



**DOWNINGTOWN
FOOTBALL**

2026

Season



2026 SEASON

- **What the Program stands for**
- **DEFA Volunteers**
- **Fund Raising**
- **New Calendar**
- **Hazing**
- **Team Camp**
- **Get Involved**

MODEL PROGRAM

This is our objective for this year and every year. It starts with myself and our coaches.

We hope to model what a “**First Class Program**” looks like and acts like to your sons. The last part of this large objective is participation from the parents in the form of support both in the home and in the stands.

DOWNINGTOWN FOOTBALL

- GOAL

- To Win on Friday Night
- Practice
- Weightlifting
- Film Study (Meeting)

- PURPOSE


- Develop a culture driven program grounded in F.A.T.
- To help players to become the best version of themselves

TRANSFORMATIVE VS. TRANSACTIONAL


If we are not aware of our purpose and if our goals are not in alignment with our purpose...then winning becomes the **purpose**

Character is learned; therefore, it can be taught. But it can't be learned if it is not modeled.

Our purpose to help young men become men of empathy and moral courage who will lead; be reasonable; and develop a noble cause beyond themselves.



Our definition of Success: In 5 & 10 years players become respectful good men, fathers, husbands, and members of their community.



Our Measure of Success: we measure success daily as we coach and model our transformative purpose while inspiring our young men to do better.

MISSION STATEMENT

GOALS VS PURPOSE

Goals have a beginning and end...Purpose doesn't. Purpose is what we live for.

Today's Culture says the outcome on the scoreboard is the reason why we play the game. Yet the potential for something more meaningful is possible if we can see more than the value of the win. We want our guys to show up, with their teammates, fight through adversity, and develop character. We want & expect learning to come from our guys playing experiences.

DOWNINGTOWN CORE VALUES

BAM (BE A MAN)

Family

Platinum Rule:

A man treats
others with
respect and
Dignity

Accountability

If you are on- Time you are late:

A man stands
on his own
two feet

Toughness (GRIT)

No BCE:

_A man takes
responsibility
for himself and
lives with the
consequences

PROGRAM RULES VS STANDARDS

We do not have rules we have standards.

Rules ... one of a set of explicit or understood regulations or principles governing conduct within a particular activity or sphere.

Standards ...a level of quality or attainment. An idea or thing used to measure, norm or model in comparative evaluation.



CULTURE COACH

CULTURE COACH

- Reinforces our Core Values
- Leads Fellowship before game
- Provides additional role model who is focused on the student
- Available for all players to confide in

F.A.M.I.L.Y.



Trust



Tradition



Sacrifice

1. No Tolerance for Bullying
2. You are responsible for your own equipment
3. Know all your teammates name
4. Overall attendance >92%
5. Offer rides to practice to teammates who may need it.

ACCOUNTABILITY

- **Pride**

- **Confidence**

- **Integrity**

1. Hold ourselves & each other accountable
2. Make all lifts during in-season sports
3. Be prepared to lift/practice
4. Listen to Hear
5. 100% on all fund raising

TOUGHNESS

GRIT

- **Effort**

- **Finish**

- **Resilience**

1. No Excuses
2. Allow our actions to speak for us
3. Keep the Main thing the MAIN thing
4. Don't be hurt; take care of yourself; see trainer if needed
5. No pre or post snap penalties

ALUMNI



Mike Vigilante

Senior 2007

“Never again will you be in an environment with people so vested in your success”



Lucas Restrepo

Senior 2011

“I think playing at Downtown directly effected my career in getting my PhD in Biomedical Sciences” I learned discipline, effort, and metal toughness”



Brian Lang

Senior 2005

Being a Cougar is a lifelong commitment. Honor that commitment every day and cherish the moments. There are a lot of people who support you and will follow the continued success of the program.

GRIT

The more students accomplish, the more confident they become. In their extracurricular activities, students will learn how to work hard, have fun, and work to an end.

This establishes a strong foundation and instills confidence to help them advance in the future

Prolonged involvement in extracurricular activities will help prepare your child for their post high school and professional future. Armed with these advanced skills; they can overcome obstacles in the future and achieve success and happiness.



WT ROOM

WHY PLAY HS FOOTBALL



Downingtown

Play in front of a large crowd of people who care about High School Football



With Guys you known forever

Play with guys who you grew up with and who will be your lifelong friends



Invested win your success

Be part of a group that honors your commitment to the program and to each other



PROGRAM NOT TEAM

MULTI-SPORT ATHLETES

- WHY YOU SHOULD PLAY

1. Improves athleticism
2. Improves GRIT
3. Improves competitiveness
4. Prevents “burnout”
5. Make **DOWNINGTOWN** better in all sports

- WHY KIDS PLAY ONE SPORT

1. Told by “CLUB” coach it will help get a scholarship
2. Selfish, uniformed coaches
3. Club teams needs to financially prosper and your son is helping them do that

MULTIPLE SPORT ATHLETES

Coach Matta supports all sports at Downingtown East. There have been numerous players in our 20 plus years that played multiple sports including both my sons and both of my daughters. This also includes all four of the former players that played in the NFL.

Anyone who tells you different is misrepresenting the facts. I would take that into consideration in evaluating that persons reliability...and we all know you can not rely on the unreliable.

MULTIPLE SPORT ATHLETES



Lacrosse

Brody Wilson Captain; Lax
at Yale; Sanders Healy Lax at
Townson



Track

Danny Chisena
Track/Football at PSU



2022 Captains

Tremendous leaders of our
2022 team all played a
Spring Sport

2023-2024

THREE SPORT CHES-MONT CHAMP

PAC MAN



COMMUNICATION

Communication with Coach Matta

- Available anytime to talk about your son(s) or daughter

What is appropriate?

