

Wildcats

FOOTBALL 2025



Wildcats

VARSITY HEAD COACH -
ANDREW RILEY

Wildcats

TOUCHDOWN CLUB -
LAURA BUSH-CONNOR,
KRISTEN & LANE MANNING

Booster Club Volunteers

Wildcats

- **Senior Poster & Banners** - Laura Bush-Connor, Erin Blodgett
- **Showcase/Parent Night** - Lane Manning, Kristen Manning
- **Game Day Photo Coordinator** - Kari Brotzman
- **Fog Cannon/Cold Sparkler** - Amy Sholl, Rodney Jayroe
 - Operator Volunteers needed
- **Half-time Snacks** - Brad Kose
- **Wed Meal Program** - Dave & Tiffany Heide, Stephanie Gottbeheut, Kristen Manning
 - Volunteers needed to set up/serve/clean up
- **Away Team Meals (Oconomowoc/Janesville games)** - Kari Brotzman, Francesca Soda
- **Youth Night** - Erin Blodgett
- **Social Media** - Erin Blodgett
- **Sponsors Senior Poster-Fence & Sponsor Night** - Noelle Seelen, Laura Bush-Connor
- **Teacher/Staff Appreciation Night** - Mary Kate Riley
- **Homecoming Parade Coordination & Candy** - Noelle Seelen, Laura Bush-Connor
- **Senior Night** - Erin Blodgett, Kim Warkentin, Julianna Jagla
 - Helpers needed on Senior Night Oct 11
- **Social Cat** - Kim DiMaggio
- **Restaurant/Give Back Nights** - Laura Bush-Connor
- **Brat Sale** - Coordinator needed for 2026



2025 Fundraising Initiatives

Gold Cards, Booster Fees, Fence Banners, Senior Poster, Wildcat Store, Millers Brat Sale, Restaurant Nights, 50/50 Raffle

Restaurant Give Back Nights

- Aug 14 North & South
- Sept 17 Hop Haus Fitchburg
- Nov 3 Stone Porch
- Aug-Nov Buffalo Wild Wings-mention VAHS Football

50/50 Raffle

- Sept 5 & Oct 3 - Freshman will sell one of the nights, divided in half by jersey #'s



Freshman Players Receive:

4 Day Mini-Camp (\$100.00)

Mini-Camp Meals (\$65.00/total)

Wear & Tear Equipment and Uniform Replacements (\$100.00)

Practice T-Shirt (\$20.50)

Playoff/Conference Champs T-Shirt (\$10.00)

Practice Shorts (\$23.50)

Pre Game meal each varsity home week (5 weeks) (\$81.25/total)

HUDL (\$10.00)

New Practice Pads and Shed (\$30.00)

Total: \$440.25 per player

Varsity Players Receive:

4 Day Mini-Camp (\$100.00)
Wear & Tear Equipment and Uniform Replacements (\$110.00)
Practice T-Shirt (\$20.50)
Playoff/Conference Champs T-Shirt (\$10.00)
Practice Shorts (\$23.50)
Mini-Camp Meals (\$65.00/total)
Team Bonding Meal (\$8.00)
Pre Game meal each week (5-8 weeks) (>\$81.25/total)
Highlight Video (\$50.00) / Team Plaque (\$26.00) / Senior Mini-Helmet (\$25.00)
Individual Game Videos (\$50.00)
Team Building Night Meals (\$7.50)
Photographer (\$7.50)
HUDL (\$10.00)
Endzone/Sideline Film (\$15.00)
New Practice Pads (\$15.00)

Total: \$624.25 per player**Junior Varsity Players Receive:**

4 Day Mini-Camp (\$100.00)
Wear & Tear Equipment and Uniform Replacements (\$110.00)
Team Plaque (\$26.00)
Practice T-Shirt (\$20.50)
Playoff/Conference Champs T-Shirt (\$10.00)
Practice Shorts (\$23.50)
Mini-Camp Meals (\$65.00/total)
Team Bonding Meal (\$8.00)
Pre Game meal each week (5-6 weeks) (>\$81.25/total)
Highlight Video (\$50.00) / Team Plaque (\$25.00)
Photographer (\$7.50)
HUDL (\$10.00)
New Practice Pads (\$15.00)

Total: \$501.75 per player**Average Benefit per Player in Program ~\$522.10**

Based on need, any family can request a full or partial waiver on fees.

Wildcats

ATHLETIC TRAINER -

NATHAN WEBBER

NWebber@uwhealth.org

Nathan Webber MS, ATC



nwebber@uwhealth.org
webbern@verona.k12.wi.us

What do I do?



- . Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.
- . Overall, my job is to keep the athletes safe and help them when they get injured
- . I can help with referrals to UW Health Sports Medicine & Sports Rehab

nwebber@uwhealth.org
webbern@verona.k12.wi.us

Supplies?



Take care of your body!!!!



- . Get 8-10 hours of sleep each night, especially in August while you don't have school
 - Benefits to getting enough sleep include:
 - Less mistakes
 - Better technique
 - More energy
 - Faster reaction times
 - Higher accuracy
 - Decreased injury/illness risk
 - Avoid screens for 1 hour before bed, or at least enable night shift mode/use a blue light filter
 - If you take a nap, take it mid-day

Take care of your body!!!!

Eat well, focus on quality food vs quantity

. Drink plenty of water

- Hydration is a constant battle, you can't do this the day of a practice/game

. If you treat your body better, you'll feel better and you'll perform better



A top-down view of various healthy foods including salmon, blueberries, avocado, nuts, and vegetables arranged on a dark surface.

- .Try to eat every 3-4 hours (3 meals and snacks) while awake
- .Make sure you have a meal about 2-3 hours before practice/games, and a snack about 1 hour before
- . Eat a healthy snack halfway through practice/games (½ banana, pretzels, crackers, granola bar, etc)
- . Make sure to get a good snack/meal with protein after practice/games

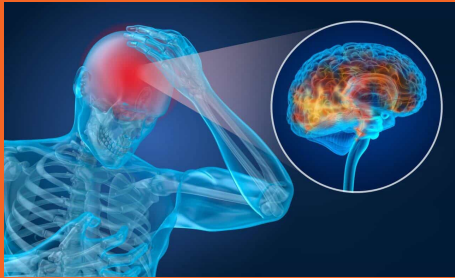
Concussions



- . A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
 - . Athletes, what's the best way to prevent yourself from getting a concussion?
 - . Most concussions have no long term effects, but trying to play while you have a concussion or getting multiple can cause long term effects
 - . Having symptoms does not mean that you have a concussion, but athletes with symptoms have to get checked before they return to play
-

What happens when an athlete gets a concussion?

- . The athlete is removed from participation
- . Parent/guardian is contacted
- . The school nurse is contacted, who will then contact the athlete's teachers
- . The athlete engages in symptom limited cognitive and physical rest
- . The athlete will see me daily to track their symptoms and overall recovery
- . The athlete may do the following as symptoms allow:
 - Go to school and do homework (with modifications as needed)
 - Watch practice
 - Light exercise such as walking and easy house chores



Concussion Return to Play

GRADUATED RETURN TO PLAY PROTOCOL

<i>Rehabilitation Stage</i>	<i>Functional exercise at each stage of rehabilitation</i>	<i>Objective of each stage</i>
1. No activity	Symptom limited physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity <70% maximum permitted heart rate. No resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, e.g. passing drills in football and ice hockey. May start progressive resistance training	Exercise, coordination, and cognitive load
5. Full-contact practice	Following medical clearance participate in normal training exercise	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	

Wildcats

VARSITY HEAD COACH -
ANDREW RILEY



Verona	35	3.3509
Verona	34	3.36



GOLD CARDS

Wildcats

- PHYSICAL GOLD CARDS
 - \$25 EACH
 - 20 CARDS GIVEN OUT
 - CASH OR CHECK TO VAHS FOOTBALL (VERONA FOOTBALL)
 - WE OWN ALL CARDS SO LET'S KEEP SELLING
 - MONEY/CARDS TURNED IN TODAY
- MONEYDOLLY APP
 - DONATIONS / PURCHASES
 - ALL MONEY TO US TOO
 - OPEN THRU ____



