.org](mailto:abacchus@dasd.org)

[www.DWHSfootball.com](http://www.DWHSfootball.com)

**Visit our website for all information pertaining to   
Football at Downingtown West High School!**

Online, you can:

* View Freshman webpage + view important dates
* View volunteer positions
* Check out the schedule and scores, team rosters and staff
* Read articles from the press
* Learn about fundraising opportunities, including:
  + Golf Outing (buy sponsorships, register to play, buy dinner tickets),
  + Game day Program (purchase ad space),
  + Discount Whippet Card (business sign up to participate)
* Make donations to the Whippets
* Learn about Whippet Football history with photos and stories
* Contact anyone at the Booster Club
* Buy ads for Senior players, cheerleaders and band members
* Seniors can enter their bio for the game day program
* Purchase $5 shout outs in the game day program

***\*\*\*\* Very Important \*\*\*\****

**Please register your son on our website at**[**http://www.dwhsfootball.com**](http://www.dwhsfootball.com)

*Email will be our main form of communication with you throughout the season.*

**Description of Football Booster Activities**

* **50/50 Raffle** – Raffle tickets are sold prior to half time at the Varsity home football games.
* **Banquet** – The banquet is held at the end of the football season for all players, parents and family members (space permitting). Player gifts are given for each grade. The Booster Club hosts players and coaches (free). Committee selects venue, menu, decorates venue, selects and orders player gifts, creates program for event.
* **Clothing Sales** – clothing and other school spirit items are sold during the Varsity home games or as needed. Also coordinates our online store.
* **Game Night Coordinator** – At each Varsity home game, booster members help set up the clothing table, man the clothing table, hang the Championship banners along the stadium fence, sell programs at the door, and sell 50-50 tickets. Game Night Coordinator manages home games and volunteer sign-up.
* **Game Programs Ad Sales** – Business and parent ads are purchased before the beginning of August. Programs are sold at every Varsity home game. Committee sells advertising space to local businesses and coordinates ad files with program designer.
* **Golf Outing** – Event held in June. Help needed the day of the event and beforehand to solicit businesses for sponsorships and donations for auction items.
* **Kick-off Dinner** – Annual event held in spring of the current year to kickoff the program and schedule to players and parents for the new football season. Committee selects caterer and menu for event. Coordinates volunteers for dinner and brings supplies needed.
* **Pre-Game Meals**—Food and drink are provided to the players before Varsity games that are scheduled on a school day; this is usually immediately after school for both home and away games.
* **Post Game Food - Freshmen** – Food and drinks are provided after the game for the players, for away games (home games are followed by a team dinner). The food and drinks are distributed as the team boards the buses for the trip home. Committee is given a budget to buy food and drinks are from the sports drink donation. Parent volunteer brings food and drinks to games.
* **Post Game Food - JV** – Food and drinks are provided after the game for the players, for both home and away games. The food and drinks are distributed at the entrance to the school locker rooms at the home games and outside the buses for away games. Committee is given a budget to buy food and drinks are from the sports drink donation. Committee brings food and drinks to games.
* **Post Game Food - Varsity** – Food and drinks are provided for all players that suited up for the game, both home and away. The food and drinks are distributed at the entrance to the school locker rooms at the home games and outside the buses for away games. Committee is given a budget to buy food and drinks are from the sports drink donation. Committee brings food and drinks to games.
* **Program Production** – Coordinate with our program designer on layout, team and player photos, roster, coaches + booster letters, senior ads, weekly program delivery/pickup.
* **Senior Night** - Coordinates pre-game ceremony honoring senior players and their families. Flowers for senior moms, produces introduction script for announcer and organizes the players/parents for procession onto the field.
* **Shipp Camp Registration** –Assist with paperwork that includes registration, parent permission form and emergency medical release. Help with organizing the team at DWHS the day the boys depart for camp.
* **Sports Drink Donations** – Each player donates a case of either Gatorade or PowerAde. Class reps collect these donations at the first team dinner that is hosted by that class. Donations are divided amongst each of the Post Game Food volunteers so that they can be distributed to players after their games.
* **Summer 7vs7 Shoot-Out @ D-West** – This event is sponsored and organized by Coach Milano. Approximately 15-20 teams attend, 9am to 3pm. The committee prepares and sells lunch for approximately 600 players and fans.
* **Mattress Sale** – one Saturday prior to season, mattress/box spring sets are displayed in DWHS gymnasium. Football team receives a percentage of all sales. Players / parents volunteer to greet incoming customers as a representative of D-West Football.
* **Mulch Weekends** – players are organized into groups to spread mulch at pre-sold homes throughout D-town.  Neighborhoods are pre-selected and players, along with adult supervisors, travel to area homes to spread mulch for a donation to the football program.  Committee coordinates with mulch vendor, selects target neighborhoods, organizes work crew volunteers (players!) and adult supervisors.
* **Team and Game Photographer** – A professional photographer is used for home and away Varsity games. A booster volunteer assists with organizing the team for team/individual pictures in August.
* **Team Mom / Dad** – Primary liaison between parents + booster club; communicates football program and booster club information to parents/players of your respective class. Examples: coordinate parents to bring food to your assigned team dinner night, solicit volunteers for various duties throughout season, first stop for questions + guidance related to the football program.
* **Team Spirit Dinners** – The Booster parents organize a team dinner the evening before Varsity games. Each class is assigned a specific date to provide volunteers and food/drink donations.
* **Team Videography** – Work as part of the video team to video varsity and JV games; upload video for review.
* **Water Boys Coordinator** – DYW and MCE football players are invited be water boys for Varsity games. Coordinate scheduling of water boys and monitor water boys on the field game night.
* **Website Development/Maintenance** – Assist in providing content and maintaining our www.dwhsfootball website.
* **Whippet Card** – This card is a physical discount card sold, by the players, to support the football team. Coordinator secures vendors for the card, manages card production, distributes cards to players, and assists with sale money collection. Players are expected to sell 10 cards ($20/per card).

