

# **West Milford Football**

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**I.E.A.T.  
HUNT**

**Steve Maslanek**

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# WM COACHING STAFF

## COACHING STAFF

Head Coach / Co-Defensive Coordinator: Stephen  
Maslanek

Assistant Coach and Offensive Coordinator: Matt Keyzer

Assistant Coach/ Defensive Coordinator: Anthony Becker

Assistant Coach / Pass Game Coordinator: Gary Stoll

Assistant Coach Run Game Coordinator: Ken Quazza

Assistant Coach/ Special Teams Coordinator Sub Varsity:  
Ray Gorny

Assistant Coach/Sub Varsity: Pat Keyzer

Assistant Coach/Sub Varsity: Chris McCormack

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# Mission Statement

- The most important goal of the West Milford High School Football Program will be to produce student athletes of good character.
  - In our efforts to win, emphasis will be placed on sportsmanship, respect, and the process of overcoming adversity.
  - Athletic/academic competition helps foster self-esteem, enthusiasm and work ethic.
  - Students perform at high levels when they are intrinsically motivated. The staff will work to maximize intrinsic motivation in each aspect of the student athlete's life.
  - Strive to ensure that every student-athlete who participates in the program has a positive overall experience and builds lasting relationships with fellow teammates and the coaching staff.
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# Player Expectations

- “Act Like A Champion!”
  - “I.E.A.T.
  - **KEY POINTS**
  - BE ON TIME! For everything
  - Be mentally focused at meetings, during film, and on the field
  - Be responsible and take ownership for your actions both on and off the field
  - Create an atmosphere of true intensity. We cannot fake emotion
  - Mental and Physical conditioning precedes everything else
  - *We must stay together to have a chance for success. Great teams are measured collectively, not individually. Each player must check his “ego” at the door. Believe that the guy next you will pay the same price for success that you will. Always remember- Team first, , You second..*
  - See Player Expectations for details
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# Academic Plan

- Students must be aware of two sets of academic requirements:
    - West Milford High School Academic Requirements
    - N.J.S.I.A.A. Requirements
  
  - Action Plan for academic monitoring:
    - Communication with teacher
    - Communication with coach / counselor
    - Weekly progress reports
    - Staff small group monitoring
    - “Team tutor”
    - Exhaust extra curricular academic resources WMHS offers
    - **•Athletes are encouraged to attend morning/afternoon tutorials when needed. Afternoon tutorials will require a written letter, or email from a parent/teacher. Coaches need to know where your child is at all times after school!**
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# Required Forms and Fees to Participate

## Communication

Sports Registration

THIS IS NOT JUST TO PLAY  
FOOTBALL

IMPORTANT Physical Must be  
signed off my school doctor. This  
will delay clearance if not taken  
care of correctly

Communication with players Hudl  
and Google Classroom

Parents Booster Club Emails and  
Website ([highlanderfb.org](http://highlanderfb.org))

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# Athletic Training

- If an athlete is injured during a practice or game, they should report it to their coach immediately.
  - The trainer will evaluate the injury and will recommend treatment or further evaluation by a doctor. The trainer will send home written notification if He feels that a doctor should examine your child. He will also call home for serious injuries.
  - If the trainer feels that a doctor should examine your child, a signed, written release by a doctor is required to allow the athlete to resume activity.
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# Athletic Training

- If an athlete sees a doctor for any injury...they must be medically released by a doctor. A signed release by a doctor must be given to the trainer before returning to play.
  - Parents cannot override the doctor or trainers decisions.
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# Practice Times

See Summer Schedule

June/July

August Camp

Inseason (School in session)

Football: Practice Time – 2:15 P.M.  
– 4:50 P.M. (Tuesday – Thursday)

Team Meal will follow Thursdays

Run Through

(Sat – 8-10) (Monday 2:15 - 4:15)