STUDENT ACTIVITIES CODE OF CONDUCT

Wildcats		AUGUST					Wildcats	
Su	Mo	Tu	We	Th	Fr	Sa		
10	11	12	13	14	15	16		
	JV/V: Practice 4-7pm, Parent Meeting 7:30pm (PAC)	ALL LEVELS: Practice 4-8pm	ALL LEVELS: Practice 4-8pm	ALL LEVELS: Practice 4-6pm	V: Scrimmage vs Waunakee 7PM 3PM PHOTOS			
	F: Practice 4-6pm, Parent Meeting at 6:30pm (PAC)	Coaches Training with Nathan at break?		NORTH AND SOUTH GIVE BACK NIGHT 4-9PM	JV: Scrimmage vs Waunakee 5PM 2:30PM PHOTOS			
	Full Pads	Full Pads	Full Pads	Helmets Only	F: Scrimmage AT Waunakee 5PM (Bus TBD) 2PM PHOTOS			
17	18	19	20	21	22	23		
			ALL: TEAM MEAL 6:30PM-7:00PM	JV/V: Breakfast TBD				
	V/JV: 4:05-7:05	V/JV: 4:05-6:20	V/JV: 4:05-5:30	V: vs Sun Prairie East 7PM *YOUTH NIGHT*	DECIDE A FRIDAY GAME TO ATTEND			
	F: 4:05-6:40	F: 4:05-6:20	F: 4:05-6:20	JV: vs Sun Prairie East 4:15PM	F: 4:05-5:05pm			
	F: Full Pads JV/V: Helmets + S.	F: Full Pads JV/V: Full Pads	F: Full Pads JV/V: Helmets Only	F: vs Sun Prairie East 5:00PM (Curtis Jones Field)				
24	25	26	27	28	29	30		
	V/JV: 4:05-6:15	V/JV: 4:05-6:20	V/JV: 4:05-6:20	JV: @ Oconomowoc 6:30PM (3:45 BUS)	V: vs Oconomowoc (Announce JV and JV2) 7PM			
	F: 4:05-6:15	F: 4:05-6:00	F: 4:05-6:20	F: @ Oconomowoc 4:30PM (1:45 BUS)				
	F: Inside/Gym Shoes JV/V: Helmets Only	F: Helmets + S. Pads JV/V: Helmets + S.	F: Helmets + S. Pads JV/V: Helmets + S.	V: 4:05-5:15pm Helmets Only	F: 4:05-5:05			
31				NOTES: HOME AWAY (Bus departure time in	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be			

	Wildcats		SEPTEMBER				Wildcats	
	Su	Mo	Tu	We	Th	Fr	Sa	
		1	2	3	4	5	6	
		V/JV: 4:05-7:05	V/JV: 4:05-6:20	V/JV: 4:05-6:40	JV: @ Janesville Parker 5PM (2:45PM)	V: vs Janesville Parker 7PM *SPONSOR NIGHT*		
		F: 4:05-6:20	F: 4:05-6:20	F: 4:05-6:20	F: vs Janesville Parker 6PM			
		F: Full Pads JV/V: Helmets + S.	F/JV/V: Helmets + S.	F/JV/V: Helmets + S.	V: 4:05-5:15pm		F: 4:05-5:05pm	
7		8	9	10	11	12	13	
		V/JV: 4:05-7:05	V/JV: 4:05-6:20	V/JV: 4:05-6:30	JV: vs Vel Phillips Memorial 6PM	V: @ Vel Phillips Memorial 7PM (5:00 BUS)		
		F: 4:05-6:20	F: 4:05-6:20	F: 4:05-6:30	F: @ Vel Phillips Memorial 5PM (3:30 BUS)			
		F: Full Pads JV/V: Helmets + S.	F/JV/V: Helmets + S.	F/JV/V: Helmets + S.	V: 4:05-5:15pm		F: 4:05-5:05pm	
14		15	16	17	18	19	20	
		V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20 F/JV/V: Helmets + S.	JV: vs TBD 5PM	V: @ Madison LaFollette 7PM (4:45 BUS)		
		F: Full Pads	ATTEND YOUTH PRACTICE AFTER OURS		F: vs Madison LaFollette 6PM			
		JV/V: Helmets + S. Pads	F/JV/V: Helmets + S. Pads	**HOP HAUS FITCHBURG FUNDRAISER NIGHT 4-10PM**	V: 4:05-5:15pm Helmets Only	F: 4:05-5:05pm		
21		22	23	24	25	26	27	
		V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20	V/JV: 4:05-6:30 F: 4:05-6:20	JV: vs Middleton 6PM	V: 4:05-5:15pm	V: @ Middleton 7PM (4:45 BUS)	
		F: Full Pads JV/V: Helmets + S.	F: Full Pads F/JV/V: Helmets + S.	ATTEND YOUTH PRACTICE AFTER OURS F/JV/V: Helmets + S.	F: @ Middleton 6PM (3:15 BUS) V: 4:05-5:15pm			
						F: 4:05-5:05pm		
28		29	30	NOTES: HOME AWAY (Bus departure time in parenthesis)		*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be done moving on the field)		
		V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20					
		F: Full Pads JV/V: Helmets + S.	F: Full Pads F/JV/V: Helmets + S.					

