



Maroa-Forsyth Trojan Football

Fall Sports Meeting

200# POWER CLEAN CLUB

OWENS	315	FALK	285
ALLSUP	280	GILBERT	275
RIZZO	270	HOBACK	270
LIVINGOOD	270	NELSON	265
FOGERSON	255	HAWBAKER	250
JOHNSTON	250	GREGORY	250
SHEPARD	245	HALLAM	245
WALKER	245	ROBERTS	240
JATOI	240	MAHMOOD	240
RAY	240	SPRAGUE	240
WEIS	230	DAVENPORT	225
HUFF	220	MOORE	220
EAGLER	220	INDA	215
HORVE	215	WILLOUGHBY	215
GREGORY	210	EMRICK	210
OLIVER	210	OHLEMEYER	205
NAILER	205	GIBER	200
KLEIN	200	AIELTS	200

200# BENCH PRESS CLUB

OWENS	320	WALKER	285
OLIVER	275	SPRAGUE	275
JOHNSTON	270	FOGERSON	265
ALLSUP	265	GREGORY	260
FALK	260	NELSON	260
EAGLER	260	LIVINGOOD	250
RIZZO	245	HOBACK	240
GIESE	240	ROBERTS	235
SHEPARD	235	EMRICK	235
OHLEMEYER	225	KLEIN	225
HUFF	225	JATOI	225
GILBERT	220	HUBBARD	215
HORVE	215	WILLOUGHBY	215
HAWBAKER	210	CORLEY	205
AIELTS	205	DAVENPORT	200
INDA	200	MAHMOOD	200

300# SQUAT CLUB

OWENS	385	C.HOWELL	380
NELSON	375	EMRICK	375
RIZZO	375	JOHNSTON	365
ALLSUP	375	WALKER	355
FOGERSON	355	AEILTS	335
HAWBAKER	345	SPRAGUE	330
RAY	330	GILBERT	325
DAVENPORT	325	BRAGG	320
LIVINGOOD	325	WILLOUGHBY	320
FALK	320	EAGLER	315
INDA	315	SHEPARD	310
HUFF	310	ROBERTS	305
KLEIN	305	MAHMOOD	300
POLAND	300		
HOBACK	300		





Coaches

- Josh Jostes (HC, OC)
 - Jon Kidd (Defensive Coordinator, WR/LB)
 - Jeff Ohlemeyer (OL/DL)
 - Jimmy Peck (character)
 - Tony Frakes (Strength, JV HC, and WR/DB)
 - Ken Parks (Stats and Long Snappers)
 - Aaron Ennis (QB's & Scoreboard
- Pat Hall (OL/DL, Fresh Specials)
- Ryan Wilkey (QB, Fresh HC)
- Kyle Amettis (Fresh DC, JV OL/DL)
- Mark Hassinger (RB/TE)
- Tim Peasley (JV DC RB/TE/DL)
- Matt Munjoy (Trainer)



Physicals

- Physicals must be turned in or your player does not participate in the sport
- School Physicals May 20 beginning at 3:00 PM
- Schedule your appt. at 794-3463
 - Ext. 1105-Cost of the Physical is \$25



Information

- Newsletter-e-mail at mtffootball@yahoo.com
- Twitter @mtffootball & @joshjostes
- Web Page-
<https://sites.google.com/a/mfschools.net/mtffootball/>
- Facebook-
<https://www.facebook.com/MaroaForsythFootball>
- **Coach Jostes-217-972-2460 or e-mail**
mtffootball@yahoo.com
- **TROJAN FOOTBALL CHAMPIONS MANUAL-**
<https://tinyurl.com/yd2a52ob>



More Information

- Team Store-Closes April 24th-TONIGHT!
 - We will have others stores open with clothes/spirit wear
 - GET ALL CAMP FORMS TURNED IN
- Sports enhancement coupons for \$179 are available in the HS office
 - Recommend this program if you can make it
 - Health and Nutrition is a MUST-See Matt Munjoy



