

**EVERGREEN FOOTBALL**

STUDENT-ATHLETE PARENT

**WELCOME  
PACKET**

## WELCOME TO THE COUGAR FAMILY

[FOOTBALL STAFF DIRECTORY](#)

[BOOSTER CLUB DIRECTORY](#)

[ABOUT US](#)

### BOOSTER CLUB ADDRESS

EHS Cougar Touchdown Club  
PO Box 2422  
Evergreen, CO 80437

### EVERGREEN HIGH SCHOOL ATHLETICS

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29300 Buffalo Park Rd  
Evergreen, CO 80439

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303.982.5140  
[EVERGREENFOOTBALL.NET](http://EVERGREENFOOTBALL.NET)

Dear Cougar Families,

Welcome to the Cougar Football family!

We're excited to have you join us for what promises to be a great season this fall. Our program is built on more than just wins – it's about hard work, discipline, and character. As a team, we push each other to grow both on and off the field, and we're proud of the strong community we've built together.

We also know that family support is a big part of our success. Your involvement, energy, and encouragement help fuel everything we do, and we're grateful to have you on board.

This packet includes everything you need to get started – key dates, team info, and ways to stay connected. Please take a moment to look it over, and don't hesitate to reach out if you have any questions.

Let's make it a great season. Go Cougars!

With Love,



Coach Matt Van Praag (MVP)  
Head Football Coach


## KEY FOOTBALL EVENTS AND DATES

Mark your calendars! Join us for key program events to make the most of the year ahead.

Visit the [Evergreen Football Calendar](#)

**FRIDAY, MAY 1, 2026**

### **SPRING CAMP**


 Evergreen High School

**EVENT DETAILS**

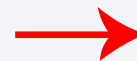


**MONDAY, JUNE 1, 2026**

### **SUMMER CONDITIONING**


 Evergreen High School

**EVENT DETAILS**

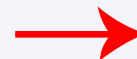


**MONDAY, JULY 13, 2026**

### **SUMMER CONTACT CAMP**


 Evergreen High School

**EVENT DETAILS**



**MONDAY, AUGUST 3, 2026**

### **START OF FALL SEASON**

 Evergreen High School

**EVENT DETAILS**



## SPORTSMANSHIP

Students bring a great fan atmosphere to sporting events.

Community support is awesome!

CHSAA, Jeffco and EHS value fans. It is an EHS expectation that all fans demonstrate positive enthusiasm and excellent conduct. Fans are present to support our athletes.

EHS has a zero tolerance policy regarding fan behavior that seeks to cause harm, danger or embarrassment to other schools or players. Such behavior includes, but is not limited to: targeting specific players, targeting officials, and foul or lewd language or gestures.


Anyone in violation of this will be removed from the event and suspended from athletics attendance for the remainder of the season and/or full year depending on the severity of the disruption.



**ATHLETICS STAFF:**  
303.982.0165

**Ms. Maddy Hornecker**


*Athletic Director*

 303.982.5151

 [madelynn.hornecker@jeffco.k12.co.us](mailto:madelynn.hornecker@jeffco.k12.co.us)

**Ms. Kelly Cavin**


*Athletic Secretary*


 303.982.0165

 [kelly.cavin@jeffco.k12.co.us](mailto:kelly.cavin@jeffco.k12.co.us)

**Mr. John Thomas**

*Athletic Trainer*

 303.982.2239

 [john.thomas@jeffco.k12.co.us](mailto:john.thomas@jeffco.k12.co.us)

## ELIGIBILITY REQUIREMENTS

1. All athletes are required by CHSAA to enroll in five (5) academic classes per semester, which would equal 2.5 credits.
2. Overall athletic eligibility is established the semester PRIOR TO PARTICIPATION
  - Ninth (9) graders are automatically eligible upon official enrollment in high school for the 1 st semester.
  - A failing semester grade will impact participation the following semester. A student athlete must:
    - Make up the failed credit in summer school OR
    - Must have no failing grades by the regain date calendared by CHSAA
3. A student athlete cannot fail more than .25 unit of credit.
4. EHS does weekly eligibility grade checks and Tuesdays and Fridays. A list of students who are failing is generated on Friday afternoons. The head coach of student athletes on that list is notified. The following week, Monday - Saturday, students who are failing one or more classes are ineligible for competitions.
5. Ineligible student-athletes may go to practice and games, but may not miss any class time to attend games or practices and may not dress in uniform for the games.