Wildcats

OCTOBER

Wildcats

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
			V/JV: 4:05-6:30 F: 4:05-6:20	V: 4:05-5:15pm Helmets Only	V: vs Madison West 7PM	JV: TBD
			JERSEY DAY + TEAM MEAL until 7PM		*HOMECOMING + TEACHER APPRECIATION*	F: vs Madison West 12PM
			F/JV/V: Helmets + S. Pads		HOMECOMING PARADE AFTER SCHOOL	
5	6	7	8	9	10	11
	V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20	V/JV: 4:05-6:30 F: 4:05-6:30	JV: @ Madison East 5PM (2:45 BUS)	V: 4:05-5:15pm Helmets Only	V: vs Madison East 7PM *SENIOR NIGHT*
	F: Full Pads JV/V: Helmets + S.		ALL: TEAM MEAL 6:30PM-7:00PM F/JV/V: Helmets + S.	F: vs Madison East 6PM		
12	13	14	15	16	17	18
		V/JV: 4:05-6:20	V/JV: 4:05-6:30	JV: vs Janesville Craig 6PM	V: @ Janesville Craig 7PM (4:15 BUS)	
	V/JV: 4:05-7:05 F: 4:05-6:20			F: @ Janesville Craig 4:30PM (2:15 BUS)	F: 4:05-5:05pm	
	JV/V: Helmets + S.	JV/V: Helmets + S.	JV/V: Helmets + S.	JV/V: Helmets Only		
19	20	21	22	23	24	25
	V: 4:05-7:05	V: 4:05-6:20	V: 4:05-6:30	V: 4:05-5:15pm Helmets Only	V: vs WIAA Playoffs Level 1 7pm	
		F: 4:00-5:45pm EQUIPMENT HAND-IN	V: TEAM MEAL 6:30PM-7:00PM			
	V: Helmets + S. Pads	V: Helmets + S. Pads	V: Helmets + S. Pads			
26	27	28	29	30	31	
	V: 4:05-7:05	V: 4:05-6:20	V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM	V: 4:05-5:15pm Helmets Only	V: vs WIAA Level 2 7pm	
	V: Helmets + S. Pads	V: Helmets + S. Pads	V: Helmets + S. Pads			
				NOTES: HOME AWAY (Bus departure time in parenthesis)	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be done moving on the field)	

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3 V: 4:05-7:05 STONE PORCH GIVE BACK NIGHT 5-9pm V: Helmets + S. Pads	4 V: 4:05-6:20 V: Helmets + S. Pads	5 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	6 V: 4:05-5:15pm Helmets Only	7 V: vs WIAA Playoffs Sectional Final 7pm	8
9	10 V: 4:05-7:05 V: Helmets + S. Pads	11 V: 4:05-6:20 V: Helmets + S. Pads	12 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	13 V: 4:05-5:15pm Helmets Only	14 V: vs WIAA Playoffs State Semi-Final 7pm	15
16	17 V: 4:05-7:05 V: Helmets + S. Pads	18 V: 4:05-6:20 V: Helmets + S. Pads	19 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	20 V: 4:05-5:15pm Helmets Only	21 V: vs WIAA Playoffs State Final 4pm	22
23	24	25	26	27	28	29
				NOTES:		
				HOME		
				AWAY		
				(Bus departure time in parenthesis)	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter <u>(time listed is the time we will be done moving on the field)</u>	

Wildcats

DECEMBER

Wildcats

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
7:00-8:30PM End of Season Gathering @ VAHS PAC						
21	22	23	24	25	26	27
28	29	30	31			

Wildcats

FRESHMAN HEAD COACH -
TROY BLODGETT

FRESHMAN STAFF *Wildcats*

HEAD COACH / OFFENSIVE COORDINATOR - TROY BLODGETT
blodgett@verona.k12.wi.us

DEFENSIVE COORDINATOR - JEREMIAH GENIN
geninj@verona.k12.wi.us

ASSISTANT COACH - TOM JONJAK
jonjakt@verona.k12.wi.us

ASSISTANT COACH - DEJUAN WALKER
walkerd@verona.k12.wi.us

ASSISTANT COACH - RICK HEUER

ASSISTANT COACH - MIKE LANIUS



Wildcats

THANK YOU!

