



**Ty Traister**

**570-295-4552**

***tytraist@vbschools.com***

**Varsity Football Head Coach / H&PE / Weight Training**

*Leaders Create Culture, Culture Drives Behaviors*

# *College Playing Career*

Bloomsburg University (DII - PA)

Tight End and Short Snapper (2007 to 2008)

Lock Haven University (DII - PA)

Tight End, Defensive End, Guard, Tackle, and Short Snapper (2009 to 2011)

## *Coaching Career*

9<sup>th</sup> Grade Head Football Coach

Central Mountain High School (2011)

Graduate Assistant Football Coach

Lock Haven University (2011 to 2013)

# Coach Ty Traister - Coaching Career

## Head Varsity Football Coach / Offensive Coordinator - Northampton High School (2014 to 2017)

- ▶ Hired as one of the youngest Head Football Coaches in the state of Virginia (24)
- ▶ Broke 37 game losing streak with a win over Middlesex High School in 2014 and improved record each season (3-7 in 2015 and 4-6 in 2016)
- ▶ Averaged 36.3 points per game in 2016
- ▶ Increased participation numbers from 17 in 2013 to almost 60 players in 2015 and 2016

## Assistant Football Coach - Lock Haven University

### Tight Ends Coach / Academic Coordinator / Fundraising and Alumni Events Co-Coordinator (2017)

- ▶ Coached Jalen Jackson who led the team in receiving in 2017 and went on to be an AFCA DII 2<sup>nd</sup> Team All-American

# Coach Ty Traister - Coaching Career

Assistant Football Coach

First Colonial High School (2018 to 2021)

Varsity Offensive Coordinator / Social Media Coordinator /

[www.firstcolonialfootball.com](http://www.firstcolonialfootball.com)

# First Colonial High School Football

***Relentless***





# What does it mean to be *Relentless*?

*"Being relentless means demanding more of yourself than anyone else ever could demand of you, knowing that every time you stop, you can still do more. You must do more."*

- Tim S. Grover

# Four Core Values

## 1. Passion

- ▶ How do you do things?
- ▶ Everything Matters

## 1.Accountability

- ▶ Who are you when no one is watching?

## 2.Compete

- ▶ Do Your Job
- ▶ Win The Play
- ▶ Finish!

## 3.Trust

- ▶ Teammates and Coaches

#MakeThePACT

### 1. After Strength and Conditioning...

- ▶ Mondays - Mentorship Mondays
- ▶ Tuesday - Study Hall / Grade Checks
- ▶ Wednesday - Football 101
- ▶ Thursdays - Study Hall / Grade Checks



# Program Development - Academic Process

## 1. Monthly Academic Checks

- ▶ Head Coach and Academic Coordinator review players grades through Synergy and create spreadsheet of player's GPAs and current class grades

## 2. Player Academic Modifications

1. We are developing an academic plan that will challenge players to EXCEL in the classroom and reach their full potential.
2. If poor grades are an issue, we will institute one or more of the following tools for grade improvement:
  - ▶ Mandatory To-Do List completion
  - ▶ Cornell Note-Taking System
  - ▶ Monthly fill-in calendar
  - ▶ Weekly fill-in calendar
  - ▶ Academic score card to record grades for Academic Coordinator to review
  - ▶ Study hall with Academic Coordinator after school



**We will be starting Strength and Conditioning**  
*Monday, May 3<sup>rd</sup> at 2:30 PM to 4:30 PM*  
*Monday Through Thursday*  
*We will meet in Portable 920*

*All Team information will be shared on*  
[www.firstcolonialfootball.com](http://www.firstcolonialfootball.com)

# We will be in the Weight Room!

## ▶ Physicals

- ▶ You can now get a physical that will cover your player for the entire 2021-2022 academic school year.
- ▶ Current Physicals are still valid until June 31<sup>st</sup>.
- ▶ **If you do not have a current VHSL Physical your child cannot come to Strength and Conditioning to watch.**

## ▶ Masks

- ▶ Will be worn when players are not actively working out. Players will be socially distanced while working out.

## Proper Diet

- ▶ Increased calorie intake, Protein and Carbohydrates
- ▶ Protein in food vs Protein Shake / Supplements
- ▶ Water!

# What to Bring to Strength and Conditioning:

## 1. Water Bottle

- ▶ We are still not permitted to share water bottles.

## 2. Workout attire, sneakers, and cleats

## 3. Mask

## 4. Chromebook

# How We Will Communicate:

## Coach and Parent Communication

- ▶ Parent E-mail List
- ▶ Website
- ▶ Can call/text/e-mail me with any questions/concerns.

## Coach to Player Communication

- ▶ Coach Traister will share information through:
  - ▶ The Website ([www.firstcolonialfootball.com](http://www.firstcolonialfootball.com))
  - ▶ Hudl Message (Coach Traister will be the only one to write on this group Hudl chat.)
- ▶ If players or parents have any questions about something shared, they should text, email, or individually Hudl message me.
- ▶ If your son is not currently on Hudl, please e-mail me and I will add him asap.

# [www.firstcolonialfootball.com](http://www.firstcolonialfootball.com)

- ▶ Check the Website, [www.firstcolonialfootball.com](http://www.firstcolonialfootball.com) for updates. I will always put updates there first.
- ▶ Go to the “Join Us” section of the website and enter your information for E-mail updates if you have not already done so.
  - ▶ Parents - (For position, write “parent”)
  - ▶ Please add a phone number, I will use this as an emergency contact.
  - ▶ You can also email me your name, son’s name, and your phone number for my records.



## In Summary...

1. I am incredibly proud to be the Head Coach at First Colonial and I am ready to be apart of turning this program into something special.
2. Strength and Conditioning 2:30 to 4:30 - Meet in Portable 920
3. Make sure athletes bring:
  1. Water Bottle
  2. Athletic attire, cleats AND sneakers
  3. Mask
  4. Chromebook
4. If you have not already done so, go to the “Join Us” Tab on [www.firstcolonialfootball.com](http://www.firstcolonialfootball.com) and add yourself to our E-mail List.
  - ▶ Players and Parents.
5. If your son is not on Hudl, please e-mail me to add him.
6. Parents, please reach out to me with any questions/concerns. I look forward to meeting each of you!

Ty Traister

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*Twitter: @CoachTraister*

*Follow First Colonial Football on Social Media!*

*Twitter: @FirstColonialFB*

*Facebook: @fchsvarsityfootball*

Thank you!

Any Questions?

Please email me at [tytraist@vbschools.com](mailto:tytraist@vbschools.com)