



Petaluma Trojans 2026

Parent/Player
Meeting



AGENDA



-  Coach Introductions
-  Team Culture
-  Program Expectations
-  Safety Commitments
-  Player Clearances
-  Equipment Expectations
-  Football Philosophy
-  Schedule (Spring, Summer, Season)
-  Parent Involvement



PETALUMA TROJANS COACHES



HEAD COACHES

- Varsity: Nick Emanuel
- JV: Justin Plumbtree
- Freshman: Pat Dunne

ASSISTANT COACHES

- | | |
|----------------|----------------|
| Rich Blanchard | Tony Moeckle |
| Scott Crayne | Reggie Pearson |
| John Crudo | Casey Pectol |
| Bob Everheart | Wayne Pellow |
| Gianni Johnson | Derrek Pomi |
| Rick Krist | Fred Schultz |
| Rick Mercurio | Pat White |



Team Culture



**“Winners act like winners
before they win”**

**“Focus on the process,
not the prize”**



Mission Statement



To commit to relentless effort, resilience, and teamwork to become our best selves—on the field through skill and grit, and off the field through integrity, respect, and service.

WHAT IT MEANS TO BE A

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Program Expectations



Academic Excellence



2.0 GPA is required to play. Team goal is a 3.0 GPA

Attendance



Show up and be on time. You get what you put into the program. 70% for Summer and 100% during season. Missing practice time will result in sitting out during the game.

Communication



Communicate absences and tardiness to the head coach. (player to coach).

Team Rules

Early is on time and on time is late



Respect

On/off the field
and in the stands



Preparation

Come to
practice/games
prepared



Coachable

Accept constructive
criticism and strive
for perfection



SAFETY COMMITMENTS



Your child's safety is paramount during the off season and season.



**PROGRAM WIDE
WEIGHT TRAINING
COMMITMENT**



**COMMITMENT TO
"HEADS UP"
TACKLING MODEL**



**GUARDIAN CAPS
FOR EVERY PLAYER
IN THE PROGRAM**



**RIDDELL AXIOM
HELMET ACCESS**



WEIGHT ROOM COMMITMENT



STRENGTH TRAINING BENEFITS

**70%
INJURY
REDUCTION**

Reduce overall injury rates
(National Library of Medicine)



Strengthen muscles,
tendons and ligaments



Enhances joint stability,
shock absorption &
corrects imbalances



Increase bone density

OFFSEASON PRIORITY & SUPPORT



We need your support to make weight training a priority during the offseason. Consistency and competition in the weight room will give your kids confidence and comradery.

**THIS IS WHERE
GAMES ARE WON.**

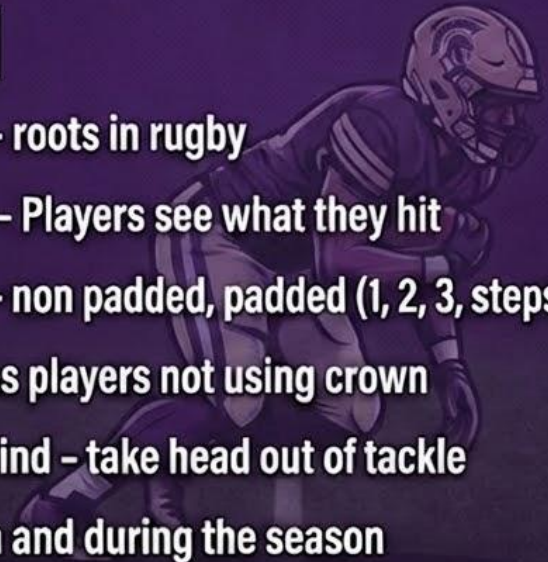
HEADS UP TACKLING



Petaluma Football will make a commitment to teaching tackling and being the best tackling team in our area.

