

## **General Information – Salisbury Sabres Football**

### **Questions and Answers**

There are always a number of questions that arise when students consider trying out for the football program at Salisbury. We have attempted below to answer some of the more common questions and hope this additional information may assist you in your decision.

**1. Must I have played football before?**

No. There is no reason to believe that you cannot play football without having played prior to high school. Our coaching staff always starts with the basics and fundamentals in order that new players can get a grasp of football basics during training camp.

**2. Do I have to be big?**

No. Football is a game of hitting and as much a game of quickness, skill, desire, and attitude as it is one of size. Obviously size can be an asset to a football player, but lack of size cannot keep you off the football field in high school football if you want it badly enough.

**3. What is the difference between Junior and senior football?**

The junior team has been described as the “kid brother” to the senior team. Both the junior and senior teams are combined to make one program. Junior’s will have an opportunity to practice and learn Sabre philosophies with the seniors. Playbooks and drills will be the same for both teams with great care taken in hitting drills so that the raw rookie players do not go up against seasoned veterans.

**4. What are the benefits for me to be a Sabre Football Player?**

Playing football at Salisbury is a privilege not a right. Players learn about working as a team and how hard work can create character. Football players are encouraged in enrolling in two courses called Sports Performance 15 and 25. In these courses players are learning about nutrition, weight lifting, drug prevention, injury prevention/treatment and mental preparation in sports. Students will also have access to our Wellness Centre during these courses. In the centre our athletes will have access to sports specific programs designed for them, assistance from our well-trained fitness staff and teammates pushing them to succeed.

Both the junior and Senior Sabres are made up of 30 to 40 players, grades 10 to 12. Players in their second year of grade 12 are not eligible for the senior team since a student in high school is eligible for three years from his grade 10 enrolment.

**Any further information can be directed to Cam Fraser (467-8816) Head Coach, Salisbury Sabres Football Program or e-mail me at [cam.fraser@ei.educ.ab.ca](mailto:cam.fraser@ei.educ.ab.ca)**