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**You’re invited to attend   
the D-West Football Booster Meetings**

As an interested party in your son’s high school football development you are automatically considered a member of the Booster Club. We would like to invite you to contribute your time and talent wherever and whenever you can. There is no task that can’t use another set of hands.

***The Downingtown West Booster Club meetings are held the 1st Thursday of every month, 7-8:30pm at the high school (classroom 143)***. Come and hear what is happening for the 2017 football season! We would love to see you there and have you share your ideas and opinions to further grow and support this organization. The club supports Freshmen, Junior Varsity and Varsity teams.

***Bring your Ideas!! Get Involved!! Volunteer!!***

**Booster Club Volunteer Positions – 2017**

**SPORTS DRINK DONATION**

It is required that every player bring in One (1) Case (24 bottles of 20 ounces) of Gatorade or PowerAde to their first team sponsored dinner. Please place your last name on your case, along with your grade (Freshman) and bring to the team dinner. This Gatorade/PowerAde will be used for Post Game Refreshment at Home and Away games for freshman, JV and varsity.

**TEAM DINNERS  
Chairperson: Cammie Lockwood & Maureen Richard**

Every week there is a dinner for the Downingtown West Football players, Cheerleaders and Coaches immediately following practice. Thursday, September 1st will be the first team dinner for our 2016 season. We will be contacting parents to volunteer food items, as parents are responsible for donating requested food/drinks during your grade’s assigned week. We will send a SignUp Genius email. Items should arrive (ready to eat) between 5-5:30 pm in the cafeteria. Parents are invited to help set up, serve, and clean up. This is a fun way to spend time with the team!

The dinner dates are:

**Thursday, August 25  
Thursday, August 31**

**Thursday, September 7**

**Thursday, September 14**

**Friday, September 22**

**Thursday, September 28**

**Thursday, October 5**

**Thursday, October 12**

**Thursday, October 19**

**Thursday, October 26**

Please note that the cheerleaders bring complementary food.

