

2025 CBC Football



CBC
CADETS
#BEABRICK

Parent Meeting March 23, 2025

Attachments

- 2025 CBC Cadet Football Important Dates Sheet
- 2025 Camp Registration
- Media Guide order Form
- MSHSAA 3 pages to submit to CBC

Online Info

- 2025 CBC Football Off Season Calendar
- 2025 Schedules
- Mandatory/Optional Player gear
- Things to know for Freshmen

CBC Football Mission Statement

The football field is our classroom, and the game is our vehicle to teach lifelong lessons, to create memorable experiences and to have fun.

It is the mission of our program to build character in our student-athletes and teach the value of *teamwork*. Attitude, commitment, discipline, and sacrifice will be used to build a successful program.

Our plan is to expose student-athletes to a family atmosphere in the hopes that they will build on this tradition and understand the responsibility to hand it down to younger players.

Lastly, our mission is to continuously pursue excellence and overcome adversity. We will always prepare, practice, and play to WIN on the field, in the classroom, and in the game of life.

Citizenship

You must be a credible citizen. Credible citizens are those students whose conduct – both in school and out of school – will not reflect discredit upon themselves, the team or their school.



Conduct involving law enforcement must be reported to your principal or athletic director immediately, as your conduct may affect eligibility or contest outcomes. Failure to immediately report issues to your school will result in an automatic 365 days of ineligibility.

Academic Policy

- MSHSAA Rules—Must pass 6 classes (3.0 Credits earned)
- CBC Rules—Soph-Senior—must have a 2.0 without having 2 failing grades
- CBC Rules—Freshmen—must have 1.75 without having 2 failing grades
- Coach Vic's 2.3 Program

CBC Code of Conduct

Drug and Alcohol Policy

I. First offense

- a. Miss 25% of season and any other sport
- b. Self Report 10% of season

II. Second offense

- a. Miss 100% of all Sports for the 365 days

III. Third offense

- a. Done playing sports at CBC

Attendance

- Summer is voluntary
- August 11th is mandatory
 - All practices are mandatory to attend
 - Practice start time is when they should be dressed and ready to go—not show up
- LaborDay (other holidays) we practice or play

Parent Expectations

- Attendance
 - Practice is MANDATORY beginning August 11th
 - Player should call me if he is running late
 - Player should notify me in advance if he has to miss practice
- Attitude
- Respectful Communication
 - *I will meet with your child one on one before we meet*

Learn our Football Website



Physicals—turn in on Blackbaud

- Good for one year
- May 1_(ish)
 - Nurse Dana Merris will send out information forms
 - You can submit new physical on Blackbaud
 - 3 forms in your packet

Concussions

HOME

CBC CSN

SPORTS MEDICINE

FALL

WINTER

SPRING

PARENT RESOURCES

CAMPS

Team Physician

Athletic Trainers

Home Care for Head Injuries

Concussion Recovery

Common Skin Conditions

Concussions - Fact and Fallacies

Shin Splints and Stress Fractures

Why do my legs hurt?

Foot Foundation Exercises

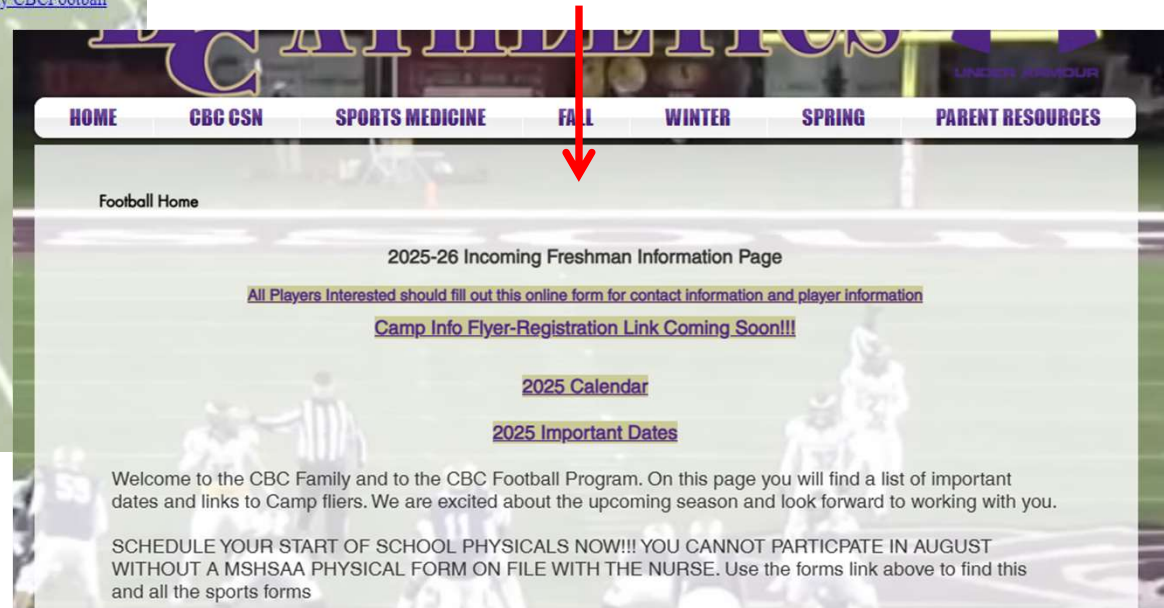
General Nutrition Guidelines for Athletes