Wildcats

FOOTBALL 2025



Wildcats

VARSITY HEAD COACH -
ANDREW RILEY

Wildcats

TOUCHDOWN CLUB -
LAURA BUSH-CONNOR,
KRISTEN & LANE MANNING

Booster Club Volunteers

Wildcats

- **Senior Poster & Banners** - Laura Bush-Connor, Erin Blodgett
- **Showcase/Parent Night** - Lane Manning, Kristen Manning
- **Game Day Photo Coordinator** - Kari Brotzman
- **Fog Cannon/Cold Sparkler** - Amy Sholl, Rodney Jayroe
 - Operator Volunteers needed
- **Half-time Snacks** - Brad Kose
- **Wed Meal Program** - Dave & Tiffany Heide, Stephanie Gottbeheut, Kristen Manning
 - Volunteers needed to set up/serve/clean up
- **Away Team Meals (Oconomowoc/Janesville games)** - Kari Brotzman
- **Youth Night** - Erin Blodgett
- **Social Media** - Erin Blodgett
- **Sponsors Senior Poster-Fence & Sponsor Night** - Noelle Seelen, Laura Bush-Connor
- **Teacher/Staff Appreciation Night** - Mary Kate Riley
- **Homecoming Parade Coordination & Candy** - Noelle Seelen, Laura Bush-Connor
- **Senior Night** - Erin Blodgett, Kim Warkentin, Julianna Jagla
 - Helpers needed on Senior Night Oct 11
- **Social Cat** - Kim DiMaggio
- **Restaurant/Give Back Nights** - Laura Bush-Connor
- **Brat Sale** - Coordinator needed for 2026



2025 Fundraising Initiatives

Gold Cards, Booster Fees, Fence Banners, Senior Poster, Wildcat Store, Millers Brat Sale, Restaurant Nights, 50/50 Raffle

Restaurant Give Back Nights

- Aug 14 North & South
- Sept 17 Hop Haus Fitchburg
- Nov 3 Stone Porch
- Aug-Nov Buffalo Wild Wings-mention VAHS Football

50/50 Raffle

- Sept 5 & Oct 3 - Freshman will sell one of the nights, divided by jersey #'s 1-50 & 51-99



Varsity Players Receive:

4 Day Mini-Camp (\$100.00)

Wear & Tear Equipment and Uniform Replacements (\$110.00)

Practice T-Shirt (\$20.50)

Playoff/Conference Champs T-Shirt (\$10.00)

Practice Shorts (\$23.50)

Mini-Camp Meals (\$65.00/total)

Team Bonding Meal (\$8.00)

Pre Game meal each week (5-8 weeks) (>\$81.25/total)

Highlight Video (\$50.00) / Team Plaque (\$26.00) / Senior Mini-Helmet (\$25.00)

Individual Game Videos (\$50.00)

Team Building Night Meals (\$7.50)

Photographer (\$7.50)

HUDL (\$10.00)

Endzone/Sideline Film (\$15.00)

New Practice Pads (\$15.00)

Total: \$624.25 per player

Junior Varsity Players Receive:

4 Day Mini-Camp (\$100.00)

Wear & Tear Equipment and Uniform Replacements (\$110.00)

Team Plaque (\$26.00)

Practice T-Shirt (\$20.50)

Playoff/Conference Champs T-Shirt (\$10.00)

Practice Shorts (\$23.50)

Mini-Camp Meals (\$65.00/total)

Team Bonding Meal (\$8.00)

Pre Game meal each week (5-6 weeks) (>\$81.25/total)

Highlight Video (\$50.00) / Team Plaque (\$25.00)

Photographer (\$7.50)

HUDL (\$10.00)

New Practice Pads (\$15.00)

Total: \$501.75 per player

Average Benefit per Player in Program ~\$522.10

Based on need, any family can request a full or partial waiver on fees.

Wildcats

ATHLETIC TRAINER -

NATHAN WEBBER

NWebber@uwhealth.org

Nathan Webber MS, ATC



nwebber@uwhealth.org
webbern@verona.k12.wi.us

What do I do?



- . Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.
- . Overall, my job is to keep the athletes safe and help them when they get injured
- . I can help with referrals to UW Health Sports Medicine & Sports Rehab

nwebber@uwhealth.org
webbern@verona.k12.wi.us

Supplies?



Take care of your body!!!!



- . Get 8-10 hours of sleep each night, especially in August while you don't have school
 - Benefits to getting enough sleep include:
 - Less mistakes
 - Better technique
 - More energy
 - Faster reaction times
 - Higher accuracy
 - Decreased injury/illness risk
 - Avoid screens for 1 hour before bed, or at least enable night shift mode/use a blue light filter
 - If you take a nap, take it mid-day
-

Take care of your body!!!!

Eat well, focus on quality food vs quantity

. Drink plenty of water

- Hydration is a constant battle, you can't do this the day of a practice/game

. If you treat your body better, you'll feel better and you'll perform better



What to eat and when



.Try to eat every 3-4 hours (3 meals and snacks) while awake

.Make sure you have a meal about 2-3 hours before practice/games, and a snack about 1 hour before

. Eat a healthy snack halfway through practice/games (½ banana, pretzels, crackers, granola bar, etc)

. Make sure to get a good snack/meal with protein after practice/games

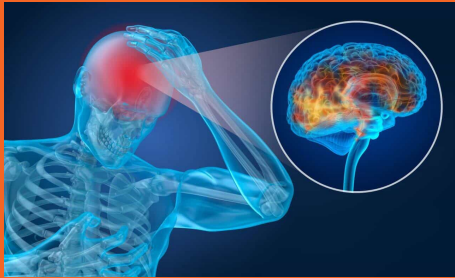
Concussions



- . A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth.
 - . Athletes, what's the best way to prevent yourself from getting a concussion?
 - . Most concussions have no long term effects, but trying to play while you have a concussion or getting multiple can cause long term effects
 - . Having symptoms does not mean that you have a concussion, but athletes with symptoms have to get checked before they return to play
-

What happens when an athlete gets a concussion?