As an example, the following is a list of the food and drinks we will need for our pasta dinners:

1. 6 people are needed for – Meatballs, about 4 pounds in a crockpot (total 20-24 lbs)
2. 6 people are needed for – Cooked Pasta with sauce, about 4 lbs in disposable pans (total 24 lbs)
3. 5 people are needed for – Desserts (cookies, cupcakes, etc.)
4. 5 people are needed for – Drinks ice tea, lemonade, or Gatorade (4 gallons from each person so total 20 gallons)

Other suggestions that may be considered in lieu of pasta may include: mac and cheese, taco bake, pulled pork, breakfast for dinner, etc.

Remember we are feeding approximately 160 **HUNGRY** Players, Cheerleaders, and Coaches AFTER PRACTICE each week. And we do not want to run out! THANK YOU!

**2017 Important Dates**   
**Mark your Calendars!!**

Mar 9 Rising Freshman Kickoff Meeting

April Mulch Weekends (specific dates TBD)

Jun 1 Valor Bowl at West Chester University Farrell Stadium *(optional)*

Jun 10 Mattress Sale at DWHS

Jun 9-22 Future Whippets Camp (*recommended for incoming freshmen)*

Jun 17  7 on 7 - Summer Shoot Out Tournament (DWHS)

*Freshman do not participate but can attend as spectator*

Jun 19 Golf Outing & Dinner / Silent Auction

*Can register to play golf, just the dinner or both!*

Jun 26 Freshman Workouts begin - - 6:30-8pm (DWHS)

Every Monday & Wednesday thru 8/2

Jul 20-23 Varsity Football Camp at Shippensburg University (Shipp)

*Sophomore, Junior and Senior players only*

Aug 21-25 Freshman Summer Camp - - 4:00-6:30pm (DWHS)

Aug 25 First Varsity Game (Away at Perk Valley)

Aug 28 Daily Practice after school thru end of the season

*No freshman practice on Labor Day*

Sept - Nov 50/50 raffle sales, program sales, clothing/retail sales

*All Varsity home games*

Dec 3 Football Banquet

*11am – 3pm at Technical College High School*

*Planning your  Summer Vacation?   
Players should NOT miss the week of August 21-25*

*\*\* All players expected to volunteer for Mulch Weekends \*\**

**How does the Football Booster Club support the team?**

Pre-game dinner before each Varsity game

Post-game food for our Freshmen, Junior Varsity and Varsity Teams

Team and Game videography / photography

Website development & maintenance, email communications

Kickoff Dinner and t-shirt for all players

Organize weekly team dinners for all players (freshman included), coaches and cheerleaders (day before varsity game) + provide supplies

Coaches' West clothing

SHIPP camp team transportation + last day pizza

Other team transportation (outside of school buses) as needed

Production & printing of Varsity home game day season programs

Varsity game day coordination (50/50 sales, program sales, retail tent, water boy supervision)

Banquet -- players' & coaches’ tickets and end-of-season gifts

Equipment as needed – “Coaches Wish List” (video cameras, video management system, iPads, weight room additions, endzone camera, etc)

Supplemental team training (yoga, strength & conditioning, chocolate milk, etc)

Varsity Season Game Pass for freshman players

Marketing (signage, flyers, etc)

Other items/activities identified, as needed - approved by majority vote at the Booster meetings

*\*\*All donations are tax deductible to the extent allowable—Downingtown West High School Football Boosters Club, Inc. is a registered 501 (C) (3) non-profit organization*