Hydration Recommendations

Vitamins, Minerals and Their Role

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Incoming Freshmen



CBC ATHLETICS



UNDER ARMOUR

HOME

CBC CSN

SPORTS MEDICINE

FALL

WINTER

SPRING

PARENT RESOURCES

Schedules

Rosters

Coaching Staff

CBC Football Mission

History

Incoming Freshman

Parent Player Expectations

2025 Calendar

2025 Important Dates

2024 Parent Meeting

2024 Casino Night

Player Store



#BLADBRICK

Player Requirements

Mandatory Package (Online Store)

- Purple shorts
- 5-piece girdle (get your own)
- Cleats

[Player Store](#)

Optional Package (Online store)

- Shorts
- T shirts
- Long Sleeve T shirts
- Sweats
- Gloves/Cleats/Visors

[My Team Shop \(bsnteamsports.com\)](http://bsnteamsports.com)

Mandatory



1462289 \$33.99
2023 Adult Gear Pro-Tec 5-Pad
Girdle



UA1376955 \$32.99
UA Tech Vent Short

Travel Suits



Custom Swag Store--UPDATE



BC ATHLETICS

UNDER ARMOUR

[HOME](#) [CBC GSN](#) [SPORTS MEDICINE](#) [FALL](#) [WINTER](#) [SPRING](#) [PARENT RESOURCE](#)

- Schedules
- Rosters
- Coaching Staff
- CBC Football Mission
- History
- Incoming Freshman
- Parent Player Expectations
- 2025 Calendar
- 2025 Important Dates
- 2024 Parent Meeting
- 2024 Casino Night
- Player Store





2025 FOOTBALL CAMP

REGISTRATION: \$200

Summer Sessions

June: 11-12, 16-19, 23-26

July: 21-24, 28-31

V/JV 7-9:30 am Freshmen 9:15-11:15 am

Contact Coach Pingel with any questions pingels@cbchs.org

CBC Football Website at cbccadets.org/football

The CBC Football Camp is open to any student entering the 9th-12th grade at CBC in the 2025-26 school year. All Youth Camp registrations should be done through CBC Summer Academy. The Registration is for the entire summer program. Players are encouraged to attend as much as possible.

The Football Camp is directed by the CBC Football coaches.

PLAYERS SHOULD BRING:

- Cleats and Gym Shoes
- Personal Water Jugs
- Appropriate Clothing for the weather

REGISTRATION LINK:

<https://www.givecentral.org/appeals-form-registration/acp67c0d0039c1be/user/guest>

For more information,
call Coach Pingel at
(314) 985-6047
e-mail him at pingels@cbchs.org



CBC Summer Camps

Spring Practice for 2025

CBC Spring Football Schedule

Week	Date	Time	Location	Date	Time	Location
1	Sunday, March 30, 2025	1-2:30 PM	Stadium	Friday, April 4, 2025	7-8:05 AM	Stadium
2	Sunday, April 6, 2025	1-2:30 PM	Stadium	Friday, April 11, 2025	7-8:05 AM	Stadium
3	Sunday, April 13, 2025	1-2:30 PM	Stadium	Friday, April 18, 2025	OFF Good Friday	
4	Sunday, April 20, 2025	OFF Easter		Friday, April 25, 2025	7-8:05 AM	Stadium
5	Sunday, April 27, 2025	1-2:30 PM	Stadium	Friday, May 2, 2025	7-8:05 AM	Stadium
6	Sunday, May 4, 2025	1-2:30 PM	Stadium	Friday, May 9, 2025	7-8:05 AM	Stadium
7	Sunday, May 11, 2025	OFF Graduation		Friday, May 16, 2025	7-8:05 AM	Stadium

