



CQM Football Newsletter – July 2010

Dear Parents, Players, Family Members and Friends,

We hope that you are enjoying your summer. We are looking forward to launching the 2010 CQM Miner football season. The 2010 season will start with two Saturday night away games: September 4th at Northern Lebanon and September 11th at Annville.

In this newsletter, we have outlined important program and league information starting with sign-ups on August 12th, 2010:

Agenda	Date	Time	Location
<ul style="list-style-type: none"> • <u>CQM Sign-ups</u> <ul style="list-style-type: none"> ○ Meet the Coaching Staff ○ Player sign-ups – Registration fee - \$35 (\$30 per player if you register more than one player) ○ Review and sign CQM Code of Conduct and player contracts ○ Purchase game jerseys - \$35 	Thurs., August 12 th	6:00 – 8:00 p.m.	Pavilion next to the Cornwall Elementary School
<ul style="list-style-type: none"> • <u>Distribution of Uniforms</u> 	Fri., August 13 th	5:30 – 6:30 p.m. (Midgets) 6:30 – 8:00 p.m. (Pony/Fifth Quarter)	Concession Stand – CQM Home Field
<ul style="list-style-type: none"> • <u>First Practice</u> <ul style="list-style-type: none"> ○ Dress – Helmets, T-Shirts, Shorts and Spikes. (molded cleats only) ○ Please bring a water bottle or sports drink. 	Mon., August 16 th	5:30 – 7:30 p.m. (Midgets) 5:30 – 7:15 p.m. (Pony/Fifth Quarter)	CQM Home Field
<ul style="list-style-type: none"> • <u>Practice #s 2-5</u> <ul style="list-style-type: none"> ○ Dress – Full Pads (practice uniform) ○ Please bring a water bottle or sports drinks. 	August 17 th , 18 th , 19 th & 20 th	5:30 – 7:30 p.m. (Midgets) 5:30 – 7:15 p.m. (Pony/Fifth Quarter)	CQM Home Field

Please note: The summer practice schedule is the same time, Monday through Friday, for the weeks of August 16th, August 23rd and August 30th, except for physicals and league weigh-ins. During the school year, practices will be conducted on Tuesday, Wednesday, and Thursday evenings at the CQM Home Field (occasional Friday evening practices). Practice times are as follows:

- Midget – 5:30 – 7:30 p.m.
- Pony – 5:30 – 7:15 p.m.
- Fifth Quarter – 5:30 – 7:00 p.m.

League games are played on Sunday afternoons, except for the Saturday night away games noted earlier. For the Saturday night away games, the Fifth Quarter game will start at 4:30 p.m., followed by the Pony game at 6:00 p.m. and the Midget game at approximately 7:15 p.m. The 2010 bye weekend for the CQM football program is October 24th/25th (no games at any level of the program).

Important!!

The Lebanon Valley Midget football league requires the following for each player to participate in league play:

- Signed Player Contract (August 12th)
- Registration Fee (August 12th)
- Physical (August 24th)
- Birth Certificate (First Year Players Only; bring to the Weigh-Ins)
- League Supervised Weigh-Ins (Tuesday, August 31st [Pony/Fifth Quarter] and Wednesday, September 1st [Midgets])
 - Pony/Fifth Quarter Weight Limit – 115 lbs.
 - Midget Weight Limit – 140 lbs.

Other important dates and upcoming events on the 2009 CQM calendar:

<u>Agenda</u>	<u>Date</u>	<u>Time</u>	<u>Location</u>
<ul style="list-style-type: none"> • <u>Physicals</u> 	Tues., August 24 th	Midgets - 5:30 - 6:15 p.m. Pony/Fifth Qtr - 6:15 - 7:00 p.m.	Dr. Spott's Office 8 th & Orange
<ul style="list-style-type: none"> • <u>Picture Day</u> <ul style="list-style-type: none"> ○ Game uniforms & socks 	Sat., August 28 nd	Cheerleaders - 8:30 a.m. Midgets - 9:00 a. m. Pony/Fifth Qtr - 9:45 a.m.	CQM Home Field
<ul style="list-style-type: none"> • <u>Weigh-Ins</u> <ul style="list-style-type: none"> ○ First year players must bring an original Birth Certificate to the weigh-ins. 	Tues., August 31 st (Pony/Fifth Quarter)	6:30 p.m.	Optimist Park, Lebanon, PA
	Wed., September 1 st (Midgets)	6:30 p.m.	Optimist Park, Lebanon, PA



2010 CQM Football Coaching Staff

<u>Midget</u>	<u>Phone Number</u>
• Mike Boguski – Head Coach	808-8675
• Rick Beard – Asst. Coach	867-6880
• Shawn Burress – Asst. Coach	274-9527
• Mike Keffer– Asst. Coach.....	964-2130
• Bob Groh (Rotate at all levels)	821-0088
• Aaron Tyson – Asst. Coach	821.1242

Pony / Fifth Quarter

- Greg Miller – Head Coach – Pony..... 277-0753
- Todd Scipioni – Head Coach – Fifth Quarter
- Scott Poorman – Asst. Coach..... 274-3342
- Matt Clarkson – Asst. Coach
- Jack Ezell – Asst. Coach
- Jason Graby – Asst. Coach..... 273-6598
- Sean Thomson – Asst. Coach. 270-1225
- John Hoffman – Asst. Coach

Student Football Coaching Interns

- John Zug, Cedar Crest High School Football Program
- Austin Sullivan, Cedar Crest High School Football Program