Signed Papers

- Signed athletic code
- Insurance form
- Steroid Test Waiver
- Concussion
- Waiver and \$125 participation fee
 - All forms are on line
 - 8to18website



Summer Schedules

- <https://calendar.google.com/calendar?cid=cXFvZjByNzAyMGp0OGYxNDI1ZjNrdGhqZGtAZ3JvdXAuY2FsZW5kYXluZ29vZ2xILmNvbQ>
- Camp Forms
- Weights
- Camp Quest (varsity only, Sr. dad's attend)
- Younger players (invite only)



Volunteering

- Field Volunteers (Jill Applebee)
- Meal duty (Sara Gentle)
- Spirit Wear (Candi Culp)
- TD Club (Tammy Larson)
- Town Decorations (Cheer Sponsor)





Scrimmage Night

- Donations and Ideas for Raffles and Auctions
 - Similar to Pack the Place and Post Prom Ideas





5 Musts for a Trojan Football Player

- I. BE ON TIME & BE PREPARED
- II. ALWAYS GIVE YOUR BEST EFFORT
- III. BE A GREAT TEAMMATE
- IV. BE A PLAYMAKER-BE AGGRESSIVE
- V. IT'S NOT ABOUT YOU, IT'S ABOUT THE TEAM



Team Goals

- Undefeated and win state
- Win the Sangamo
- Stay together as a team
- No negative off-field activities
- Compete in practice
- Good grades
- 80% or better weight room attendance



Coaching Goals

- Make every player a better person
- Have the team prepared for each game
- Have each player reach their full potential
- Get each player to practice like they play
- Be positive and encouraging
- Win with class

Maroa-Forsyth High School

Trojan Football Camp

“Our Town, Our Team, Our Legacy”

2020 Trojan Football Camp

May 26- May 29 9:00-11:30 A.M.-Everyone

July 7-8 ALL DAY-(Varsity Only)

July 13-15 9:00-11:30 A.M.-Everyone

Cost = \$60.00 (Shorts & UA t-shirt) Subtract \$10.00 if you have more than one child attending.

***** It is strongly recommended that everyone attempt to attend both camps, we will be installing our playbook along with basic fundamentals.**

Name _____	E-Mail _____
Address _____	(Athlete) _____
Home # _____	E-Mail _____
Cell #(Player) _____	(Parents) _____
	Cell #(Parent) _____

Person to contact in case of emergency:

Name _____ # _____

Incoming School Year Grade _____

T-Shirt/Short Size (Adult)

Small Medium Large X-Large XX-Large

“I hereby authorize the director of the camp to act for me to their best judgement in any emergency requiring medical attention for my child or ward. Also, I hereby waive and release the camp director, staff, and the Maroa-Forsyth School district from any and all injuries and or illnesses incurred while at camp. I hereby warrant that my child or ward is in good physical condition and is capable of participating in the Trojan Football camp and all of its activities.”

Parent or Guardian Signature _____ Date _____

*******Please return camp application and payment to Maroa-Forsyth High School, 610 W. Washington Street, Maroa, IL 61756 % of Josh Jostes. The forms are due anytime but players will receive their helmet/shoulder pads and Shirt/Shorts when they turn in their money. Make checks payable to “MFHS”**

Football B F

Date & Time	Event/Opponent	H/A	Facility	Bus
08/27/2020 Thu 6:00 PM	* (F) - Football B F vs Auburn High School	A	Auburn High School	-
09/03/2020 Thu 6:00 PM	* (F) - Football B F vs North Mac High School	A	North Mac High School	-
09/10/2020 Thu 6:00 PM	* (F) - Football B F vs New Berlin High School	H	Turf	-
09/17/2020 Thu 6:00 PM	* (F) - Football B F vs Tba	H	Turf	-
09/24/2020 Thu 6:00 PM	* (F) - Football B F vs Williamsville High School	A	Williamsville High School	-
10/01/2020 Thu 6:00 PM	* (F) - Football B F vs Pleasant Plains High School	A	Pleasant Plains High School	-
10/08/2020 Thu 6:00 PM	* (F) - Football B F vs PORTA High School	H	Turf	-
10/15/2020 Thu 6:00 PM	* (F) - Football B F vs Athens High School	H	Turf	-
10/22/2020 Thu 6:00 PM	* (F) - Football B F vs Riverton High School	A	Riverton High School	-

