



2024 SCHEDULE



(S) WEST ALLEGHENY

August 17



PETERS TOWNSHIP

August 23 - Hall of Honor



UPPER SAINT CLAIR

August 30 - Lil' Mac Night



SOUTH FAYETTE

September 6



ARMSTRONG

September 13



MOUNT LEBANON

September 20



HEMPFIELD

September 27 - Homecoming



SENECA VALLEY

October 4



NORTH ALLEGHENY

October 11

Band Senior Night



NORWIN

October 18

Senior Night



CENTRAL CATHOLIC

October 25

■ HOME ■ AWAY

◆ ALL HOME GAMES ARE PLAYED AT AHN FIELD



BIG MACS FOOTBALL 2023

THE ONLY WAY OUT
IS THRU

STAND WITH US



#WITHINREACH



COURAGE
RESILIENCE
GRIT
TENACITY
PERSERVERANCE
HONESTY
INTEGRITY
HUMILITY

PROGRAM PILLARS



CANON-MCMILLAN

BIG MACS FOOTBALL

DEFINITION OF MENTAL TOUGHNESS

“
**MENTAL TOUGHNESS IS THE ABILITY
TO FOCUS ON THE TASK AT HAND,
THROUGH PAIN, FATIGUE, AND ADVERSITY.**

”

#EVERY.BODY.PAYS.

COMMITTED VS INTERESTED

EVERY BODY PAYS

“

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.

”

#EVERYBODYPAYS

UPGRADES 24

BIG MAC FOOTBALL

- 1 NEW NIKE PRACTICE BLUES
- 2 \$1.2 MILLION STADIUM EXPANSION
- 3 1,250 STADIUM ADDITION
- 4 NEW AC HOME PRESS BOX
- 5 NEW FILM DECKS
- 6 NEW REFUELING STATION
- 7 NEW PLAYBOOK PROGRAM
- 8 NEW FORTIFIED WATER STATIONS
- 9 CAMP CATERED MEALS
- 10 PLAYER GEAR ALL ADIDAS
- 11 SIDELINE FILM / TECH UPGRADES

SUMMER

ANON-MCMILLAN 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





bigmacsfootball.com

BIG MAC FOOTBALL ANNUAL

@BigMacsFootball

PARENT MEETING THE 2024 SEASON

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**



bigmacsfootball.com

BIG MAC FOOTBALL ANNUAL

@BigMacsFootball

PARENT MEETING THE 2024 SEASON

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**



bigmacsfootball.com

BIG MAC FOOTBALL ANNUAL

@BigMacsFootball

PARENT MEETING THE 2024 SEASON

THE CANON-MGMILLAN 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...**



bigmacsfootball.com

BIG MAC FOOTBALL ANNUAL

@BigMacsFootball

PARENT MEETING THE 2024 SEASON

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

BIG MAC FOOTBALL ANNUAL

@BigMacsFootball

PARENT MEETING THE 2024 SEASON

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

JULY



GRIT WEEK #1

SUNDAY

07

MANDATORY PARENT MEETING 6PM HIGH SCHOOL AUDITORIUM

DISCUSS RULES & EXPECTATIONS

TRAINING CAMP SCHEDULE

CASH BASH TICKET DISTRIBUTION

SUMMER GEAR DISTRIBUTION

7-12 GRADE SUMMER SCHEDULE

MONDAY

08

FOLLOW LIFTING SCHEDULE

RUN PROGRAM 10AM-11AM

REPORT TO STADIUM 7PM

PICK UP FROM STADIUM 10PM

PRACTICE CLOSED

TUESDAY

09

FOLLOW LIFTING SCHEDULE

RUN PROGRAM 10AM-11AM

REPORT TO STADIUM 7PM

PICK UP FROM STADIUM 10PM

PRACTICE CLOSED

WEDNESDAY

10

FOLLOW LIFTING SCHEDULE

BETHEL PARK 7/7

ALL SKILL PLAYERS - BUS LEAVES STADIUM 3:45 PM

ALL LINE PLAYERS REPORT TO STADIUM AT 7PM

THURSDAY

11

FOLLOW LIFTING SCHEDULE

RUN PROGRAM 10AM-11AM

REPORT TO STADIUM 7PM

PICK UP FROM STADIUM 10PM

PRACTICE CLOSED

FRIDAY

12

OPTIONAL FRIDAY LIFT 8AM-9:30AM

SATURDAY

13

OFF

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 PRACTICES ARE CLOSED

CANON-MCMILLAN BIG MAC FOOTBALL 2024

JULY



GRIT WEEK #2

SUNDAY
14
OFF DAY

MONDAY
15
FOLLOW LIFTING SCHEDULE
RUN PROGRAM 10AM-11AM
REPORT TO STADIUM 7PM
PICK UP FROM STADIUM 10PM
PRACTICE CLOSED

TUESDAY
16
FOLLOW LIFTING SCHEDULE
RUN PROGRAM 10AM-11AM
REPORT TO STADIUM 7PM
PICK UP FROM STADIUM 10PM
PRACTICE CLOSED

WEDNESDAY
17
FOLLOW LIFTING SCHEDULE
REPORT TO STADIUM 7PM
PICK UP FROM STADIUM 10PM
PRACTICE CLOSED

THURSDAY
18
FOLLOW LIFTING SCHEDULE
RUN PROGRAM 10AM-11AM
REPORT TO STADIUM 7PM
PICK UP FROM STADIUM 10PM
PRACTICE CLOSED

FRIDAY
19
OPTIONAL FRIDAY LIFT
8AM-9:30AM

SATURDAY
20
TEAM COMPETITION MEETING PLACE
TBA
7AM-9AM

THIS WEEK WAS NOT DESIGNED FOR YOUR ENJOYMENT
ALL PRACTICES AT AHN FIELD
FOR 2024 9-12 GRADES
PRACTICES ARE CLOSED

CANON-MCMILLAN BIG MAC FOOTBALL 2024



WEIGHT ROOM/ CONDITIONING SCHEDULE

JUNE 3 - JULY 30

8 WEEKS

25 LIFTING SESSIONS

**25 CONDITIONING
SESSIONS**

"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

