



# **CYPRESS BAY LIGHTNING FOOTBALL**

## **3 Year Accomplishments under Coach Mark Guandolo, Staff, Players, Booster Club and Parents**

### **Fundraising**

Efforts resulting in over \$400,000 in revenue and donations in three years

#### Discount Card Revenues (Summer)

2007: \$35,000

2008: \$45,000

2009: \$55,000

#### Lift-a-thon Revenues (Spring)

2008: \$12,000

2009: \$15,000

2010: \$21,000

Additional Monies raised through Banners (\$15,000+ per year), Corporate and Game Day Sponsors (\$12,000+ in 2010), Hosting National Camps (\$10,000+) and NFL Donations (\$15,000) plus sponsors for pre-game meals and other needs.

### **Academic Development for Student-Athletes**

Team Respect – Weekly Character Development and Team Building Meetings

Annual Senior Leadership Picnic @ John Lloyd State Park – Annual Team Building and Leadership Training

SAT/ACT Prep Classes available to all students provided by Nationally Recognized Instructors

College Information Seminar

NCAA Clearinghouse Workshops

Establish Academic File for each Student- Athlete

Eligibility (FHSAA and NCAA) Counseling and Grade Monitoring

Parent/Student meetings to develop academic game plan and conduct monitoring

Daily Sign-in before school to ensure attendance

Implementing free College Placement Seminar for Parents/Students through College Pursuit

Full Disciplinary Support and Cooperation to School Staff to improve Student-Athlete Conduct and Academic Achievement

Developed and Implemented Performance/ Leadership Class encompassing:

- Individual Strength, Speed, Agility and Power
  - Proper Diet and Nutritional Guidelines
- Study Skills (in Media Center w/ laptops available)
  - NCAA Clearinghouse Requirements
  - Academic File for each Student-Athlete
- College Advisement and Placement Assistance
- Leadership Training and Life Success Skill Development

## **Athletic Support and Development for Student-Athletes**

Establishment of Dedicated Medical Staff for Student Athletes headed by Dr. DeSimone and Dr. Sheinberg providing Medical Coverage for games, appointments for students within 24 hours

Provide detailed physicals each spring for 150+ athletes from different sports each spring done by Medical Staff (5 doctors, one pediatrician and four athletic trainers)

Provide free on campus Massage Therapy and Chiropractic rehabilitation to student-athletes and discounted rehabilitation to staff

Independent contract with Health South for full-time, on campus trainer to work with all sports year round

Establishment of Nationally Acclaimed Performance Coach – Pete Bommarito – Available for entire athletic department

Develop and Implement In-Season, Winter and Summer Offseason Strength and Speed Programs

Provided free after school Winter Conditioning Class to any student interested in trying out for football (supervised by Head Coach and Assistants)

Development and implementation of Weston Youth Athletic Outreach Program through Bommarito Performance Training

Sponsored National High School Combine held at school (free for Cypress Bay athletes)

Sponsored youth combine attended by over 200 youth from around area

Discounts on Training for All Cypress Bay Students and Athletes

Year Round after School/ Weekend Weight Room Supervision

## **Facilities Improvement**

Established Year Round Field Maintenance for Football Field through city of Weston

City of Weston also provides field lining for *all* sports on main field

Designed and Installed new weight room for use by all PE weight lifting classes and all student-athletes

New Strength and Conditioning Equipment Donated Annually through Bommarito Performance Systems

Purchase and Installation of New Goal Posts for Football Stadium

Purchase of New Uniforms and Field Equipment Each Season

Assist Cleaning & Maintenance of Weight Room and Locker Room Year Round

## **Football Program Development**

3 Year Record of 25-10

First Two District Titles in School History

First Play-off Victories in School History

Ended 2008 Season Ranked #2 in 6A

Over 160 students out for spring football 2010 (grades 9-11)

First Public School in Broward County Ever to Leave State to Play traveling to Katy, Texas to play defending Texas State Champions on ESPN (took 80 players on trip – every varsity team member) with all expenses paid by Titus Sports Marketing

Two Nationally Televised Football Games (ESPN and CBS)

Over 60 College coaches visit campus each winter to evaluate student –athletes

Over 60 college coaches visit campus each May to evaluate student-athletes

Production of highlight videos for juniors and seniors and marketing potential student-athletes to universities nation-wide through calls, mailings and recruiting fairs




































Established annual Pre-Season Meet the Coaches Night, Post Season awards Banquet, and Spring Scrimmage and BBQ for Parents and Student-Athletes

Encouraged student-athletes to participate in other sports – Football Players among State qualifiers in Track (1 State Champion) and State Placers in Wrestling

## ***Over \$3,000,000 in athletic and academic scholarships given to Lightning football players in 3 years***

Over 20 Lightning Players have signed NCAA D-I Scholarships and over 29 have gone on to NCAA D-II and D-III Universities to play Football under Coach Guandolo

### **Lightning Alumni Under Coach Guandolo Playing In College**

 PITT – SHANE GORDON LB '09	 COLUMBIA – JOE NATHAN LB '09
 PITT – JASON DOUGLAS RB '09	 INDIANA STATE – CJ ULLYSEE DB '09
 DUKE – AUSTIN GAMBLE LB '09	 SOUTH ALABAMA – EDDIE CABRERA DB '09
 GEORGIA TECH – CARL MILES DB '09	 CAMPBELL – VINCE MANTUO RB '09
 MARSHALL – PHIL WALKER LB '09	 NEW HAVEN – MICHAEL DECARO RB '08
 FAU – BRENTLEY HARSTAD DB '08	 NEW HAVEN – JOSH SMITH DB '09
 FIU – JONATHAN FAUCHER TE '08	 FAU – DAVID BAPTISTE DL '08
 FRANKLIN – JOSH KELSO LB '09	 MILES – BRYAN ANDERSON DB '08
 CENTRAL FLORIDA – JORDAN RAE DL '08	 BRIDGEWATER – KEN NWANKWO TE '08
 CENTRAL FLORIDA – STEVEN FAUCHER P '09	 NORTH CENTRAL – JAN PEREZ DB '09
 ALABAMA – CRAIG DEE RB '09	 CONCORDIA – RYAN SWARTZBERG DB '08
 EASTERN ILLINOIS – AMARI SAPP DB '09	 EASTERN ILLINOIS – LES TRIPP OL '09
 WISCONSIN – JOE McNAMARA DL/OL '10	 COLORADO STATE – ALEX TUCCI OL '10
 TOWSON – DEREK SOVEN K/P '10	 LEHIGH – DAMIEN BROWN DB '10
 SACRED HEART – STEVE TELLEFSEN DB '10	 TIFFIN – JUAN MONTOYA LB '10
 TIFFIN – DAVID MCKNIGHT RB '10	 TIFFIN – ZACH GREEN QB '10
 FAIRLEIGH DICKINSON – MIKE MANCINO LB '10	 FAU – SCOTT RASNER DL '08
 PENN STATE – COLLIN ROBINSON '10	