Football B JV

Date & Time	Event/Opponent	H/A	Facility	Bus
08/31/2020 Mon 6:00 PM	* (JV) - Football B JV vs Auburn High School	H	Turf	-
09/07/2020 Mon 6:00 PM	* (JV) - Football B JV vs North Mac High School	A	North Mac High School	-
09/14/2020 Mon 6:00 PM	* (JV) - Football B JV vs New Berlin High School	H	Turf	-
09/21/2020 Mon 6:00 PM	* (JV) - Football B JV vs Tba	H	Turf	-
09/28/2020 Mon 6:00 PM	* (JV) - Football B JV vs Williamsville High School	A	Williamsville High School	-
10/05/2020 Mon 6:00 PM	* (JV) - Football B JV vs Pleasant Plains High School	A	Pleasant Plains High School	-
10/12/2020 Mon 6:00 PM	* (JV) - Football B JV vs PORTA High School	H	Turf	-
10/19/2020 Mon 6:00 PM	* (JV) - Football B JV vs Athens High School	H	Turf	-

Football B V

Date & Time	Event/Opponent	H/A	Facility	Bus
08/21/2020 Fri 7:00 PM	* (V) - Football B V vs Scrimmage Game	H	Turf	-
08/28/2020 Fri 7:00 PM	* (V) - Football B V vs Auburn	A	Auburn High School	-
09/04/2020 Fri 7:00 PM	* (V) - Football B V vs North Mac	H	Turf	-
09/11/2020 Fri 7:00 PM	* (V) - Football B V vs New Berlin	A	New Berlin High School	-
09/18/2020 Fri 7:00 PM	* (V) - Football B V vs Pittsfield	H	Turf	-
09/25/2020 Fri 7:00 PM	* (V) - Football B V vs Williamsville - RMWP	H	Turf	-
10/02/2020 Fri 7:00 PM	* (V) - Football B V vs Pleasant Plains - HOMECOMING	H	Turf	-
10/09/2020 Fri 7:00 PM	* (V) - Football B V vs PORTA High School	A	PORTA High School	-
10/16/2020 Fri 7:00 PM	* (V) - Football B V vs Athens	A	Athens	-
10/23/2020 Fri 7:00 PM	* (V) - Football B V vs Riverton High School - Senior Night	H	Turf	-

Maroa-Forsyth Trojan Football Rules

“Strive for Perfection”

- I. Absences – (from practice)
 - A. Excused
 1. Absences caused by medical issues
 2. Absences caused by academic conflicts (tutoring, field trips, etc.)
 3. Other matters discussed previously with the coaching staff. (wakes, funerals, pre-arranged, etc.)
 - B. Unexcused
 1. Absences caused by vacations or family travels.
 2. Absences of an early morning or Saturday practice or weight training without calling one of the coaches the night before or 1 hour prior to the scheduled starting time of practice(Coach Jostes’ Cell 217-972-2460). (Unless the parent calls the student in sick for that school day.)
 3. Absences caused by dental, orthodontal, college days or other non emergency appointments. (All efforts should be made to schedule these appointments during non practice times.)
 4. Inability to practice with the team because the student has not turned in all required paper work. (physical, athletic handbook, insurance affidavit, and their participation fee)
 5. All other absences deemed by the coaching staff as unacceptable or inappropriate. (Saturday schools, court appearances, **detentions**– After 3 detentions player will be suspended for 1 game and a 5th detention is removal from the team.)
 - C. Tardiness
 1. Be On time for everything! Whether it be a team meeting, film session, walk through, weight session, study hall, or a practice, each player is expected to be there on time(Cell Phones will not be used or present during any of these times).