## RESOURCES

**DOCUMENTS:** Students must complete the following registration items in order to participate in Fall Football (these items must be completed by the first day of Fall Practice in order to participate:

- Register and pay the Fall Booster Club fee
- Complete a Sports Physical using the CHSAA approved pre participation physical evaluation form
- Register and pay the Jefferson County Fee through Schools (Sports Physicals are uploaded through Rschools and should not be submitted to coaches)

**HELMETS:** EHS Football issues top rated helmets according to the Virginia Tech Helmet Study. For more information on the study and the helmets provided to our students, please visit:

[evergreenfootball.net](http://evergreenfootball.net)



## REGISTRATION

### JEFFCO REGISTRATION:

<https://evergreenhs-ar.rschooldtoday.com/>

- Click on Arbiter Logo to register
- Fees are added to Infinite Campus after rosters are completed (Fees are \$185)
- Physicals are uploaded to Arbiter and approved through the Front Office

### EHS BOOSTER CLUB REGISTRATION:

[evergreenfootball.net](https://evergreenfootball.net)

- Select Programs – Fall Registration
- Fee of \$350
- Download the Crossbar App

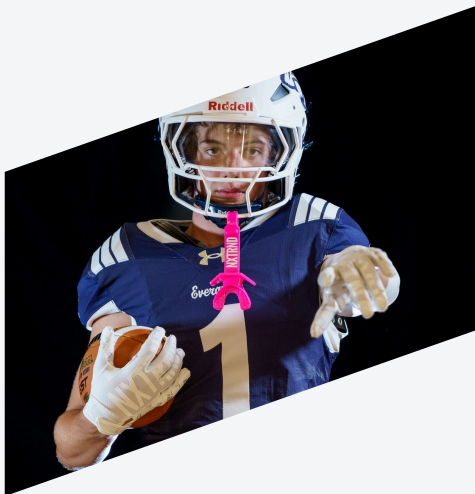


## EQUIPMENT

### BOOSTER CLUB PROVIDED GEAR

The Evergreen Booster Club provides top of the line equipment for our student athletes to during th season. The following is a list of what is included as part of the registration fee:

- Helmet
- Shoulder Pads
- Practice Jersey and Pants
- Home and Away Jersey and Pants
- Training Gear
  - Shirts x 2
  - Shorts
  - Athletic Pants
  - Polo Shirt
  - Backpack (Freshmen Only)



### PLAYER GEAR RESPONSIBILITY

Families are asked to provide their student-athlete with the following gear:

- 7-pad girdle or a 5-pad girdle with separate knee sleeves
- Mouthpiece
- Cleats
- Athletic shoes
- Game and Practice Socks
- Navy blue cold weather gear
- Water Bottle
- Gear Bag
- Lock for locker

## COUGAR CARDS

Cougar Card sales are the main source of fundraising for the football club and is a great way for student athletes to promote the football program in the community, get out of their comfort zone and take pride in the program.

### REQUIREMENTS

- 15 Cougar Cards sold by each player (2 brothers on the team – still 15 each)
- Price per Cougar Card – \$40
- Unsold Cougar Cards – Parent or player is responsible to cover the difference with cash or check. (ex. If you only sell 13 Cougar Cards, we will ask for \$80 to make up for the unsold Cougar Cards).
- Parents or Student can elect not to sell cougar cards and pay the \$700 up front as part of the Fall Registration.
  - We would rather players sell Cougar Cards to learn how to complete tasks that they deem “hard” to build resilience and promote the businesses that participate, but if the player is not motivated to do so, then just write a check.