\*Varsity Games Friday Nights

\*JV Games Monday afternoon

\*Frosh Games Thursday Afternoon

/ Saturday Morning

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# Weight Training

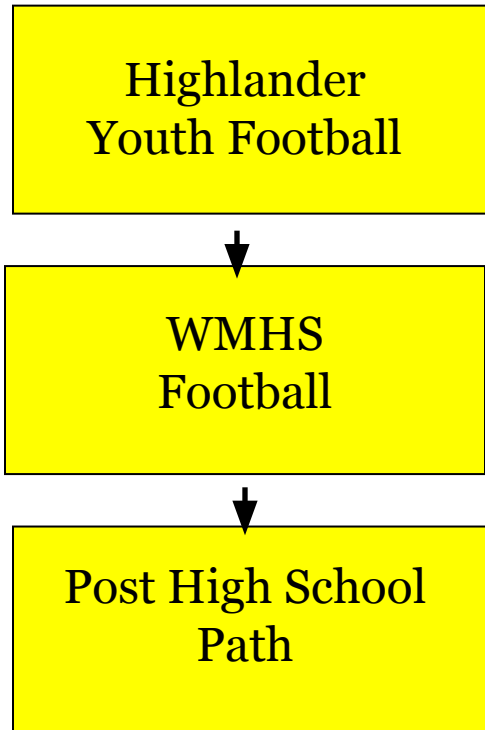
- Main goal is to develop football related physical skills appropriate for high school athletes. These include explosive movements, speed development, and flexibility.
  - Postseason: Strength Building
  - Offseason: Strength / Speed Building
  - Preseason: 3 days a week (Upper / Lower / Total Body focus) 1 Day Circuit Training
  - In-Season: 2 days a week (Total / Upper )

\*Weight training is supplemented with conditioning, speed, agility and flexibility programs\*

- Above is based on previous personal experiences and ideal for athletes not participating in other sports.
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# Vertical Articulation of Highlander Football



- To create success in the community the high school football program would work in collaboration with Highlander Youth Football.
  - Free Youth Camp (Skills and Drills)
  - Individual Youth Nights/Team Dinners
  - Player Groups at each level once a week for practice.
  - Coaches attend practice to offer help with drills
  - Attendance by Player/Groups and Coaches at Games
  - WE MUST BE A FAMILY!
  - After completing four years of the Highlander Football program accomplished students athletes would apply their experiences to post graduate path (college, trade, etc.)
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# Parent / Community Involvement

- HFC Goal: to communicate effectively my coaching philosophy, expectations, requirements and discipline procedures.
  - Encourage your child to set realistic goals for themselves and help them work towards achieving those goals. (Academic, Social, and Athletic) •
  - Reinforce the concept of the “Student-Athlete.” • Assure that your child abides by the Athletic Code of Conduct and team rules. •
  - Assure that your child attends all scheduled practices and games. •
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# Parent / Community Involvement

- Take an active, supportive role- work cooperatively with other parents and school personnel to assure a wholesome and successful athletic program for our school.
  - Support child and team by attending games and Promote sportsmanship.
  - Be a positive role model to our children.
  - Acknowledge and support the ultimate authority of the coach to determine strategy and player selection.
  - JOIN THE BOOSTER CLUB!!!!!!
  - Contact/Follow us at:
    - Instagram - wmfootball
    - Facebook - WM High School Football
    - Email - highlanderfb@gmail.com
    - Website - [www.highlanderfb.org](http://www.highlanderfb.org)
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# Main Booster Club

## Responsibilities

### HOME VARSITY GAMES

We have four home games this year

Sign up genius to sell 50/50

### FROSH & SUB-VARSITY GAMES

Sign up genius for chains at home games

### TEAM MEALS

Day before every varsity game the team has a meal together. Sign up genius for meals every week

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# Booster Club/Dues

\$80 per family each year. This year dues are requested by: **August 14, 2026**

Checks payable to WMHFBC

Vemno @highlanderfb

Dues ultimately help with equipment maintenance, uniforms, and the upkeep of weight room equipment

*\*if paid all four years this goes towards eligibility for senior scholarship, senior field banners and to keep game jersey*

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# Fundraisers

- Field Advertising Banners - now thru 6/30/26
  - Clothing Drive - 6/20/26
  - T-shirt Sales - 6/23-7/23/26
  - Golf Outing- 6/25/26
  - Home game 50/50's
  - Dine To Donates throughout year
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# Important Dates

- 6/20 – Clothing Drive 8-11 Sophomore 8-9 Juniors 9-10; Seniors 10-11 (load truck)
  - 6/15 - High School Practice Starts
  - 6/23 – T-Shirt Fundraiser Handout
  - 6/22 – All Levels Practice Starts
  - 6/26\* (7 v 7 6/26) -6/27- 7/5 Black Out Week #1
  - 7/21 and 7/23 Move the Chains Youth Camp
  - 7/24 – 8/2 Black Out week #2
  - 7/23 – T-Shirt Fundraiser Due
  - 8/8– Lift Test & Pump Breakfast
  - 8/10 – Senior Pictures 8am
  - 8/14- Booster Money Due
  - 8/19 - Team Picture Day
  - 8/21 – Scrimmage Home vs Teaneck
  - 8/27 – Varsity Game vs. High Point
  - 8/28 – Frosh/Soph Game @ High Point
  - 10/15 – Senior Dinner @ Giuseppe's
  - 12/6 - Casa Bianca Brunch 11am
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