



Commerce Tiger Football Program
Player & Parent Handbook
2025



Dear Community, Parents, and Players of the Commerce High School Football Program,

It is my honor and privilege to serve as your head football coach. I am so grateful for the opportunity to serve this community and work with our student-athletes at Commerce High School. I am committed to building a program of excellence in everything we do. I believe that Commerce High School has the resources, outstanding student-athletes, elite facilities, and great community pride that will allow me to install a state championship football program.

Today, we begin the 2025 Football season. It is time for us to change the future of Commerce Football. Without knowing each other, we are instantaneously bonded by one common goal: the success of Commerce Football! Reaching that goal will take an incredible amount of work and dedication from all of us.

I have spent my entire life around Championship programs. As a former student-athlete, I played at BYU, one of the winningest Division 1 football programs in the nation. As a coach, I have worked for two programs that have won state championships. In 2011, I was privileged to be part of the Grayson football program and experience winning a State Championship. As a Head Coach at Centennial, I helped change the program and led them to the state playoffs for only the 5th time in the school's 20-year history. As the Head Coach at Collins Hill High School, I led the program to the school's first state championship in 2021. Last year at Gordon Central, I led the program to its first playoff appearance in 12 years. The 2025 season is going to be a great year for Commerce Football. I see such a wonderful opportunity for achievement at Commerce High School. My wife Kathy and our family are excited to be a part of such a wonderful community. I am thrilled to work at such a beautiful school and amazing student-athletes. I am ecstatic to begin our journey together. I would like to briefly share some of the beliefs and coaching philosophy with you:

1. We will do everything, from the way we dress, the way we act, our grades, the way we practice, the way we stretch, the way our locker room looks, the way we coach with excellence.
2. We will be disciplined and respectful of the game and the attention to detail that it takes to win.
3. We will invest in our players and hold them accountable.
4. We will refuse to deal in the negatives, everything we do will be positive.
5. We will be fundamentally sound.
6. We will be consistent in every phase of the process.
7. We will establish one united Commerce Tiger Family.
8. We will out-work our opponents in every phase.
9. We will be better prepared than every opponent.
10. We will represent ourselves, our community and Commerce High school the right way.

Our off-season work will begin on February 3rd, which was my first official day. We need full participation from our players. It is imperative to the success of our program that we have consistent participation from our players. We want to mold players into being accountable and to communicate. At the end of the 2024/2025 school year, our summer program will begin, and we will have workouts from 7:30am until 11 am Monday-Thursday. We will be participating in camps and 7v7 tournaments to improve our player's skills. We will also be very involved in the Youth and Middle School Programs. I look forward to working with the players and I look forward to meeting our parents individually to really get to know your family and your goals for this season. I can promise that I will devote every ounce of my heart and soul into the success of this program. I simply cannot wait to get started and I am so proud and grateful to serve as your head football coach.

IT IS A GREAT DAY TO BE A COMMERCE TIGER!!!!!!

Head Football Coach
Commerce High School
Lenny Gregory



Head Football Coach, Lenny Gregory - BIO

I am married to Kathy Gregory, and together we have 6 children. My oldest is my daughter Gabby (31), followed by my three sons Hayden (29), Jacob (27), and Max (11). Additionally, I have two stepchildren, Savannah (22) and James (20). I am originally from Santa Rosa, CA- Bay Area. I attended Brigham Young University on a football scholarship from 1989-1993. As a player for BYU, I was a four-year letterman and started 39 straight games on the defensive line from 1991-1993.

In 1991 and 1993, I was named to the second team of the all-Western Athletic Conference team, and in 1992, I was named to the first team of the all-conference team. After graduation, I moved to West Virginia, where I began a career in the hardwood lumber industry. I was involved in that industry as a business owner & in sales for 13 years. I relocated to the Atlanta, GA area in 1999. At that time, I had the opportunity to enter the football world again as a coach. Since then, I have been coaching varsity high school football for the past 20 years. My first opportunity as an educator was at Chattahoochee High School in 2007, where I was the Varsity Defensive Line coach & Head Boys Golf coach. In 2008, I moved to Grayson High School, where I spent 5 years coaching the defensive line and two years as the defensive coordinator. During my 7 seasons at Grayson, our teams had a record of 76 wins and 16 losses. During the 2011 season, we were blessed to go 15-0 and win the Georgia 5A State Title. Grayson received several national rankings as high as #1 in the nation, and in 2011 finished in the top 5 in every national poll. In 2015, I took over the Centennial High School Football program, leading the Knights to 13 wins. In my 2nd season, we advanced to the state playoffs with an 8-2 regular season record and hosted the school's first playoff game since 2002. In 2017, I took over the Collins Hill Program that had previously finished 2-8. During my 6 years at Collins Hill, we won 2 regional championships and 2 state championship appearances, and in 2021, we won the school's first football state championship.