2. A player will be penalized for every minute he is late, a lap per minute up to 7 minutes.
Late after that is 2 x 300 Yd. Shuttle(52 Seconds for skill kids and 57 seconds for
lineman). Or Prowler Pushes 6 X 20's
3. Three tardies are considered one unexcused absence.

D. Consequences

1. One unexcused absence: 2 X 300 Yd. Shuttle
2. Two unexcused absences: "good football"-running and cal's and suspension for 1 contest
3. Three unexcused absences: Removal from team.

II. Other Rules

- A. Bad attitudes will be adjusted by the coaching staff after practice. You will not like this so act accordingly. For example; walking from the huddle, not have equipment strapped up before practice, being lazy, cussing, not huddling tightly, detentions, tardiness at school, parking your car crooked, squealing your tires etc. This offense will be known as a "Good Football."
- B. Students who are not carrying their weight in the classroom will be in a mandatory study hall on Tuesday and Thursday mornings @ 7:35 A.M. If you have lower than a C- in any class, you will be there and if you are late, it will be dealt with the same way being late to a practice would be. You let your whole team down when they can't count on you each week. You will lose your spots indefinitely if you become ineligible.
- C. Players should remember that they are role models and that they should always look and act appropriately.
- D. All players ride the bus both to and from varsity games unless approved by the coaching staff. Freshman and JV players are allowed to ride home with their parents if signed out by their parents.
- E. Each Player will address all of our coaches as Coach, Sir, or Mr. If that does not work for you turn your gear in and leave, your Coach will send you running the first time and send you home on the second occurrence.

- F. Pre-Practice begins at 3:15, if you are not being taped you are to be on the field and working at this time, if this becomes a problem practice will begin at 3:15 and everyone not dressed and ready at that time will be considered late. We give our players plenty of time to get dressed and ready for practice, there are no excuses for not being ready.
- G. When a Coach talks to a player, your eyes better be on him, you will not walk away as a Coach speaks to you, when a coach is talking ALL eyes should be on him, so we don't repeat ourselves again, If a Coach is talking to one side of the ball, the other side should be listening as well. If a Coach needs to repeat because you were not paying attention, we will send you to the track.
- H. Players are in charge of their own gear and trash. If the locker room, weight room, cafeterium, or practice field become messy then we will run until you figure out how to clean up, pick-up, and return things to their original spot.
- I. Players will not be on our sideline talking to ANYONE. This includes your parents, girl friend, best friend etc. When we are playing a game, you will stay focused on the game for all 48 minutes, if you want to play ball then focus on the game. If you would rather be in the stands, then become a fan! This will also include Varsity Players at freshman and JV games, only inside the fence if you are motivating and helping the young guys, otherwise stay in the stands. Coaches will punish any offenders.
- J. Players will leave their cars in the front parking lot on game days and Thurs. walk through, those spots should be for our fans and elderly that need to park closer. No one is to visit their car after getting their stuff out.
- K. We will play acceptable music in our locker room and on the bus or we will take the Sound System away.
- L. We will turn in cell phones on Friday Night games at the pre-game meal, phones will not be returned until after the game at home, or 30 minutes before we arrive home on an away game. If parents need to be contacted our coaching staff will be able to contact you, we will think about the game and talk with our teammates. In addition, phones are never allowed at

practice, team meetings, weights, walk through etc. If we have to take a phone, the parents will have to come pick the phone up. Second offense will be suspension of a game, this does include injured players.

M. Finally, players will say PLEASE and THANK YOU, if a coach, manager, trainer, and media personal gives them any assistance. This will include when a player leaves a scheduled workout, he will make it a point to let the coach know that he is done and leaving.

N. The Athletic Handbook will be followed in all additional matters such as alcohol, drug, tobacco violations or any other law violations. **If you use, you lose!!!**

Cut and Return

(Required before Practice is Allowed)

(Player's signature)

(Parent's/Legal Guardian's Signature)

(Player's E-Mail)

(Parent's/Legal Guardian's E-Mail)

(Player's Cell Phone #)

(Parent's/Legal Guardian's Cell #)