- . The athlete is removed from participation
- . Parent/guardian is contacted
- . The school nurse is contacted, who will then contact the athlete's teachers
- . The athlete engages in symptom limited cognitive and physical rest
- . The athlete will see me daily to track their symptoms and overall recovery
- . The athlete may do the following as symptoms allow:
 - Go to school and do homework (with modifications as needed)
 - Watch practice
 - Light exercise such as walking and easy house chores



Concussion Return to Play

GRADUATED RETURN TO PLAY PROTOCOL

<i>Rehabilitation Stage</i>	<i>Functional exercise at each stage of rehabilitation</i>	<i>Objective of each stage</i>
1. No activity	Symptom limited physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming, or stationary cycling keeping intensity <70% maximum permitted heart rate. No resistance training	Increase HR
3. Sport-specific exercise	Skating drills in ice hockey, running drills in soccer. No head impact activities	Add movement
4. Non-contact training drills	Progression to more complex training drills, e.g. passing drills in football and ice hockey. May start progressive resistance training	Exercise, coordination, and cognitive load
5. Full-contact practice	Following medical clearance participate in normal training exercise	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal game play	

Wildcats

VARSITY HEAD COACH -
ANDREW RILEY



Verona	35	3.3509
Verona	34	3.36



GOLD CARDS

Wildcats

- PHYSICAL GOLD CARDS
 - \$25 EACH
 - 20 CARDS GIVEN OUT
 - CASH OR CHECK TO VAHS FOOTBALL (VERONA FOOTBALL)
 - WE OWN ALL CARDS SO LET'S KEEP SELLING
 - MONEY/CARDS TURNED IN TODAY
- MONEYPOLLY APP
 - DONATIONS / PURCHASES
 - ALL MONEY TO US TOO
 - OPEN THRU ____



STUDENT ACTIVITIES CODE OF CONDUCT

Wildcats		AUGUST					Wildcats	
Su	Mo	Tu	We	Th	Fr	Sa		
10	11	12	13	14	15	16		
	JV/V: Practice 4-7pm, Parent Meeting 7:30pm (PAC)	ALL LEVELS: Practice 4-8pm	ALL LEVELS: Practice 4-8pm	ALL LEVELS: Practice 4-6pm	V: Scrimmage vs Waunakee 7PM 3PM PHOTOS			
	F: Practice 4-6pm, Parent Meeting at 6:30pm (PAC)	Coaches Training with Nathan at break?		NORTH AND SOUTH GIVE BACK NIGHT 4-9PM	JV: Scrimmage vs Waunakee 5PM 2:30PM PHOTOS			
	Full Pads	Full Pads	Full Pads	Helmets Only	F: Scrimmage AT Waunakee 5PM (Bus TBD) 2PM PHOTOS			
17	18	19	20	21	22	23		
			ALL: TEAM MEAL 6:30PM-7:00PM	JV/V: Breakfast TBD				
	V/JV: 4:05-7:05	V/JV: 4:05-6:20	V/JV: 4:05-5:30	V: vs Sun Prairie East 7PM *YOUTH NIGHT*	DECIDE A FRIDAY GAME TO ATTEND			
	F: 4:05-6:40	F: 4:05-6:20	F: 4:05-6:20	JV: vs Sun Prairie East 4:15PM	F: 4:05-5:05pm			
	F: Full Pads JV/V: Helmets + S.	F: Full Pads JV/V: Full Pads	F: Full Pads JV/V: Helmets Only	F: vs Sun Prairie East 5:00PM (Curtis Jones Field)				
24	25	26	27	28	29	30		
	V/JV: 4:05-6:15	V/JV: 4:05-6:20	V/JV: 4:05-6:20	JV: @ Oconomowoc 6:30PM (3:45 BUS)	V: vs Oconomowoc (Announce JV and JV2) 7PM			
	F: 4:05-6:15	F: 4:05-6:00	F: 4:05-6:20	F: @ Oconomowoc 4:30PM (1:45 BUS)				
	F: Inside/Gym Shoes JV/V: Helmets Only	F: Helmets + S. Pads JV/V: Helmets + S.	F: Helmets + S. Pads JV/V: Helmets + S.	V: 4:05-5:15pm Helmets Only	F: 4:05-5:05			
31				NOTES: HOME AWAY (Bus departure time in	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be			