Football is great, but I love working with kids and helping them realize their full potential. I am living my dream and loving life. I could not imagine why anyone would want to do anything else besides teach and coach high school kids. I am honored and privileged to serve as the Head Football Coach at Commercel High School. I am so grateful for the opportunity to work with our student-athletes at Commerce. I am committed to building a program of excellence in everything we do. I believe that Commerce High School has the resources, outstanding student-athletes, and a great community of pride that will allow me to install a championship football program. I am so excited about the future for the Commerce Tiger football program and our outstanding School and Community.

IT IS A GREAT DAY TO BE A TIGER!!!!!!!!!!

TIGER FOOTBALL PLAYER EXPECTATIONS

Code of Ethics/Guidelines:

- I will take responsibility for my actions, lead by example, and make good decisions both on and off the football field.

- I realize that my choices will impact myself and the team.

- I understand we are "In-Season" and attending practices and games is mandatory. It is essential to be on time. If I cannot attend, I will notify the coaches immediately.

- I understand that I am responsible for completing my homework after practice.

When I am on the field, I will be coachable and a good teammate. I understand that I can be disciplined for not following the rules.

- I understand that the coaches will evaluate my performance and determine what role I will have on the team.

- As a team member, I will show respect to my teammates and coaches. If there is a problem, I will address it immediately with my position coach first and then with the head coach.

- If I have a question regarding playing time, I will first meet with my position coach before I meet with the head coach.

****I understand my obligation and am committed to the Commerce High School Football Team. I will do my best to represent Commerce High School with dignity. If there is a problem in one of these areas, I understand that my coaches will address it, which may result in consequences.**

Athlete's Name (printed): _____

Athlete's Signature: _____

Date: _____

Commerce Varsity Football Attendance Policy

You are expected to be on time and attend all practices and team functions

First missed practice/function= Make up conditioning and reminder

Second missed practice/function= Make up conditioning, reminder, and call home to parents

- Third missed practice/function= May be released from team

Organize your priorities

1. **Family**
2. **School**
3. **Football**

-There is no reason to fall behind in school.

-A 2.0 GPA is a very reasonable requirement

-If you can't stay organized and on task you may lose the privilege of being on this team.

- A missed practice during the week for any reason may prevent you from participating in that week's contest.

-Excused missed practice= Family emergency, medical, prior approval from Head Coach.

-Unexcused missed practice= dentist appointment, finishing homework, baby-sitting, detentions.

***If your parents hold you out of practice because you were not accountable to their rules (chores, disrespectful, etc); the penalty will be doubled and the second time you will be removed from the team.**

Tear off and return

I have read and understand, and agree to the attendance policy

Printed Name_____ **Date**_____

Player Signature_____

2025 Football - Off Season Schedule

February

- February 3: Meet and Greet the Commerce parents and players More information will be coming.
- February 5: National Signing Day Celebration TBD
- February 24: 2025 Football Registration for all grades 9-12 will be held in the Commerce Auditorium 6:30pm-7:30pm. Parents are expected to attend with their son at Registration.

March

- March 3rd: Youth Strength, Speed, and agility Training Monday 6:30-7:30pm
- March 4: Coaches clinic and installs Tuesday and Thursday for March and April
- March:5 Tiger Dawn Begins at 6am (6-6:45am Matt Drills) Wednesdays)
- March 24th: 6pm Recruiting seminar @Commerce for all players and parents
- March:30th 2pm Official Tiger Visit @ Commerce for rising 9th graders

April

- April 7-13: Spring Break
- April 16: Begin Tiger Cards
- April 21-30: Middle School Spring Football
- April 26: Equipment Pick up Day at Field House 9am-12pm
(Physicals/paperwork must be completed)

May

- May 1st- Begin Spring practice
- May 1-May 16: Spring ball (spring game on the May 16th)
- May 11: Tiger Blitz, card sales end
- May 16: Spring Game vs Social Circle @ Social Circle 7:30pm
- May 26-May 30: First GHSA Dead Week

Summer workouts will continue through June and July with the exception of 2 dead weeks. Skilled players will have many opportunities to participate in 7vs7 tournaments and camps throughout the summer. Linemen will also have opportunities to attend camps.

From a planning and/or transportation perspective for players that are not of driving age, please consider carpooling with like position players. In many cases, skilled players may leave practice and head to a tournament and/or linemen may stay after to do additional lifting.