HEADS UP MODEL

- 🏈 Safety focus model of tackling - roots in rugby
- 🏈 Emphasize "Eyes up, Chest up" - Players see what they hit
- 🏈 Utilization of drill progressions - non padded, padded (1, 2, 3, steps)
- 🏈 Front shoulder contact - ensures players not using crown
- 🏈 Focus on near hip and head behind - take head out of tackle
- 🏈 Will be utilized in the off season and during the season



PRACTICE STANDARD

10-15 minutes of live tackling in a single practice. Drills will simulate game situations in small areas. No bull in the ring or Oklahoma type drills. We will always hit with purpose

GUARDIAN CAPS: COMMITMENT TO SAFETY



SOFT SHELL TECHNOLOGY



GUARDIAN CAPS PROVIDED & REQUIRED FOR ENTIRE PROGRAM (PRACTICE & 7v7)



NFL MANDATED FOR PRACTICE (SINCE 2022)



STUDIES SHOW SIGNIFICANT IMPACT REDUCTION



EASY SNAP-ON APPLICATION

10%
REDUCTION IN
IMPACT FORCE

20-25% WHEN
BOTH WEAR

52%
DECREASE IN
CONCUSSIONS

(2024 NFL REPORT)

Riddell Axiom Helmets



SAFETY & FIT



- Top 5 rated helmet in terms of safety
- Laser fitted to your child's head

UNMATCHED DATA



- Helmet contains sensors that send head impact data to Riddell
- Riddell sends weekly reports breaking down head impacts

INFORMED DECISIONS



- Use reports to coach better & correct technique
- Identify heavy impacts to prevent concussions
- Informed health decisions by trainer

Helmet fitting and purchase meeting in May
Day/Time: TBD

AXIOM HELMET INFO



TRU-FIT

A unique combination of interior liner pads work together to create a personalized fit and protection system.



FRONTAL PROTECTION SYSTEM

Removing the top bar of a traditional face mask allows for more flexibility within the frontal protection system.



INSITE SMART HELMET TECHNOLOGY

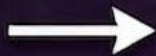
This innovative impact sensing and reporting system collects and transmits head impact data from the field in real-time and comes standard in all Axiom helmets.

Learn more about this technology by visiting Riddell.com/Axiom.

CLEARANCES



1. Complete
Online Packet



2. Receive Email
Confirmation



3. **CLEARED** for Practice
(Before Day 1!)

PHYSICALS DEADLINE



Must be dated **AFTER**
June 10th of upcoming
school year.

PHS TEAM DOCTOR PHYSICALS



Dates TBD. Efforts
made to provide on-site.



EQUIPMENT



ATHLETE PROVIDED

Off Season Training

- Athletic Shoes and Football Cleats, Shorts, Shirts (Team Colors)
- Water Bottle

In Season

- 7 Pad Football Girdle (\$25-\$35 On Amazon)
- Football Cleats
- Water Bottle

TEAM PROVIDED

In Season

- Helmet (Not Axiom)
- Shoulder Pads
- Game Uniform:
 - Jersey
 - Pants
 - Socks
- Practice Uniform:
 - Jersey
 - Pants
- Guardian Caps
- Travel Bag
- Player Packs



GEAR PICK UP



Last week of July



Time and Date: TBD

Note: If you need gear for a camp you will be attending please check in with Coach Emanuel



Philosophy

DOMINATE OPPORTUNITIES GIVEN
DOG MINDSET

NOTHING GIVEN,
EVERYTHING EARNED!

**DEFENSE WINS
CHAMPIONSHIPS**





Football Philosophy



Defense



Defense Wins Championships



Run First Defense, Earn the right to rush the pass



Relentless Pursuit



Desire to Tackle



Alignment and Assignment



Football Philosophy



Offense

- Establish the run
- Exploit the weakness of the defense
- Be Physical
- Score
- Manage the Clock





Football Philosophy



Special Teams



DOMINATE this part of the game



These are when big plays happen and in turn shift the momentum of the game.



Emphasize organization

DEFENSE WINS CHAMPIONSHIPS

PETALUMA TROJANS



THE CHOICE IS YOURS: DOG MINDSET OR SHEEP MENTALITY.



