

## 2024 SCHEDULE







COURAGE RESILIENCE GRIT TENACITY PERSERVERANCE HONESTY INTEGRITY HUMILITY



# Mental Toughness is the ability TO FOCUS ON THE TASK AT HAND, THROUGH PAIN, FATIGUE, AND ADVERSITY.



Rig Mac







## 66

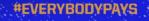
When you're committed you find a way. When you're interested you find an excuse.

When you're committed you do whatever it takes. When you're interested you do what's convenient.

When you're committed you do it consistently. When you're interested you do it occasionally.

When you're committed you take accountability. When you're interested you point fingers and shift blame.





# UPGRADES 24

**BIG MAC FOOTBALL** 

**NEW NIKE PRACTICE BLUES** 2 \$1.2 MILLION STADIUM EXPANSIO 1,250 STADIUM ADDITION **NEW AC HOME PRESS BOX NEW FILM DECKS NEW REFUELING STATION NEW PLAYBOOK PROGRAM NEW FORTIFIED WATER STATIONS** 8 CAMP CATERED MEALS 9 PLAYER GEAR ALL ADIDAS 10 SIDELINE FILM / TECH UPGRADES

# SUNATION-MEMILLAN FOOTBALL YOUTH CAMPS

HIGH INTENSITY ALL POSITION CAMP JULY 22,23,24 | 7:30-9:00 PM AGES: ENTERING GRADES 5-8 \$85 / CAMP SHIRT / AHN FIELD

**SPECIAL OFFERING! BIG MAC OFFENSIVE LINE ACADEMY** INCLUDES ALL THREE SESSIONS - \$100 JULY 7, JULY 14, JULY 21 | 6:00-8:00 PM OL ACADEMY WILL HAVE A PARTICIPATION LIMIT



# EQUIPMENT

- **1. GAME SHOES PROVIDED BY PLAYER**
- 2. UNDERCLOTH PROVIDED BY PLAYER
- 3. HELMET PROVIDED BY TEAM SCHUTT F7 OR VENGEANCE PRO
- 4. MOUTHPIECE PROVIDED BY TEAM SOME PROVIDE THEIR OWN
- 5. GIRDLE WE HAVE A LIMITED SUPPLY MOST PLAYERS GET THEIR OWN
- 6. PRACTICE PANTS/ASSORTED JERSEYS PROVIDED BY TEAM
- 7. GAME SOCKS PROVIDED BY TEAM
- 8. SHOULDER PADS ETC PROVIDED BY TEAM SCHUTT OR DOUGLASS
- 9. SUMMER WORKOUT GEAR PROVIDED BY BOOSTERS



# **EVERY PLAYER LOOKS THE SAME**

- 1. GAME SHOES BLACK
- 2. PRACTICE SHOES ANY COLOR
- 3. GAME UNDER CLOTH ROYAL BLUE / HIDDEN CLOTH ANY COLOR
- 4. GAME SOCKS TEAM ISSUED
- 5. FLARE WE DON'T NEED IT
- 6. HEADWEAR/ARM SLEEVE POLICY: EVERYONE WEARS SAME EXACT ONE
- 7. MOUTH PIECES DISTRIBUTED NO FANGS OR GRAPHICS
- 8. EVERYONE LOOKS THE SAME = PROMOTES TEAM



#### **THE CANON-MCMILLAN QUARTERBACK CLUB**

- 1. Arms race with other schools Money does matter / Competition in league
- 2. Please participate if possible understand what we do for these kids with the money
- 3. Last Season we spent \$38,000 on Gear and \$33,000 on Food Alone!
  - a. Nutrition/Refueling Station Firefly Recovery Hydrate Products
  - **b.** Ionized Water Supplement Stations / Found in MLB-NFL-NBA Locker Rooms
  - c. Player Summer Practice Gear/Travel Gear etc (\$25,000 plus)
  - d. Sideline/Technology/Filming (\$7500)
  - e. Anticipated Food Costs/Season (\$35,000) Plus Travel PreGame and Senior Dinner
  - f. Anticipated Banquet Costs (\$12000) and Media Expenses (\$12,000) and more...



#### **The Canon-McMillan Rule Book:**

- 1. Summer Attendance is Voluntary, but not to players looking to improve
- 2. First Mandatory Day is August 5, 2024
- 3. Golden Rule: Treat others as you would like others to treat you.
- 4. I should know where you are if you are not at practice
- 5. Sick Policy Based on Covid Understand what not feeling like practicing is versus not feeling well.
- 6. Attendance issues, Academic Issues, Social Media Issues, Discipline and Behavior Issues will all be dealt with.
- 7. DO RIGHT!