# EVERGREEN FOOTBALL



## BOOSTER CLUB FEES

<b>SPRING REGISTRATION</b>	<b>\$50</b>
<b>SUMMER CAMP</b>	<b>\$50</b>
<b>FALL REGISTRATION</b>	<b>\$350</b>
<b>COUGAR CARD SALES</b>	<b>\$600</b>

Scholarships are available - contact Coach MVP at [146732e@jeffcoschools.us](mailto:146732e@jeffcoschools.us)

## JEFFERSON COUNTY FEES

<b>ARBITER REGISTRATION</b>	<b>\$185</b>
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## VOLUNTEER

Families are required to volunteer for 3-4 volunteer spots per season.

Volunteer signups will be conducted using the Crossbar App.

Volunteer positions will consist of, but are not limited to:

- Field setup and tear down
- Downmarkers
- Clock Operator
- Gamefilm Operator
- Game Announcer

Sign up for Volunteer by logging into [evergreenfootball.net](http://evergreenfootball.net) - Account - Volunteer



## TEAM DINNERS

Team dinners take place every Monday after practice.

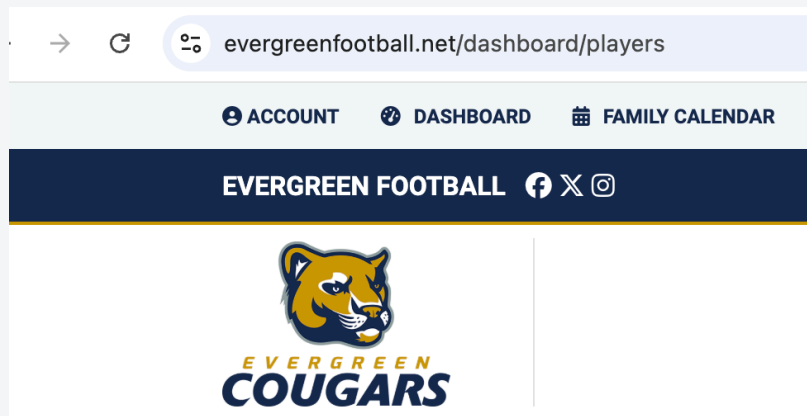
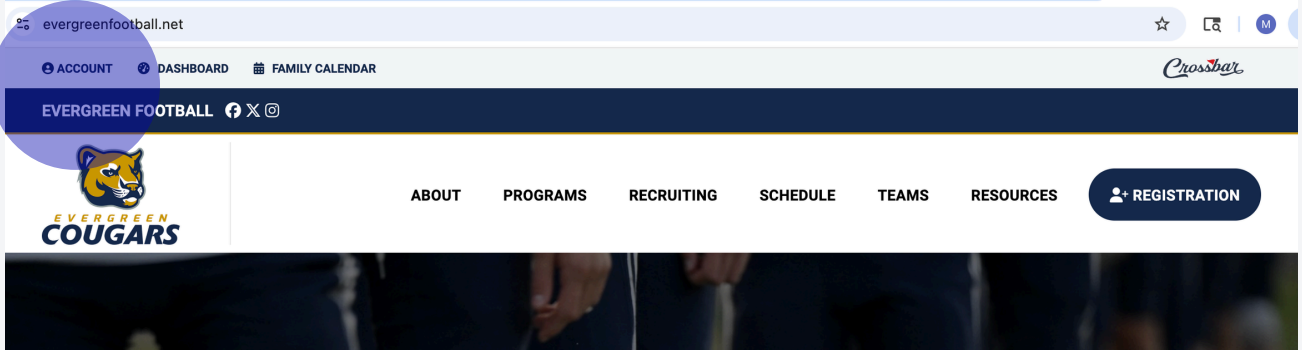
4 families must sign up to provide the meal together once per season. The group can decide on a theme which can include ideas like pasta night, fiesta night, etc.