June

- June 2: Summer workouts begin Monday-Thursday 7:30-11am
- June 5: 7:30am workouts, 10am 7v7 at Stephens County
- June 11: UGA 7v7 and OL/DL camp
- June 13: Auburn 7v7
- June 17: Georgia Tech 7v7 camp
- June 16/18 Lumpkin County Padded camp
- June 21: Archer 7v7 Tournament (Saturday)
- June 23-26: Last week of June workouts Monday-Thursday 7:30-11am
- June 24-26 Tiger Youth Camp 6-8pm ages 5 years old and older

July

- July 1-5: Dead Week
- July 7: First Week back from summer break, resume regular workouts.
- July 8-9: Padded FCA Camp @Piedmont College
- July 22: Parent Player breakfast and text 2 raise kickoff meeting

- **July 21-July 25th:** Mandatory acclimation period (All players must attend all 5 days)
- July 26: Media Day (Team pictures, and seniors travel to local sponsors)
- July 27: Moms Clinic 4-6pm
- July TBD: Night of champions Church-Speaker. Players to be fed starting at 5:30pm, Program starts at 7pm and will end by 8pm.
- **July 28:** First day of fall practice

August

- August 2: Stadium Clean up day
- August 8: Fall Scrimmage vs Alpharetta
- August 15: 1st game

September

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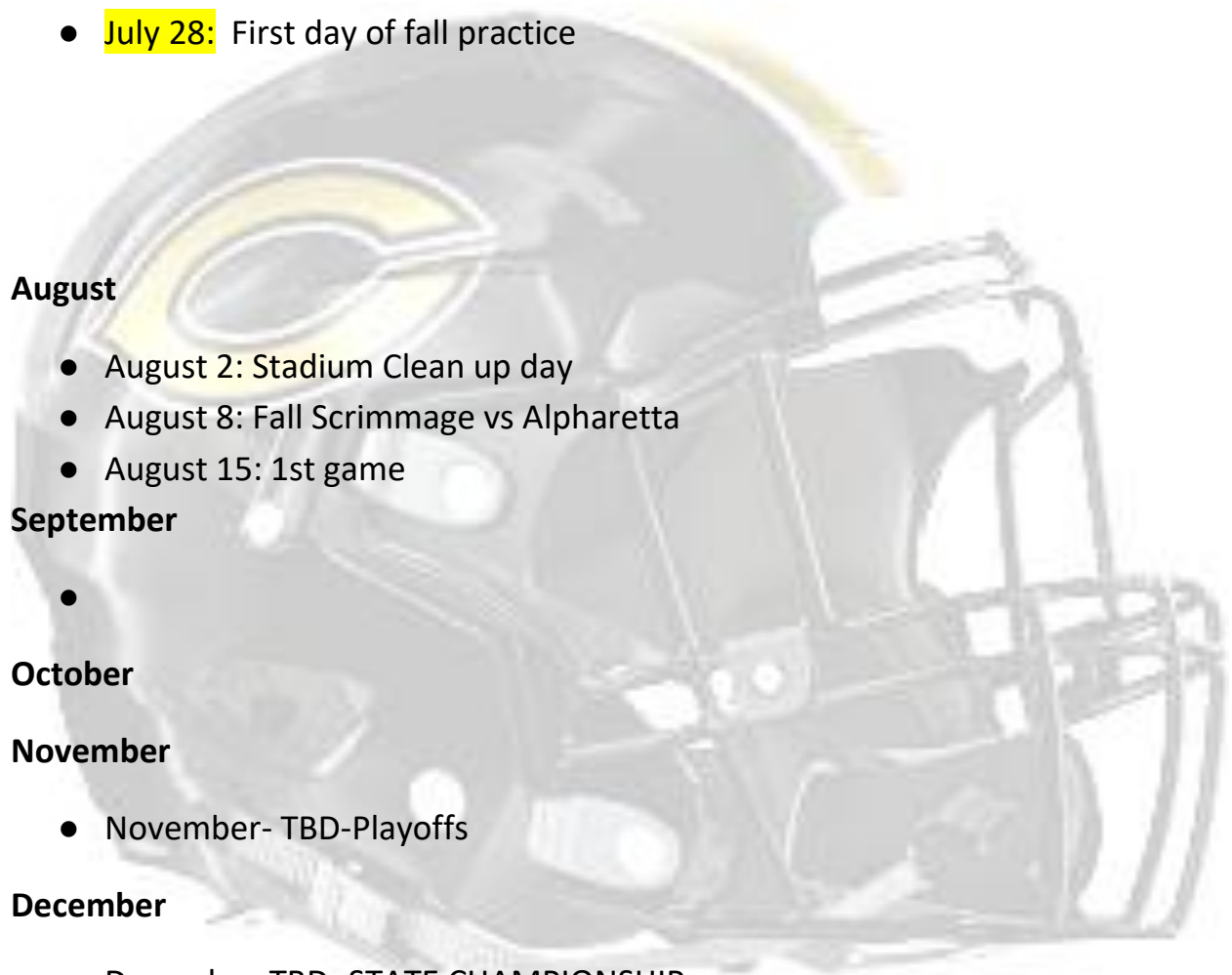
October

November

- November- TBD-Playoffs

December

- December-TBD- STATE CHAMPIONSHIP



Fundraising Opportunities

One of the ways that the team earns money is through our 2 fundraisers that occur throughout the year. They include:

1) Tiger Discount Cards – This is a discount card that provides discounts to local businesses. Our sponsors have been gracious enough to offer discounts and, in some cases, free goods and services or a portion of sales back to the Commerce Football Program. This is an opportunity to sell Tiger Discount Cards which gives back to the program and the local businesses in the community that support us. These are distributed to players in early Spring with a required number to be sold.

