

## LA SALLE PREP ATHLETICS – FOOTBALL

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### ATHLETICS DEPARTMENT MISSION STATEMENT

The mission of the La Salle Catholic College Preparatory's Athletic Department is to educate student-athletes about the values associated with athletic competition and to help them reach their athletic potential. Student-athletes will represent the qualities of a Lasallian school to the community, while growing into men and women of excellent character.

### DESCRIPTION OF PROGRAM/NUMBER OF TEAMS

The football program has three teams (Freshmen, JV and Varsity).

### HEAD COACH MIKE FANGER'S PHILOSOPHY

Keep athletics in perspective and help the athletes by being organized, motivating, communicative and imaginative.

### COACH FANGER'S BACKGROUND

5 years Offensive Coordinator Lewis & Clark College  
5 years Head Football Coach Lewis & Clark College  
1 year Assistant Head Coach Portland State University  
1 year Offensive Coordinator Portland State University

### COACH FANGER'S CONTACT INFORMATION

You can reach Coach Fanger via email at [mfanger@lshigh.org](mailto:mfanger@lshigh.org) or cell phone 503.962.9665

### OPPORTUNITIES FOR PARENT VOLUNTEERING

Snack Shack Concessions during Home Games  
Collecting the Gate at Home Games  
Email/Phone Tree Coordinator  
Game Day Meal Coordinator/Distributor  
Booster Representative for the Program  
Volunteer for any approved Fundraising Activities

### GENERAL PRACTICE TIMES/COMPETITIVE SEASON

Practices are held on the La Salle Football Fields starting at 3:15 p.m. Football is a fall sport that typically begins the second week of August. JV and Freshmen can expect to go through the beginning of November. Varsity can advance to Play-offs which goes to the end of November.

### TEAM PRACTICE AND PARTICIPATION

Members of the teams are expected to be at all practices and competitions. If for some reason you cannot make it, please contact the Coach as soon as you are aware

### EXCUSED/UNEXCUSED ABSENCE POLICY

Students are expected to make their studies a priority, but students are also asked to manage their time. Playing time and status on a team may be put in jeopardy with excused and unexcused absences. Absences the week of a contest or the day before a contest may result in an athlete losing a starting position or not competing in the next competition.

### PROGRAM-WIDE RULES/ CUTTING POLICY

The coach provides the rules at the beginning of each season. If you have any questions, please consult the coach. La Salle does not make cuts on the Football Teams but students are expected to attend practices and competitions.

### LETTERING CRITERIA

In general, athletes that make the Varsity Team earn a Varsity letter. If a JV player is brought up in the post season and makes contributions to the program, they may be awarded a letter. An athlete must complete the season in good standing with the program in order to letter.

### EXPECTATIONS FOR STUDY HABITS

Athletes will be asked to be creative about their study habits. There is time for doing homework using creativity, as well as during bus rides if one is physically able to do this.

### PERSONAL CARE/SLEEPING/EATING CONCERNS

Athletes are expected to use smart nutritional practices. Athletes are asked to make sure they are eating breakfast every morning. In addition, when snacking, athletes are asked to use good judgment and limit their consumption of candy and soda. Please follow the food pyramid by including fruits, vegetables and grains in a well balanced diet and do not restrict yourself during the season.



#### RECENT SUCCESSES

Last season, the football team captured their first League Championship in over ten years going undefeated with a 9-0 record. A large senior class led by Eric Whalen, Chris Nagel, Jeff Sawyer and Mike Oborn led the way. All were First Team All-Conference with Chris Nagel and Eric Whalen gaining Player of the Year honors. The Falcons were upset by the Sutherlin Bulldogs in the second round of the State Play-offs.

A growing teenager needs sufficient rest. In addition, with daily practices and competitions, a teenager's body consistently requires at least 7-8 hours of sleep per night to guarantee their body gets the rest and replenishment it needs.