Off Season Schedule



Off Season Schedule Spring



OFF SEASON WORKOUTS

Mon - Thurs 3:30 - 5
Tues and Thurs 7am-8am
Varsity and JV

Location: PHS Weight Room



IN SCHOOL SPRING SESSIONS

Playbook Install: JV and Varsity
Wednesday/Friday @ Advisory



SPRING BALL

Time: 6pm - 8pm

(4/27 - 5/1, 5/4 - 5/8, 5/18 - 5/22, 5/25 - 5/29)

Focus:

Team Culture
Fundamentals
Playbook Install



Off Season Schedule

Summer



Summer Workouts

6/8 - 8/7

Luma Fitness

M/W/F 8 - 9:30 (All Levels)



Summer Practice

6/15 - 8/6

Varsity/JV:

- Tuesday and Thursday
Time: 5pm-7pm

Freshman:

- Monday and Wednesday
Time: 5pm-7pm

7v7 / BIGS Schedule

Varsity 7v7

Wednesday

Time Location: TBD

BIGS Varsity/JV

Time: TBD

Location: PHS

Attendance Standard is 70%. You get what you put in!



What is 7v7?



- Practicing the Offensive Passing and Defensive Coverage part of the game.
- Position groups include:
 - Offense: QB, RB, WR
 - Defense: LB, Safeties, Cornerbacks
- No Offense or Defensive Linemen.
- Structured as a scrimmage/practice against another school to better ourselves in certain aspects of the game.



TEAM BONDING



PAINTBALL



**VARSITY AND JV
SUMMER OVERNIGHT
CAMP**



**VOLUNTEER
OPPORTUNITY**



**FUNDRAISER
CAR WASH**





PETALUMA TROJANS

IMPORTANT DATES: SUMMER



**Santa Rosa JC 7v7
& BIGS Camp**
Varsity Only
June 20th
7v7: 9am - 5pm
BIGS: 9am - 1pm



Vacation Week
July 1 - 8
Rest & Recovery



**Varsity/JV
Overnight Camp**
July 17, 18, & 19
Trojan BBQ
July 19 (All Levels)



**Paintball
(All Levels)**
July 31st
Time: TBD



**Football
Volunteer**
Date: TBD
Community Giveback



**Team Fundraiser
Car Wash**
Date/Time: TBD



2026 BEAR CUBS BATTLE

7 on 7

HIGH SCHOOL VARSITY CHAMPIONSHIP

AND

BIGS

ELITE POWER CHAMPIONSHIP

JUNE 20th

7 on 7: 9am-5pm

BIGS: 9am-1pm

📍 at Santa Rosa Junior College

12 TEAMS!

- 4 Games Guaranteed
- Championship and MVP Awards
- \$200 Team Entry Fee (paid at gate)

SRJC BEAR CUB FOOTBALL





IN SEASON DATES AND SCHEDULES





Mandatory Practice



Mandatory Practice Starts: (8/10)

 **Monday - Friday (All Levels)**

 **4 - 6 pm**

August 10: First day of padded practice

Players must participate in 10 padded practices before our Novato Scrimmage to play