	Wildcats SEPTEMBER Wildcats					
Su	Mo	Tu	We	Th	Fr	Sa
	1 V/JV: 4:05-7:05 F: 4:05-6:20 F: Full Pads JV/V: Helmets + S.	2 V/JV: 4:05-6:20 F: 4:05-6:20 F/JV/V: Helmets + S.	3 V/JV: 4:05-6:40 F: 4:05-6:20 ALL: TEAM MEAL 6:30PM-7:00PM F/JV/V: Helmets + S.	4 JV: @ Janesville Parker 5PM (2:45PM) F: vs Janesville Parker 6PM V: 4:05-5:15pm	5 V: vs Janesville Parker 7PM *SPONSOR NIGHT* F: 4:05-5:05pm	6
7	8 V/JV: 4:05-7:05 F: 4:05-6:20 F: Full Pads JV/V: Helmets + S.	9 V/JV: 4:05-6:20 F: 4:05-6:20 F/JV/V: Helmets + S.	10 V/JV: 4:05-6:30 F: 4:05-6:30 F/JV/V: Helmets + S.	11 JV: vs Vel Phillips Memorial 6PM F: @ Vel Phillips Memorial 5PM (3:30 BUS) V: 4:05-5:15pm	12 V: @ Vel Phillips Memorial 7PM (5:00 BUS) F: 4:05-5:05pm	13
14	15 V/JV: 4:05-7:05 F: 4:05-6:20 F: Full Pads JV/V: Helmets + S. Pads	16 V/JV: 4:05-6:20 F: 4:05-6:20 ATTEND YOUTH PRACTICE AFTER OURS F/JV/V: Helmets + S. Pads	17 V/JV: 4:05-6:20 F: 4:05-6:20 F/JV/V: Helmets + S. **HOP HAUS FITCHBURG FUNDRAISER NIGHT 4-10PM**	18 JV: vs TBD 5PM F: vs Madison LaFollette 6PM V: 4:05-5:15pm Helmets Only	19 V: @ Madison LaFollette 7PM (4:45 BUS) F: 4:05-5:05pm	20
21	22 V/JV: 4:05-7:05 F: 4:05-6:20 F: Full Pads JV/V: Helmets + S.	23 V/JV: 4:05-6:20 F: 4:05-6:20 F: Full Pads F/JV/V: Helmets + S.	24 V/JV: 4:05-6:30 F: 4:05-6:20 ATTEND YOUTH PRACTICE AFTER OURS F/JV/V: Helmets + S.	25 JV: vs Middleton 6PM F: @ Middleton 6PM (3:15 BUS) V: 4:05-5:15pm	26 V: 4:05-5:15pm F: 4:05-5:05pm	27 V: @ Middleton 7PM (4:45 BUS)
28	29 V/JV: 4:05-7:05 F: 4:05-6:20 F: Full Pads JV/V: Helmets + S.	30 V/JV: 4:05-6:20 F: 4:05-6:20 F: Full Pads F/JV/V: Helmets + S.		NOTES: HOME AWAY (Bus departure time in parenthesis)	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be done moving on the field)	

Wildcats

OCTOBER

Wildcats

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
			V/JV: 4:05-6:30 F: 4:05-6:20	V: 4:05-5:15pm Helmets Only	V: vs Madison West 7PM	JV: TBD
			JERSEY DAY + TEAM MEAL until 7PM		*HOMECOMING + TEACHER APPRECIATION*	F: vs Madison West 12PM
			F/JV/V: Helmets + S. Pads		HOMECOMING PARADE AFTER SCHOOL	
5	6	7	8	9	10	11
	V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20 F: 4:05-6:20	V/JV: 4:05-6:30 F: 4:05-6:30	JV: @ Madison East 5PM (2:45 BUS)	V: 4:05-5:15pm Helmets Only	V: vs Madison East 7PM *SENIOR NIGHT*
	F: Full Pads		ALL: TEAM MEAL 6:30PM-7:00PM	F: vs Madison East 6PM		
	JV/V: Helmets + S.	F/JV/V: Helmets + S.	F/JV/V: Helmets + S.	V: 4:05-5:15pm	F: 4:05-5:05pm	
12	13	14	15	16	17	18
	V/JV: 4:05-7:05 F: 4:05-6:20	V/JV: 4:05-6:20	V/JV: 4:05-6:30	JV: vs Janesville Craig 6PM	V: @ Janesville Craig 7PM (4:15 BUS)	
				F: @ Janesville Craig 4:30PM (2:15 BUS)	F: 4:05-5:05pm	
	JV/V: Helmets + S.	JV/V: Helmets + S.	JV/V: Helmets + S.	JV/V: Helmets Only		
19	20	21	22	23	24	25
	V: 4:05-7:05	V: 4:05-6:20	V: 4:05-6:30	V: 4:05-5:15pm Helmets Only	V: vs WIAA Playoffs Level 1 7pm	
		F: 4:00-5:45pm EQUIPMENT HAND-IN	V: TEAM MEAL 6:30PM-7:00PM			
	V: Helmets + S. Pads	V: Helmets + S. Pads	V: Helmets + S. Pads			
26	27	28	29	30	31	
	V: 4:05-7:05	V: 4:05-6:20	V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM	V: 4:05-5:15pm Helmets Only	V: vs WIAA Level 2 7pm	
	V: Helmets + S. Pads	V: Helmets + S. Pads	V: Helmets + S. Pads			