April 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 1-2:30 PM Stadium	31 Lifting 3:15-4:30 PM	1	2 Lifting 3:15-4:30 PM	3 Lifting 3:15-4:30 PM	4 Practice 7:00-8:05 AM	5
6 1-2:30 PM Stadium	7 Lifting 3:15-4:30 PM	8	9 Lifting 3:15-4:30 PM	10 Lifting 3:15-4:30 PM	11 Practice 7:00-8:05 AM	12
13 1-2:30 PM Stadium	14 Lifting 3:15-4:30 PM	15	16 Lifting 3:15-4:30 PM	17	18	19
20 Off Easter	21 Lifting 3:15-4:30 PM	22	23 Lifting 3:15-4:30 PM	24 Lifting 3:15-4:30 PM	25 Practice 7:00-8:05 AM	26
27 1-2:30 PM Stadium	28 Lifting 3:15-4:30 PM Black Shirt and Class 2026 Gear Pick up	29	30 Lifting 3:15-4:30 PM	1 Lifting 3:15-4:30 PM	2 Practice 7:00-8:05 AM	3
4 1-2:30 PM Stadium	5	Notes				

May 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 1-2:30 PM Stadium	28 Lifting 3:15-4:30 PM Black Shirt and Class 202 Gear Pick up	29	30 Lifting 3:15-4:30 PM	1 Lifting 3:15-4:30 PM	2 Practice 7:00-8:05 AM	3
4 1-2:30 PM Stadium	5 Lifting 3:15-4:30 PM	6	7 Lifting 3:15-4:30 PM	8 Lifting 3:15-4:30 PM	9 Practice 7:00-8:05 AM	10
11 Graduation No Football Practice	12 Lifting 3:15-4:30 PM	13	14 Lifting 3:15-4:30 PM	15 Lifting 3:15-4:30 PM 2027 and 2028 Gear Pick up	16 Practice 7:00-8:05 AM	17
18	19	20	21	22	23	24
No Lifting--Study for Exams						
25	26 Memorial Day--OFF	27 Lifting and Conditioning All Levels 7-9:30 AM	28 Lifting and Conditioning All Levels 7-9:30 AM 2029 Freshmen Gear Pick after lifting	29 Lifting and Conditioning All Levels 7-9:30 AM	"	31
1	2	Notes				

June 2025



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Lifting and Conditioning All Levels 7-9:30 AM	3 Lifting and Conditioning All Levels 7-9:30 AM	4 Lifting and Conditioning All Levels 7-9:30 AM	5 Lifting and Conditioning All Levels 7-9:30 AM	6	7
			029 Freshmen Gear Picku after lifting			
8	9 Lifting and Conditioning All Levels 7-9:30 AM Fall Academy	10 Lifting and Conditioning All Levels 7-9:30 AM Fall Academy	11 VJV Practice 7-9:30 AM Fresh 9:15-11:15 AM Fall Academy	12 VJV Practice 7-9:30 AM Fresh 9:15-11:15 AM Fall Academy	13	14
15	16 VJV Practice 7-9:30 AM Fresh 9:15-11:15 AM	17 VJV Practice 7-9:30 AM Fresh 9:15-11:15 AM 7 on 7 at Kirkwood 6:00 PM	18 Eureka Summit Scrimmage 9-12 AM	19 VJV Practice 7-9:30 AM Fresh 9:15-11:15 AM	20 Eureka Summit Scrimmage 9-12 AM (Fresh Too)	21
22	23 All Practice 7-8:20 AM Lifting/Film to Follow	24 All Practice 7-8:20 AM Lifting/Film to Follow Joint Practice at Bell West 8:00 AM	25 All Practice 7-8:20 AM Lifting/Film to Follow	26 Lifting and Conditioning All Levels 7-9:30 AM	27	28
29	30 Lifting and Conditioning All Levels 7-9:30 AM	1 Lifting and Conditioning All Levels 7-9:30 AM	2 Lifting and Conditioning All Levels 7-9:30 AM	3 Lifting and Conditioning All Levels 7-9:30 AM	4	5

July 2025



CBC
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	OFF-Holiday		
6	7	8	9	10	11	12
	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM		
13	14	15	16	17	18	19
	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM	Lifting and Conditioning All Levels 7-9:30 AM		
20	21	22	23	24	25	26
	V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	Fresh 9:15-11:15 AM	Fresh 9:15-11:15 AM		
27	28	29	30	31	1	2
	V/JV Practice 7-9:30 AM Fresh 9:15-11:15 AM	V/JV Glencoe TBA Fresh 9:15-11:15 AM	V/JV Glencoe TBA Fresh 9:15-11:15 AM	V/JV Glencoe TBA Fresh 9:15-11:15 AM		
			Joint with Parkway West 9:30-11:30 AM	JOINT WITH Blair Oaks and MICDS 8:30 am		