We host one chili cook-off per season where 10+ families compete for the prize of best chili (which of course comes with a trophy). The winner is voted on by the players and coaching staff.

Team dinners are in addition to the 3-4 volunteer slots for gameday operation.



## VOLUNTEER SIGNUPS

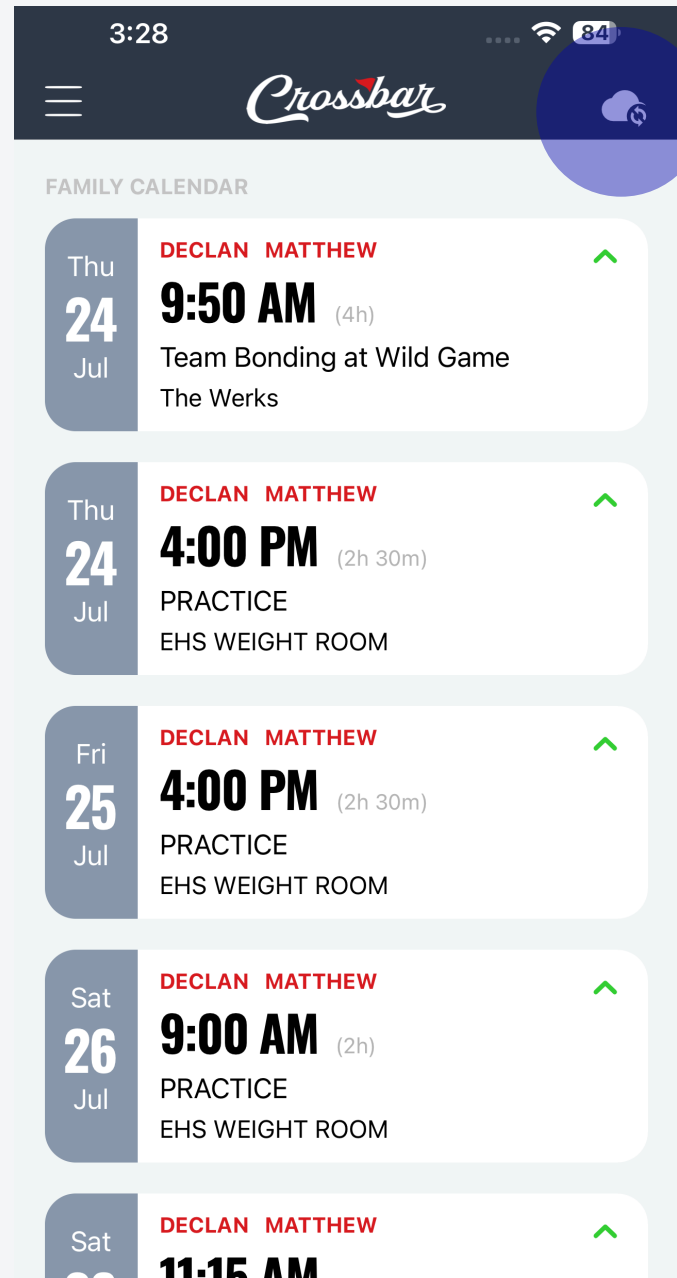
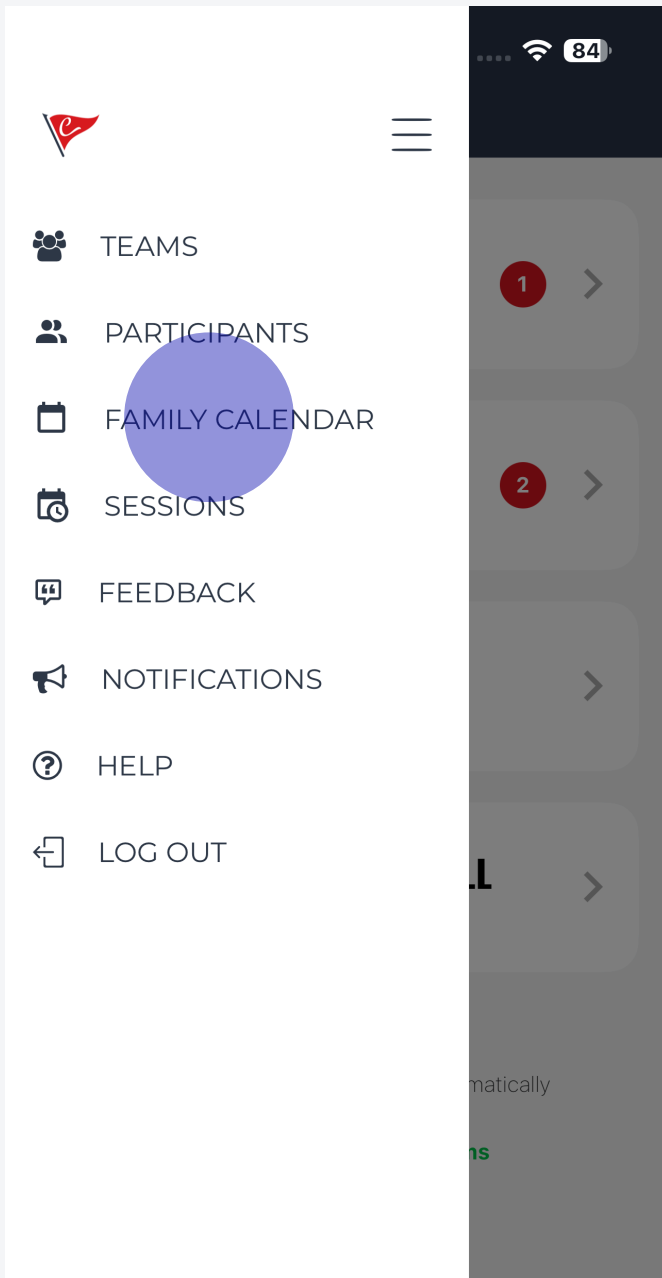