#### bigmacsfootball.com

#### **SUMMER WEIGHT ROOM SCHEDULE:**

Weight Room Closed: May 28-June 9

Players will sign up for AM or PM lifting group AM Group - Mon, Tues, Thurs, 8-9:30 am, Fri Optional PM Group - Mon, Tues, Thurs, 2-3:30 pm, Fri Optional Week of Fourth of July (July 3-7) Optional

**BIG MAC FOOTBALL ANNUAL** 

@BigMacsFootball

7-12 GRADE SUMMER SCHEDULE

SUMMER GEAR DISTRIBUTION

CASH BASH TICKET DISTRIBUTION

TRAINING CAMP SCHEDULE

DISCUSS RULES 6 EXPECTATIONS

MANDATORY PARENT MEETING 6PM НІGH SCHOOL AUDITORIUM

SUNDAY

PICK UP FROM STADIUM 10PM

REPORT TO

RUN PROGRAM

FOLLOW LIFTING

CANON-MCMILLAN BIG MAC FOOTBALL 2024

PICK UP FROM STADIUM 10PM

STADIUM 7PM

IDAM-IIAM REPORT TO

RUN PROGRAM

FOLLOW LIFTING SCHEDULE

BETHEL PARK 7/7

FOLLOW LIFTING SCHEDULE

FRIDAY LIFT

SATURDAY

PRACTICE CLOSED

STADIUM 7PM

IDAM-11AM

SCHEDULE

A ME A A APT A COAL ALLA A

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

REPORT TO STADIUM 7PM

THERE IS A REASON FOR GRIT WEEKS 1-2, IF YOU DON'T LIKE IT, DON'T DO IT ALL PRACTICES AT AHN FIELD FOR 2024 9-12 GRADES

PRACTICE

PICK UP FROM

RUN PROGRAM IDAM-11AM

DFF

PRACTICES ARE CLOSED

OPTIONAL BAM-9:30AM

REPORT TO

ALL LINE PLAYERS STADIUM 10PM

3:45 PM

LEAVES STADIUM

PLAYERS - BUS

ALL SKILL

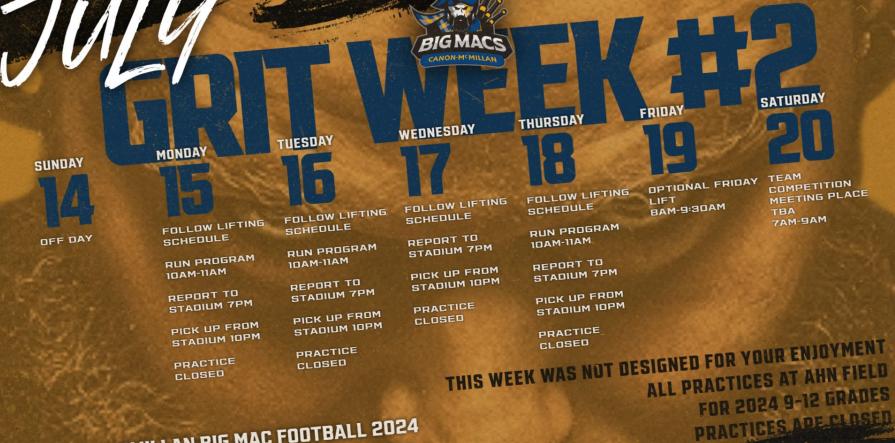
SCHEDULE

FOLLOW LIFTING

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# CANON-MCMILLAN BIG MAC FOOTBALL 2024



WEIGHT ROOM/ CONDITIONING SCHEDULE

JUNE 3 - JULY 30 8 WEEKS 25 LIFTING SESSIONS 25 CONDITIONING SESSIONS

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#### "WHAT WE DO IN LIFE, ECHOES IN ETERNITY"

MAXIMUS DECIMUS MERIDIUS COMMANDER OF THE ARMIES OF THE NORTH GENERAL OF THE FELIX LEGIONS

MONDAY -

AM WEIGHT ROOM	8:00AM	9:30AM
TEAM CONDITIONING	10:00AM	11:15AM
PM WEIGHT ROOM	11:45AM	1:15PM
NIGHT WEIGHT ROOM	5:45PM	7:15PM

TUESDAY -

AM WEIGHT ROOM	8:00AM	9:30AM
TEAM CONDITIONING	10:00AM	11:15AM
PM WEIGHT ROOM	11:45AM	1:15PM
NIGHT WEIGHT ROOM	5:45PM	7:15PM

#### THURSDAY -

AM WEIGHT ROOM	8:00AM	9:30AM
TEAM CONDITIONING	10:00AM	11:15AM
PM WEIGHT ROOM	11:45AM	1:15PM
NIGHT WEIGHT ROOM	5:45PM	7:15PM

BLOWOUT FRIDAY - OPTIONAL LIFT FROM 8:00 AM TO 9:30 AM \*WEIGHT ROOM AT HS, ALL CONDITIONING AT STADIUM

**#THEONLYWAYOUTISTHRU**