August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
Dead Week-Lift on your own						
10	11 First Week of Practice TBA	12 First Week of Practice TBA	13 First Week of Practice TBA	14 First Week of Practice TBA First Day of Classes	15 First Week of Practice TBA	16 Purple/White Scrimmage 8-12:30 PM
17	18	19	20	21	22 Varsity Jamboree TBA	23 Casino Night
24	25	26	27	28	29 CBC at SHG Away 7:00 PM	30

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C. B. C. HIGH SCHOOL



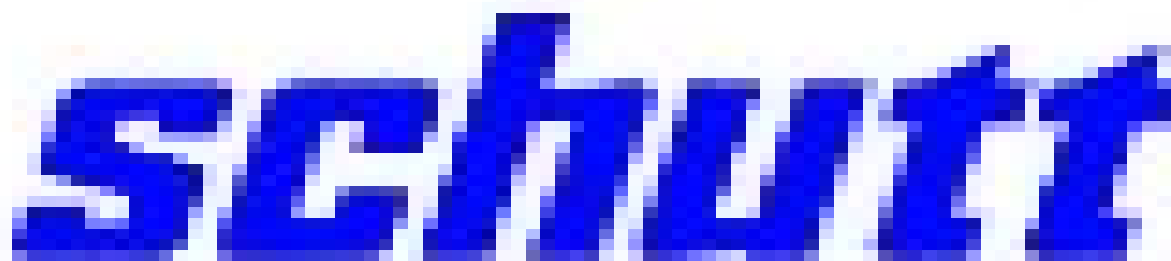
Team Pricing includes Paint, Hard Cup Chinstrap, Inflatable cheek pads, and choice of standard Facemask.
Shipping not included.

AXIOM/SF Tru - \$575 (Head Scan Required)

SPEEDFLEX - \$420 (S-L) \$430 (XL)

CUSTOM FACEMASK - Varies with style - \$70-\$75 extra

Brad Oster
618-604-1972



2025 CBC Helmet Order

NAME: _____

Phone Number: _____

Helmet Style: circle one

Schutt F7 2.0

\$395.00

Sizes S-XL

Rated #8

Vicis Zero2

\$425.00

Sizes M-XL

Rated #5

Vicis Zero2 Trench

\$450.00

Sizes L-XL

Rated #2

(Riddell Speedflex rated #20, Riddell Speed rated #28, per Virginia Tech)

Training and Development

Average Quarterback

NCAA DI-FBS
HT: 6'2"
WT: 207 lbs

NCAA DI-FCS
HT: 6'1"
WT: 199 lbs

NCAA DII
HT: 6'1"
WT: 198 lbs

NCAA DIII
HT: 6'0"
WT: 189 lbs

NAIA
HT: 6'1"
WT: 195 lbs

NJCAA
HT: 6'1"
WT: 195 lbs



Average Running Back

NCAA DI-FBS
HT: 5'10"
WT: 202 lbs

NCAA DI-FCS
HT: 5'9"
WT: 196 lbs

NCAA DII
HT: 5'9"
WT: 190 lbs

NCAA DIII
HT: 5'9"
WT: 190 lbs

NAIA
HT: 5'9"
WT: 191 lbs

NJCAA
HT: 5'9"
WT: 194 lbs



Average Tight End

NCAA DI-FBS
HT: 6'4"
WT: 241 lbs

NCAA DI-FCS
HT: 6'3"
WT: 228 lbs

NCAA DII
HT: 6'3"
WT: 224 lbs

NCAA DIII
HT: 6'2"
WT: 211 lbs

NAIA
HT: 6'2"
WT: 222 lbs

NJCAA
HT: 6'2"
WT: 221 lbs



Average Wide Receiver

NCAA DI-FBS
HT: 6'0"
WT: 190 lbs

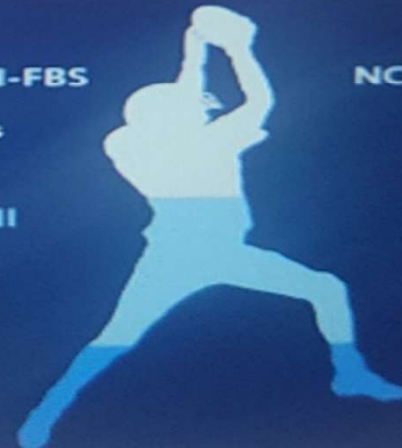
NCAA DI-FCS
HT: 6'0"
WT: 183 lbs

NCAA DII
HT: 6'0"
WT: 181 lbs

NCAA DIII
HT: 5'11"
WT: 175 lbs

NAIA
HT: 6'0"
WT: 181 lbs

NJCAA
HT: 6'0"
WT: 185 lbs



Training and Development



Recruitment

- **Go to camps—but pick wisely**
 - Some are just money makers
 - Go to some small camps as well
- **Highlights and game film—HUDL**
- **Coaches are happy to send out film**
 - Find 5-10 realistic schools that interest your son
- **Make sure that you stay on top of grades from first day at CBC—every grade counts**
- **Join the NCAA Clearinghouse**
- **http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp**

