

ALL OUR COACHES ARE  
USA FOOTBALL CERTIFIED



The New Standard in Player Safety

IN PARTNERSHIP WITH



## Parent Information

Parents,

Welcome back to Niskayuna Football, my name is Brian Grastorf and I am the new Head Football Coach. As an alumnus of the program I am very excited to get the program back to where it once used to be. My goal as a coach is to make football fun, safe, and develop good young men. With proper techniques and training, players will be put in the safest positions to make plays. As a USA football certified Safety instructor all of our coaching staff will be properly trained.

I also believe it is important to provide statistics about Multi-sport Athletes. On the next page you will see some Facts about other schools/multi-sport athletes and what makes them so successful. Football is a physical sport and a lot of people believe that results in more injuries. Many rule changes and improved technology has made the game much safer.

A lot of changes and important information will need to be communicated to you. I believe communication is key to a successful and fun experience for your son and your self. If you could please do the following:

### **E-mail**

[bgrastorf@niskyschools.org](mailto:bgrastorf@niskyschools.org) with your name, athlete's name, and current grade.

### **Sign up for Remind**

Text: 81010

Message: @17FBpar

### **Some new things going on with the program is...**

- Nike uniforms for Varsity and Youth, as well as all apparel.
- Hudl sideline; gives players and coaches video play back during games, to allow for proper adjustments and put us in best situations to succeed.
- Increase in size of Coaching staff to provide more attention to detail and work with each specialized position area.
- Helmet Purchasing with option for buy back when your son graduates (contact Coach Grastorf for Details)

On behalf of the Coaching staff and School Administration we are very excited for what the future holds for Niskayuna Football. With support and dedication from parents and players we can give our young athletes the best experience in Athletics.

Regards,

Brian Grastorf



## **IMPORTANT DATES**

**Mattress Fundraiser: June 11<sup>th</sup> at Niskayuna HS**

**Football Camp: June 5<sup>th</sup>-8<sup>th</sup> at Niskayuna HS**

**Physicals at the High School**

**July 18<sup>th</sup>, July 24<sup>th</sup>, and August 2<sup>nd</sup>**

**Time: 5:00pm-7:00pm**

**Location: HS Nurse's Office**

**Summer Workouts: (Tentative) Monday-Thursday  
6:30am**

## **MULTI-SPORT STATISTICS**

### **Kevin Huerter**

- Mr. Basketball New York State
- Lost Basketball State finals
- Starting Center fielder, won state Championship

### **2016 AA NYS Football Championship (Troy vs Victor)**

- Victor: 99% multi-sport athletes, 8 D1 Lacrosse players
- Victor: 2015 B State Lacrosse champions, 2016 A State Champions
- Troy: 5 Basketball players start on football team

### **NFL**

- 2016: 28 of 32 First round draft picks played Multiple sports in High School
- 2015: 224 of 256 (88%) multi-sport athletes in High School
- 2015: 94 of 256 (1/3) played 3 sports in High School
- 2017 NFL Draft: 30 of 32 First round draft picks multi-sport athletes in High School