Scrimmages



Intersquad Scrimmage



Saturday 8/15



@ Petaluma High School



Freshman @ 9 am



JV / Varsity @ 10 am



Novato Jamboree



Saturday 8/22



@ Novato High School



Freshman TBD



JV TBD



Varsity TBD

Freshman Game Schedule

Thursday September 10

Marin Catholic at Petaluma

Home 6:00 PM

Thursday September 17

Petaluma at Vintage

Away 6:00 PM

Thursday September 24

San Marin at Petaluma

Home 6:00 PM

Thursday October 1

Petaluma at Rancho Cotate

Away 6:00 PM

Thursday October 8

Petaluma BYE

Thursday October 15

Petaluma at Redwood

Away 6:00 PM

Thursday October 22

Petaluma at American Canyon

Away 6:00 PM

Thursday October 29

Windsor at Petaluma

Home 6:00 PM

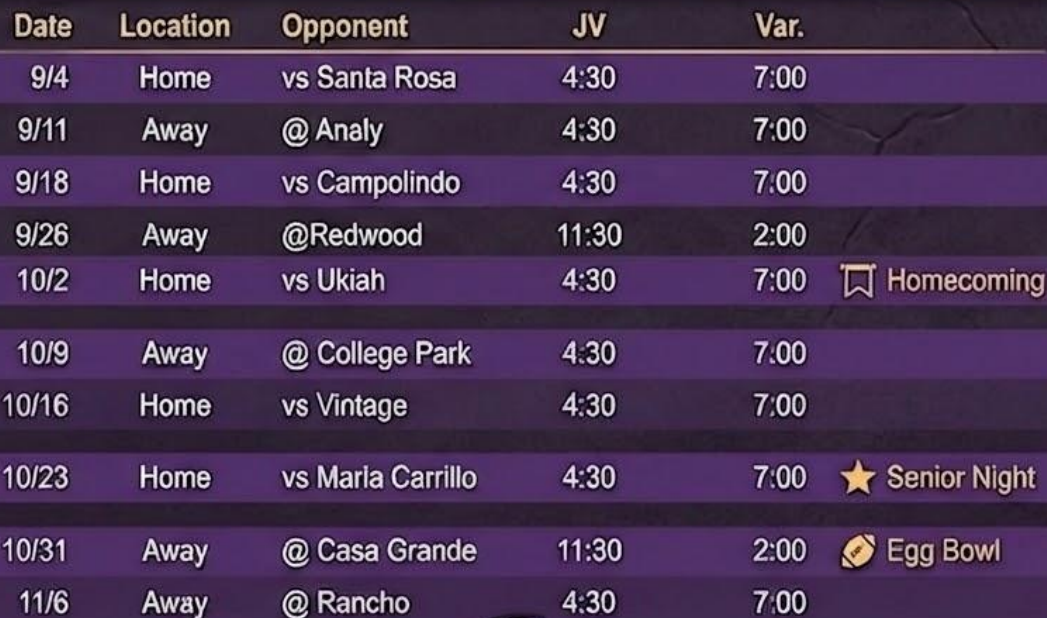
Thursday November 5

Casa Grande at Petaluma

Home 6:00 PM



Varsity and JV Game Schedule



Date	Location	Opponent	JV	Var.	
9/4	Home	vs Santa Rosa	4:30	7:00	
9/11	Away	@ Anly	4:30	7:00	
9/18	Home	vs Campolindo	4:30	7:00	
9/26	Away	@Redwood	11:30	2:00	
10/2	Home	vs Ukiah	4:30	7:00	📅 Homecoming
10/9	Away	@ College Park	4:30	7:00	
10/16	Home	vs Vintage	4:30	7:00	
10/23	Home	vs Maria Carrillo	4:30	7:00	★ Senior Night
10/31	Away	@ Casa Grande	11:30	2:00	🏈 Egg Bowl
11/6	Away	@ Rancho	4:30	7:00	

Freshman Schedule

MONDAY



**4 - 6
Practice**

TUESDAY



**4 - 6
Practice**

WEDNESDAY



**4 - 6
Practice**



**Team Dinner
6:30**

THURSDAY



FRIDAY

**NO
PRACTICE**

SATURDAY



**9-11:30
Recovery/
Film/Team
Breakfast**



SUNDAY



**Coaches
Meeting**



Varsity/JV Practice Schedule Friday Game Week



MONDAY



Varsity Only
7:00 - 8:00 AM
Film/Lift



4:00 - 6:00 PM
Offense

TUESDAY



Varsity Only
7:00 - 8:00 AM
Film/Lift



4:00 - 6:00 PM
Defense

WEDNESDAY



3:30 - 5:30 PM
Team

THURSDAY



4:00 - 5:30 PM
Team



Team Dinner
6:00 PM

FRIDAY



8:00 AM Meeting in Gym



SATURDAY



9:00 - 10:30 AM
Recovery/Film/Team Breakfast

SUNDAY



Coaches Meeting

Varsity/JV Saturday Game Schedule

MONDAY



Varsity Only
7:00 - 8:00 AM
Film/Lift



4:00 - 6:00 PM
Film/Split

TUESDAY



Varsity Only
7:00 - 8:00 AM
Film/Lift



4:00 - 6:00 PM
Offense

WEDNESDAY



3:30 - 5:30 PM
Defense

THURSDAY



4:00 - 6:00 PM
Team

FRIDAY



4 - 5:30
Team



Team
Dinner 6 PM

SATURDAY



SUNDAY



Coaches Meeting



Parent Involvement



Committee Roles



Data

Responsible for creating and managing google forms for player/family contact info, coordinating with coaches for roster accuracy, and getting sizes for player packs.