9) Text 2 Raise – This is a player specific webpage link that players can send to family and friends to request donations to help fund our program and improvements needed. This typically runs during the fall to help support the program and this will be the final fundraiser of the year.

- 
- Outfitting a Commerce Football Player
 - Shoulder Pads-\$350
 - Helmet-\$375
 - Mouth Piece-\$3
 - Game Jersey-\$225
 - Helmet Decals-\$12
 - Practice Jersey-\$17
 - Practice Pants-\$20
 - Game Pants-\$125
 - Belts-\$15
 - Knee Pads-\$10
 - Total Value: \$1152.00.....
 - Looking Good.....Priceless!

Summer Workouts and Conditioning Test

On behalf of the Commerce High School football program, I would like to thank you for a great start to the 2025 football season. I am committed to make improvements in every phase of our football program. It is extremely important that everyone reads this entire letter, and understands what my summer program will involve. My program will be very different from what has been done in the past. We will have regular workouts every Monday-Thursday from 7:30-11am. In addition to regular workouts we will have 3 team camps that most of our varsity players will attend. We will also compete in several 7v7 tournaments that selected players will participate in. Please review our camp schedule to make sure you have these dates marked on your calendar. My vision is to win a State Championship here at Commerce High School. This summer we will need every player to attend at least 90% of our activities. This participation is vital for our success and is extremely important for player safety. I take player safety very seriously and it is my belief that our players need to be in good condition to compete in our very tough region. With the summer weather in Georgia, it is also very important that our players are in good condition to be acclimated to the temperatures that exist in our summers. While the summer workouts are not required by the GHSA, it will impact what you are allowed to do on this team. July 25th will be the first mandatory practice that I will have. After August 1st, each player will only be allowed to miss 3 practices, which every player should be aware of since everyone has signed our attendance policy. Starting July 22nd our players who have made 90% of team activities will begin in my mandatory conditioning test. Each player will be required to perform 6 timed 200-yard sprints with a 1 min rest. The players who do not have 90% attendance will not be allowed to participate in the test and will begin a 2-week acclimation period with a conditioning test at the end of the 2nd week. Those players who will be participating in the two-week conditioning period will not wear helmets the first week and then will wear helmets the 2nd week which will begin on July 25th. Players participating in the two-week acclimation period will be expected to pass the same conditioning test that is required by all players in order to practice in full pads with the entire team. We will have our trainers at every practice and will have water for our players. Please make sure each player brings a jug of water to practice with them as a secondary measure to make sure they are adequately hydrated by having water before and after practice. The 2025 season has a lot of excitement ahead of us. I hope that we can have everyone's support this summer, as we are raising the bar for the 2025 season. Your commitment is extremely important this summer and I hope to see everyone at our first workout June 2nd at 7:30am. Please contact me or your position coach if you can't attend a summer practice. The conditioning test is outlined below and I hope that 100% of our players can pass the test. I want to be very clear that no player will be allowed to participate in full pads if they can't pass the conditioning test. I look forward to working with everyone this summer and if you put in the work this summer the below conditioning test will not be difficult. I am excited about all we have planned for this summer and making the improvements we need to build a championship program.

Warm regards,

Head Football Coach Lenny Gregory

IT'S A GREAT DAY TO BE TIGER!!!

2025 Commerce Football Conditioning Test

Offensive lineman 250+ must make 6 timed 200's with a 1-minute rest in under 42 seconds

Offensive lineman 250 and less must make 6 timed 200's with a 1-minute rest in under 40 seconds

Defensive lineman 250+ must make 6 timed 200's with a 1-minute rest in under 40 seconds

Defensive lineman 250 and less must make 6 timed 200's with a 1-minute rest in under 38 seconds

Linebackers and TE's must make 6 timed 200's with a 1-minute rest in under 36 seconds

Quarterbacks and Kickers must make 6 timed 200's with a 1-minute rest in under 34 seconds

Defensive backs must make 6 timed 200's with a 1-minute rest in under 32 seconds

Wide receivers must make 6 timed 200's with a 1-minute rest in under 32 seconds

Running backs must make 6 timed 200's with a 1-minute rest in under 32 seconds

9th grade lineman must make 6 timed 200's with a 1-minute rest in under 42 seconds

9th grade skilled players must make 6 timed 200's with a 1-minute rest in under 36 seconds

The typical in-season schedule*:

Mondays and Tuesdays:

Practice after school - 5:45 pm

Wednesdays:

Varsity Practice after school- 5pm

Jv Practice after school until 5:30pm

Thursdays:

JV Games, Kick-off @ 5:30 pm

Varsity Walk Through after school

Fridays:

Varsity Games, Kick-off @ 7:30 pm

Weight Training: Players are encouraged to enroll in Weightlifting as an elective during the school day.