**D-West Football Terminology**

* **“We put some hay in the barn today boys!**” – Coach saying for getting a lot of work done at practice!
* **“White-Out”** – When we are the away team for the Battle of the Brandywine, everyone wears white. When we are the home team, we wear blue.
* **7 on 7** – A competition with other schools involving skill positions (no lineman). This competition may be a practice or a tournament. This helps to review and practice plays.
* **Battle of the Brandywine** – The annual game between D-West vs. D-East.
* **Boosters** – All parents, family and friends of a D-West football player. You are automatically a Booster!
* **Chesmont National League** – Div AAAA, which consist of seven teams,   
  D-West, Avon Grove, D-East, Henderson, West Chester East, Coatesville, Bishop Shanahan.
* **Coach’s Clothing Sale** – Coach Milano sponsors a clothing sale in early spring.
* **D-Dog** – D-West’s mascot. D-Dog has a cute brown dog costume with a blue sweater. He’s the Whippets’ biggest fan!
* **Film** – A viewing of another team or of a particular home game for analysis. Viewed Saturday mornings by Varsity & JV.
* **Melon Heads** – Five bare-chested senior boys who wear a carved melon on their head to every home game. Each student paints a letter on their chest spelling out D-WEST.
* **Milano** – Not to be confused with the Pepperidge Farm cookie - - Varsity Head Coach Mike Milano.
* **Mitten Football** – A game that the players love to play at the end of practice, gym and whenever they can! The ball can be advanced forward, backwards or sideways by passing or kicking to get to the end zone of a short field without being touched. Teams are usually 4-5 players.
* **Season Passes** – Purchase from athletic department or at the gate. Senior Citizens have been free in past years. Freshman get free season passes courtesy of Booster Club.
* **Shipp Camp** – Annual summer camp to Shippensburg University for sophomores, juniors and seniors.
* **Shout-Out Ads** – Parents, friends or families can place a one-liner in the program for a small fee. The shout-out is encouraging and fun!
* **Sponsors** – Business or Parent sponsors who purchased an ad in our Football game program., donate funds, or purchase golf outing sponsorship.
* **Tailgating** – All are invited to meet, greet and eat before the games. Parents, friends, families!
* **Team Dinners** – Dinner in West cafeteria for freshmen, sophomore, junior, and senior players the evening before a varsity game, hosted by Boosters with volunteers and donations from each class as assigned.
* **Water boys** – DYW or Marsh Creek Eagle football players.
* **What? We share a stadium?!** – We share Kottmeyer Stadium with D-East. West usually plays Friday nights; D-East Saturday nights.

**Football Notes from**

* Varsity practices during the season run late due to reviewing film after practice. Check with your son to determine the specific days for offense vs. defense film review.
* All sophomore, junior and senior players attend the Shipp camp. Freshman do not attend but can be invited.
* Shipp Camp requires plain black shorts and white and gray t-shirts. Starts shopping early, stores have been known to run out just prior to camp.
* Shipp Camp — pack extra socks, Gatorade, baby powder and compression shorts. Electronics and other valuables should be left at home. Other schools share the dorms with our team.
* During 2-a-day camp in August, it is essential the boys stay hydrated and healthy. We will post meal tips on our website under “Health & Nutrition.”
* Freshman Games are Thursdays after school; JV games are Mondays after school; Varsity games are Friday or Saturday evenings.
* When Varsity games fall on a school day, 10th-12th grade players are expected to remain at school. Pre-game dinner is provided by the Boosters.
* “Team Dinners” are after practice the day before a varsity game for all freshmen, sophomore, junior and senior players. The dinners are usually completed by 6:30pm.
* The “Pre-Game Meal” is served to the JV and Varsity players at school on game day, around 3pm, before every Varsity game, home or away. It is a specifically chosen healthy meal with emphasis on energy and nutrients.

**Experienced Parents**

* If there is a Friday varsity game there will be Saturday am film review for the JV and Varsity players 9-11:30am during the season.
* There will be Varsity practice over Labor Day weekend (Coach Milano determines day and time)
* ¼” cleats are most popular on turf. Some players interchange with other cleat sizes due to weather. Coach STRONGLY prefers the team to wear black or mostly black cleats. With an emphasis on mostly.
* The Freshmen team does not play their home games in Kottmeyer stadium. They play on the grass field near the middle school parking lot.
* JV home games are played on both the grass field near the middle school parking lot and in the stadium. Check the website prior to the home game.
* Varsity games are played in the stadium.
* The offensive and defensive lines do not compete in 7 on 7s.
* You can be a spectator at the 7 on 7s.
* Pack large lunches and snacks for in-season school days. Your player may snack throughout the day.
* The whiteboard in Coach Milano’s room must be used to notify the coaches as to when the player will not be at practice. This policy starts now.
* **HAVE SOME FUN! GET INVOLVED!**