Website/Team Store

Manages online store and info site for donations, sign-schedule. Coordinates with merch, communications, and fundraising volunteers to keep updated.



Tunnel Coordinator

Manages the inflatable tunnel at Varsity home games (pre-game and half-time), including storage and maintenance.



Communications

Coordinates all Parent Square communications. Works with coaches for timely and accurate info, rmtation, fields parent questions, and sends updates.



Program/Rosters

Produces season program for sale. Coordinates with coaches, cheer, and photo coordinators. Creates team rosters for game sales.



Team Photos

Works with coaches to determine photographer, date, order forms, and distribution.



Snack Shack (2)

Requires one JV and one Varsity parent to coordinate. Varsity manages JV games, JV manages Varsity games. Involves opening/closing and volunteer scheduling.



Football Merch/Player Packs (2)

Two-parent role. Plans, designs, orders, and maintains inventory for all merch and player packs. Manages sales at games and online.



Senior Pictures/Banners/Spotlights

Coordinates senior pictures, orders/organizes senior banners, and sends out senior spotlight questionnaires. Filled by a senior parent.



Fundraising: Banner & Program Ads

Outreach to businesses/parents for banners and ads, manages artwork, payments, announcements, and hanging banners.



Team Dinners

Coordinates volunteer sign-up and execution of Thursday team dinners. Coordinates with Snack Shack for prep space. Is responsible for clean-up.



Football Camp

Works with coaches to determine schedule/needs for summer camp. Coordinates with Snack Shack and Communications for planning and sign-ups. Headed by a Varsity parent.



Fundraising: e-Team Sponsor & Other

Coordinates fundraisers requiring player participation like e-Team sponsorships and discount cards. Working with coaching staff.



Pregame Snacks

Coordinates and distributes snacks (sandwiches, bars, fruit, drinks) to players for away game buses.



Senior Night

Coordinated by a non-senior parent, manages festivities including field presentation, photography, and announcing.



Social Media

Maintains Instagram/Facebook. Requires app knowledge, photo ability. Building relationships with photographers, and being the online voice to hype games and spotlight players.



Saturday Film Breakfast

Coordinates inexpensive breakfast for Varsity's Saturday film meetings. Provides coffee for coaches.



Football Banquet

End-of-season event coordinated with coaches. Responsible for food/drinks, setup/cleanup, slide show, and distributing photos.

THE PHS ATHLETIC BOOSTERS PRESENT



THE TROJAN TRIUMPH

live auction | silent auction | casino games
generous appetizers | wine, beer, and home brews
speakeasy bourbon bar | champagne lounge
music, dancing, and fun!

APRIL **24th** 5-10 PM

at HALL OF THE ABOVE
199 PETALUMA BLVD NORTH



Tickets \$65 per person
Scan QR Code to buy your tickets today!



Contacts



COACHING STAFF

Head Football Coach

Nick Emanuel

✉ Nemanuel@petk12.org

JV Head Coach

Justin Plumbtree

✉ Justingp@gmail.com

Freshman Head Coach

Pat Dunne

✉ patrickgallivandunne@gmail.com



LEAD PARENT VOLUNTEERS

Lead Parent Volunteers

Varsity

Merissa McClain

☎ Cell: 832-978-6542

JV

Myriah Ferris

☎ Cell: 415-246-1373

Freshman

Gia Larsen

☎ Cell: 707-694-6080

Resources

PHS Football Website

<https://phstrojanfootball.org/home>

Home Campus Clearances

<https://petalumacityschools.org/petalumahigh/athletics/online-clearance-packet>



Thank You!

Any questions please feel free to reach out to the head coaches or lead parent volunteers.

Go Trojans!