*Times/Days are subject to change and are set by Coach Gregory. If foreseeable, changes to schedule are typically emailed to parents/students as far in advance as possible to provide for adequate planning time.

2025 Commerce Varsity Football Schedule



<u>Date</u>	<u>Opponent</u>	<u>Location</u>
5/16	Social Circle- Spring	Away
8/8	Alpharetta -Scrimmage	Away
8/15	Wesleyan (Sponsor Appreciation Night)	Away
8/22	East Jackson	Home
8/29	Luella (Public Service Night)	Home
9/5	Madison County (Homecoming)	Home
9/12	BYE	
9/19	Athens Academy	Away
9/26	Elbert County (youth night)	Home
10/3	Rabun	Away
10/10	BYE	
10/17	Oglethorpe County	Home
10/24	Banks County	Away
10/31	PCA (Senior Night)	Home

***= Region Game, All Regular Season Varsity Games Kickoff at 7:30 pm**

2025 Commerce JV Football Schedule

8/21 East Jackson (Away)

8/28 Elbert County (Home)

9/ 4 Buford (Home)

9/11

9/18

9/25 Jefferson (Home)

10/2

10/9 Banks (Away)

10/16 Rabun County (Home)

All JV/9th Grade Games Kickoff at 5:30 pm

PARENT INFORMATION

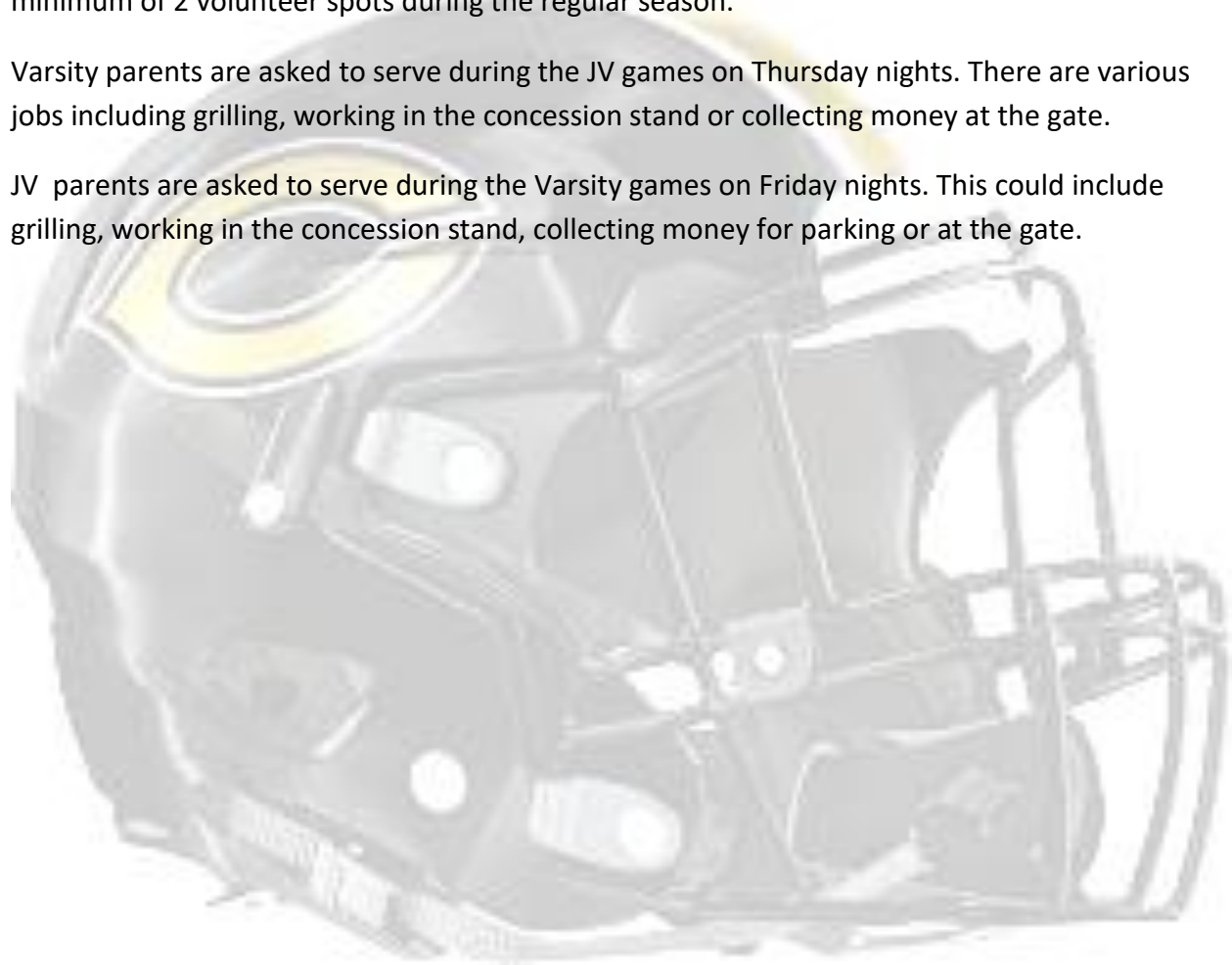
Parent Involvement

It takes an involved community and parents to make a successful program. We are reliant upon YOU to get involved to help make the Commerce football program a Championship football team.

As part of your commitment to making the Tigers successful, each family is required to serve a minimum of 2 volunteer spots during the regular season.

Varsity parents are asked to serve during the JV games on Thursday nights. There are various jobs including grilling, working in the concession stand or collecting money at the gate.

JV parents are asked to serve during the Varsity games on Friday nights. This could include grilling, working in the concession stand, collecting money for parking or at the gate.



Parent Meeting Protocol

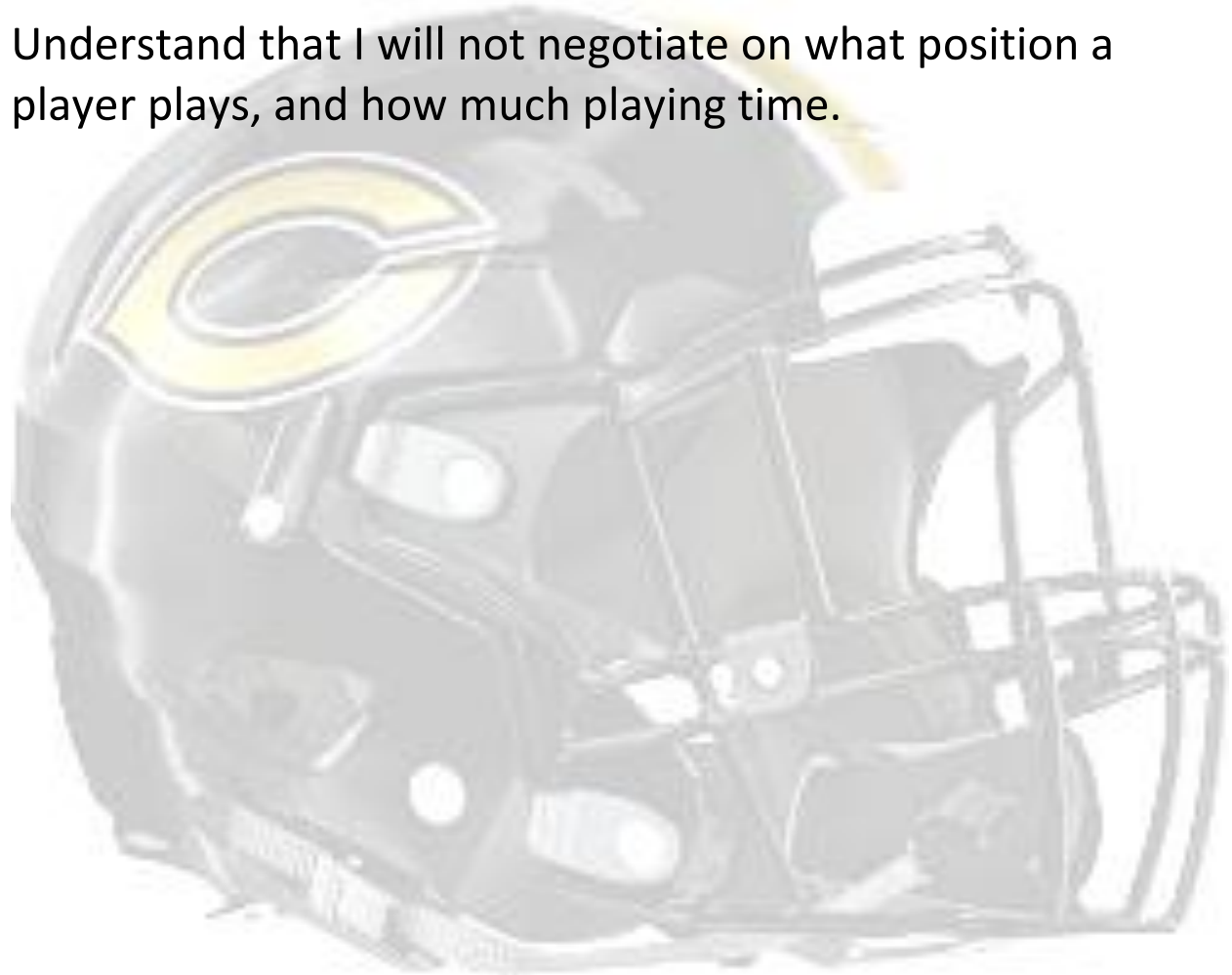
48 Hour rule

Use preventable measures to solve problems before asking for a meeting.