NOTES:	*Times may change due to unforeseen circumstances
HOME	
AWAY	**Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be done moving on the field)
(Bus departure time in parenthesis)	

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3 V: 4:05-7:05 STONE PORCH GIVE BACK NIGHT 5-9pm V: Helmets + S. Pads	4 V: 4:05-6:20 V: Helmets + S. Pads	5 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	6 V: 4:05-5:15pm Helmets Only	7 V: vs WIAA Playoffs Sectional Final 7pm	8
9	10 V: 4:05-7:05 V: Helmets + S. Pads	11 V: 4:05-6:20 V: Helmets + S. Pads	12 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	13 V: 4:05-5:15pm Helmets Only	14 V: vs WIAA Playoffs State Semi-Final 7pm	15
16	17 V: 4:05-7:05 V: Helmets + S. Pads	18 V: 4:05-6:20 V: Helmets + S. Pads	19 V: 4:05-6:30 V: TEAM MEAL 6:30PM-7:00PM V: Helmets + S. Pads	20 V: 4:05-5:15pm Helmets Only	21 V: vs WIAA Playoffs State Final 4pm	22
23	24	25	26	27	28	29
				NOTES:	*Times may change due to unforeseen circumstances **Practices will never exceed time listed but may run slightly shorter (time listed is the time we will be done moving on the field)	
				HOME		
				AWAY (Bus departure time in parenthesis)		

		Wildcats		DECEMBER		Wildcats	
Su	Mo	Tu	We	Th	Fr	Sa	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
7:00-8:30PM							
End of Season							
Gathering							
@ VAHS PAC							
21	22	23	24	25	26	27	
28	29	30	31				

Wildcats

JV HEAD COACH -
LOUIS KNECHT

Wildcats

VARSITY STAFF

DEFENSIVE STAFF *Wildcats*

VARSITY CO-DEFENSIVE COORDINATOR / SAFETIES - ALEX WOTTRENG
wottrea@verona.k12.wi.us

VARSITY ASSOCIATE HEAD COACH / CO-DEFENSIVE COORDINATOR - SCOTT CRAMER

VARSITY / JV CORNERBACKS - PETE WILLIQUETTE
williqw@verona.k12.wi.us

VARSITY/JV INSIDE LINEBACKERS - DOUG PETERSON
petersdjverona.k12.wi.us

VARSITY/JV DEFENSIVE LINE - PAT HRUSKA
hruskap@verona.k12.wi.us

JV DEFENSIVE COORDINATOR / DL/OLB ASSISTANT- TYLER LAHAM
lahamt@verona.k12.wi.us

VARSITY/JV DEFENSIVE LINE ASSISTANT - LAMARK SHACKERFORD
shackerl@verona.k12.wi.us



OFFENSIVE STAFF *Wildcats*

HEAD COACH / OFFENSIVE COORDINATOR - ANDREW RILEY
rileya@verona.k12.wi.us

VARSITY/JV OFFENSIVE LINE - JOSH MCCALL
joshuamccall2@gmail.com

VARSITY/JV WIDE RECEIVERS - JC DAWKINS
dawkinsj@verona.k12.wi.us

VARSITY/JV RUNNING BACKS - JON STOKES
stokesj@verona.k12.wi.us

VARSITY/JV QUARTERBACKS - KYLE JEFFERSON
jefferk@verona.k12.wi.us

VARSITY/JV TIGHT ENDS - JAROD VON BEHREN
vonbehrij@verona.k12.wi.us

JV OFFENSIVE COORDINATOR / JV HEAD COACH - LOUIS KNECHT
knechtl@verona.k12.wi.us

VARSITY/JV OFFENSIVE LINE ASSISTANT - ALEX BJELOPETROVICH
bjelopea@verona.k12.wi.us



Wildcats

THANK YOU!