Example of what you can do:

Miss State

Recruiting Specialist- ldavis@athletics.msstate.edu

Assistant Coach- bgonzales@athletics.msstate.edu

Louisville

Recruiting Coord./Safeties- greg@GoCards.com

Head Coach- bobby@GoCards.com

Texas Tech

Recruiting Assistant- jason.e.reed@ttu.edu

Illinois

Assistant Coach- mbellamy@illinois.edu

Colorado

Assistant Coach/Wide Receivers & Recruiting Coordinator-
troy.walters@colorado.edu

Arkansas

Director of Recruiting- ekfranks@uark.edu

Defensive Coordinator/Secondary- rws007@uark.edu

Wake Forest

Assistant Coach/Secondary- jacksodt@wfu.edu

Recruiting Assistant- stonezm@wfu.edu strickjb@wfu.edu

DIVISION I
16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II
16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

MATH					
<i>6 Semesters</i>					
Algebra 1	College Alg	Geometry	Geometry	Algebra 2	Algebra 2
C	B	C	C	C	B

ENGLISH							
<i>8 Semesters</i>							
Eng 1	Eng 1	Eng 2	Eng 2	Eng 3	Eng 3	Speech	Eng 4
C	C	C	C	B	B	A	C

NATURAL SCIENCE			
<i>4 Semesters</i>			
Physical Sci	Physical Sci	Biology	Biology
C	C	C	D

EXTRA E, M, OR NS	
<i>2 Semesters</i>	
Mod Chem	Mod Chem
C	B

SOCIAL SCIENCE			
<i>4 Semesters</i>			
WRLD Hist 1	Wrlld Hist 2	US Hist	VISIONS
C	D	C	B

OTHER COURSES							
<i>8 Semesters</i>							
World Rel	Forensics	French 1	French 1	French 2	French 2	US His 3	Holocaust
B	A	B	B	C	B	B	A

TEST SCORES

NCAA Qualifier Status		
Core GPA	SAT Total	Sum AC
2.000	1010	85
2.025	1000	85
2.050	990	84
2.075	980	83
2.100	970	82
2.125	960	81
2.150	960	80
2.175	950	80
2.200	940	79
2.225	930	78
2.250	920	77
2.275	910	76
2.300	900	75
2.325	890	74
2.350	880	73
2.375	870	72
2.400	860	71
2.425	860	70
2.450	840	70
2.475	830	69
2.500	820	68
2.525	810	67
2.550	800	66
2.575	790	65
2.600	780	64
2.625	770	63



Lower Level Games

Get Involved with Cadet Football

- Join the CBC Parent Club and tailgate.
- Join us on Twitter @CBCFootball
- Consider placing an ad in the media guide
- Attend the Football Parent meet and greet
- Look at handout in sheet on more opportunities
- JV/Freshmen Filmer and Chain Gangs

Why Fundraise??

Cost

- Glencoe cost (At least \$5000 a year)**Might be Last year
- Two assistant Coaches
- Banquet cost –charge each person about 2/3 of cost
- Hotels for GA Game
- Pre game meals
 - Over \$4000
- 10-15 helmets a year
- Hudl Assist
- Drones
- Electronic Practice Wrist bands \$2100/Year

Dream items

- Net behind Cadet Park FG Post
- Electronic segment timer at cadet park
- Update technology every other year
- Weight room renovations

Chair ladies: Maureen Smith and Nikki Meyer



CASINO NIGHT

8.24.24

Ross Hall



- You are now part of the biggest sports program at CBC & this is our ONLY fundraiser!
- Consider yourself a HOST – invite your people – show off our house!
- Check the Google doc with links to everything you need to know & how to help (updated frequently).



Coaches

Scott Pingel

pingels@cbchs.org

JV HC Tony Kosciolek

kosciolekt@cbchs.org

Freshmen HC Mike Siemers

siemersm@cbchs.org

Any Questions???



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Casino Night Flyer