Protocol for setting up meetings

I am always available and willing to listen

Understand that I will not negotiate on what position a player plays, and how much playing time.





The Commerce Touchdown Committee

Mission: Our goal is to build and maintain a respected Championship football program through hard work, dedication, caring parents, players and community involvement.

Vision: Meeting our Program Goals happens through volunteering of our time, talent and money to help create a dynamic environment in which players, students, their families and the community want to be a part of the excitement.

Short-term fundraising goals:

- New equipment
- Water Cows
- New Uniforms
- Field Equipment
- Player Meals
- Video equipment

Long-term fundraising goals:

- Lights on Practice field
- Booster deck improvements

It takes a lot of volunteers to grow and sustain a strong football program. The Touchdown Club is key to making this happen. There are various positions within the Touchdown Club, all of which participate in helping to grow and strengthen the Commerce Football Program.

The Touchdown committee chair assignments are typically designated during January of each year. If you have an interest in serving in a Leadership position or volunteering to chair or work on a committee, please email

Touchdown Committee roles are:

- President - Works with head coach to oversee the entire football program
- Treasurer – Manages all money from fees and fund-raising to game day sales
- Registrar - Organizes all paperwork and contact data to ensure we are compliant with Commerce City School program requirements
- Members at Large - Assists with the functions of the board overseeing the program
- Web Master - Coordinates the website and manages information posted to the website
- Mom's Club Committee - Makes sure the players are taken care of by feeding, transporting and assisting the coaches with different events.

There are multiple Mom's committee volunteer opportunities including:

Role	Description	Duration	Est. Time Commitment	# of Volunteers Needed
Grade Level Reps	These individuals will be responsible for coordinating assignments or volunteers for grade level specific activities as well as the point of contact for the Mom's Club Committee Chair	Full Calendar Year	Once/Qtr ~ 1 hour	1 per grade (Fr, So, Jr.), 2 (Sr.)
Friday Pre-Game Breakfast	These individuals will serve the Varsity Team and Coaches breakfast on Friday's. Food items will be provided by Sponsors &/or The Touchdown Club. Food pick-up, assembly and distribution are needed.	Regular Season (10 games)	Weekly: Friday's early am as breakfast is served at 7:30 am (appx. 1 1/2 hours total per week)	3 Volunteers per week
Varsity Pre-Game Meal	Volunteers will pick up, assemble and distribute Sponsor &/or Touchdown Club provided food items for the players on Fridays before the Varsity games.	Fall	Weekly: Friday's after school. (appx. 1 1/2 hours total per week)	3-4 Volunteers per week
JV Pre-Game Meal	Volunteers will pick up, assemble and distribute Sponsor &/or Touchdown Club	Fall (7 games)	Weekly: Thursday's after school (appx. 1	3 Volunteers per week