-  PARTICIPANTS
-  TEAMS
-  VOLUNTEER
-  BILLING
-  SETTINGS
-  NOTIFICATIONS
-  PAGES
-  LOG OUT

PAR



## NAVIGATING CROSSBAR APP



# EVERGREEN FOOTBALL

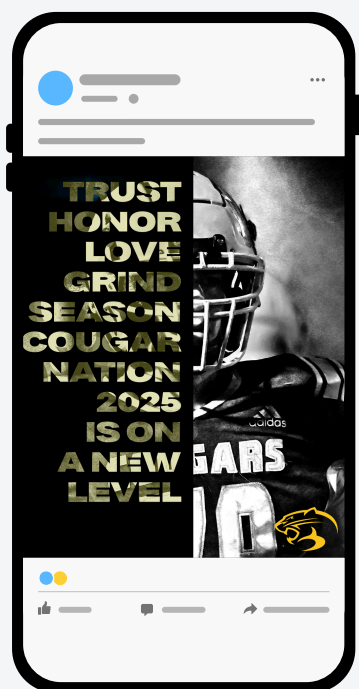
PLEASE SUPPORT OUR  
**SOCIALS**



X @COACHMVP08

Instagram @EHSCOUGARSFOOTBALL

Facebook EVERGREEN COUGARS FOOTBALL





**AUG. 29**  
AT BASALT

**SEPT. 05**  
MONTBELLO

**SEPT. 11**  
AT GEORGE WASHINGTON

**SEPT. 26**  
AT SEVERANCE

**OCT. 3**  
AT NIWOT

**OCT. 10**  
AT SUMMIT

**OCT. 17**  
SKYVIEW (HOMECOMING)

**OCT. 23**  
AT GREEN MOUNTAIN

**OCT. 30**  
WHEAT RIDGE

**NOV. 7**  
CONIFER



**EVERGREEN**

FOOTBALL

**25**