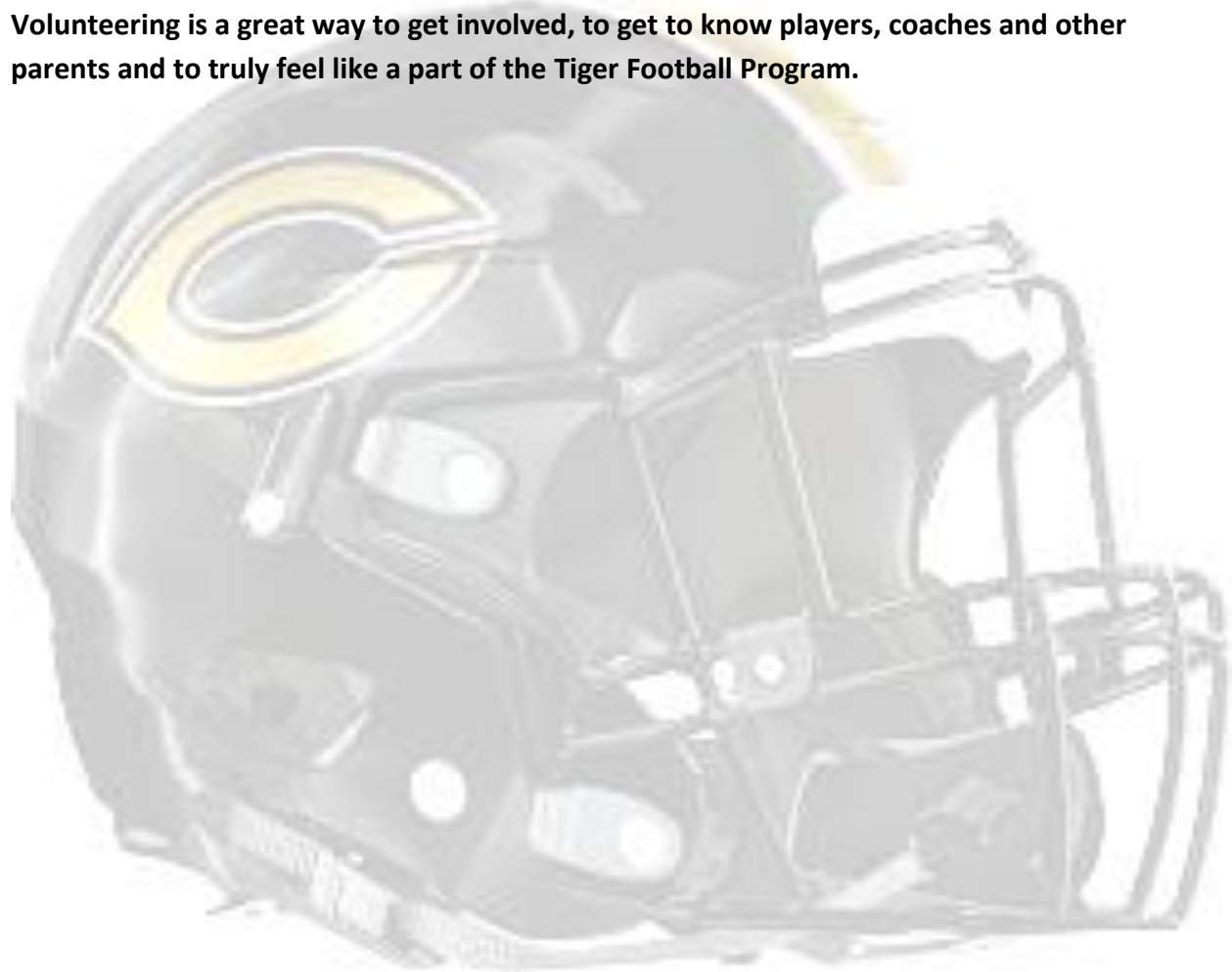
	provided food items for the players before the JV games.		1/2 hours total per week)	
Sunday Coaches Dinners	Volunteers will provide dinner, drinks & paper products in the Coach's office at school on Sunday's at 5:30 pm. The Coaches meet every week to review game film and prep for the coming week from 1-9 pm on Sunday's.	Fall	Weekly: Sunday's at 5:30 pm (appx. 2 hours prep-cook/ delivery)	2 Volunteers per week
Popsicle Tuesdays	Volunteers will provide and distribute popsicles to the players during Spring Ball, August Practices and on special occasions throughout the season.	Through-out the year	Avg. 12 x's (appx. 30 minutes)	2-3 Volunteers per event
Wednesday Night Varsity/Senior Dinners	Senior Moms Only: Volunteers to prepare & serve dinner to the Senior Players. Volunteers work together to provide meal at one location (typically someone's home).	Fall (starting week before the season starts)	Weekly: Wednesday's (appx. 3-4 hours, prep, serving, clean up)	2 Volunteers a week
7 vs. 7 snacks	Volunteers will pick up and pack Sponsor &/or Touchdown Club provided food & drink items to players for their 7 on 7 events and Camps throughout the summer.	Summer	Based on event occurrences (10-12 times). To be completed early in day so everything is ready to go to events.	2 Volunteers per event
Banquet	Volunteers will help decorate, serve & clean, before, during & after the Banquet. Decoration volunteers will likely have some commitment prior to the day of the Banquet.	January	One time event; various time commitments	10-12 Volunteers
Fall Kick-Off BBQ	Volunteers to help Cook and feed The Boys night before the start of the Camp	July 31	One time event	2-3 Volunteers

Additional volunteer opportunities also include:

1) Team Photographer (s) – Varsity & JV

2) Clean up Day – 2 Volunteers to organize a work day to focus on beautification of the Stadium and other parts of the facilities not supported by the school system. We will be asking for all players and parents to participate in this event. Typically held 2 weeks before school starts, on a Saturday. Includes stadium clean up, spreading pine straw, hanging sponsor signs, painting, etc.

If you would be interested in any of these opportunities, please contact Coach Gregory. **Volunteering is a great way to get involved, to get to know players, coaches and other parents and to truly feel like a part of the Tiger Football Program.**





2025 Commerce Football Committee Contact Information

Role	Name	Contact Info
Head Coach	Lenny Gregory	678-414-6420
President		
Treasurer		
Registrar		
Moms Club		
Website and social media		
Short and long-term planning		
Marketing		

COMMERCE FOOTBALL COMMITTEE