- Anything that I can be of help with. Grades; job; letters of recommendation. Tutor suggestions; etc.

What is not appropriate?

- Playing time; what position; team/game strategies

ADDITIONAL COMMUNICATION THOUGHTS

Please consider calling me or talking to me in person rather than e-mail...especially if you are angry. (I am intentionally short in reply)

Do not approach me 30 minutes prior or after a contest with any concerns.

When possible it is best to talk in person if there are concerns do not go through third party ...most, if not all, large concerns can be eliminated with face to face communication.

It is not helpful to post your complaints or grievances on our page or for that matter anywhere. Please exercise a little discretion.

DEFA VOLUNTEERS

- We need to get more people involved
 - Plenty of opportunities
 - Great way to be with your son
- Alumni Outreach
 - Must have help
 - Spring Social
- Social Media Person
- Youth/Middle School Liaison
- Fresh Ideas



D-TOWN FOOTBALL

2026 OFF-SEASON FRESHMAN

WORK OUT SCHEDULE

ALL DATES & TIMES SUBJECT TO CHANGE



WEEK / DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 2-2 APRIL 27-MAY 1	STRONG			LIFT		TBD	
WEEK 2-3 MAY 4-8	STRONG			LIFT		TBD	
WEEK 2-4 MAY 11-15	STRONG			LIFT		TBD	
WEEK 2-5 MAY 18-22	STRONG			LIFT		TBD	
MINI CAMP MAY 26-29	NO SCHOOL	MINI CAMP				OFF	
WEEK 3-1 JUNE 1-5 (AFTER SCHOOL)	STRONG		LIFT	GRAD/OFF		OFF	
WEEK 3-2 JUNE 8-11 (AM)	LIFT		STRONG			OFF	
B&G CAMP JUNE 15-19	9:00AM-2:00PM	9:00AM-2:00PM	9:00AM-2:00PM	9:00AM-2:00PM	9:00AM-12:00PM	OFF	
WEEK 3-3 JUNE 15-18 (AM)	LIFT		STRONG			OFF	
WEEK 3-4 JUNE 22-25 (AM)	LIFT		STRONG			OFF	
WEEK 3-5 JUNE 29-JULY 2 (AM)	LIFT		STRONG			OFF	
WEEK 3-6 JULY 6-9 (AM)	LIFT		STRONG			OFF	
OFF JULY 13-26	JULY 13-16 TEAM TRIP		JULY 13-16 TEAM CAMP			OFF	OFF
OTA's JULY 27-31	LIFT (AM)		LIFT (AM)			OFF	OFF
OTA's AUG 3-7	LIFT (AM)		LIFT (AM)			OFF	OFF
HEAT CAMP AUG 10-14	MON - THURS 4:30PM - 7:00PM				GOLD CARDS	OFF	
SUMMER CAMP AUG 17-21	MON - THURS 4:30PM - 7:00PM				AM ONLY	OFF	OFF

IMPORTANT NOTES



AFTER SCHOOL STARTS 3:00



AM STARTS 7:15 UNLESS INDICATED OTHERWISE

IMPORTANT DATES



JULY 28
GOLD CARD HAND OUT



AUGUST 14
MOM'S CLINIC 5:00 PM



AUGUST 15
GOLD CARD BLITZ



AUGUST 20
FAMILY SOCIAL



AUGUST 21
1:00 TEAM PICTURES



AFTER SCHOOL STARTS 3:00



AM STARTS 7:15 UNLESS INDICATED OTHERWISE

DOWNINGTOWN
FOOTBALL



BLUE AND GOLD

CAMP
FOR BOYS & GIRLS
GRADES: 1 - 9

Starts
JUNE 15 - 19
2026

Time: 9AM - 2PM
9AM - 12PM FRIDAY

Location: DOWNINGTOWN EAST
HIGH SCHOOL



Cost
\$150
\$35 for
lunch

What to bring:

- ✓ Cleats or Sneakers
- ✓ Water bottle
- ✓ Sunscreen
- ✓ Hat
- ✓ Lunch



*paying for lunch not re
can bring own lunch

Registration Link QR
downingtownteastfootball.co

BLUE GOLD CAMP

BLUE & GOLD FOOTBALL CAMP

- **Blue & Gold Camp**

- June 15th through June 19th
 - Graduation Project
- Want 300+ campers
- 100% profit to DEFA
- Players also can work the camp
 - Great way to get the word out about our Program
- Ideas on how to make it better?



DOWNTOWN FOOTBALL 2026 Spiritwear



<p>A 65171 PC50P</p> <p>Revel Adult / Post & Company Sublim-T-Shirt Color: Black Size: Youth-M, XL, 2XL, 3XL, 4XL, 5XL, 6XL, 7XL, 8XL, 9XL Decoration Method: Screen Printed</p>	<p>B 6546 6546B</p> <p>Olden Ultra Cotton Long Sleeve T-Shirt Color: Royal Size: Youth-M, XL, 2XL, 3XL, 4XL, 5XL, 6XL, 7XL, 8XL, 9XL Decoration Method: Screen Printed</p>	<p>C 65161</p> <p>Under Team Icon Fleece Hoodie Color: Black Size: Youth-M, XL, 2XL, 3XL, 4XL, 5XL, 6XL, 7XL, 8XL, 9XL Decoration Method: Screen Printed</p>	<p>D 1436</p> <p>Budger Performance Fleece Hooded Sweatshirt Color: Gold Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Screen Printed</p>		
<p>E 5190M</p> <p>Revel Del Power Open Bottom Sweatpants Color: White Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Embroidered</p>	<p>F FLMP</p> <p>Parment Flannel Pants Color: Black/White Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Screen Printed</p>	<p>G 4119</p> <p>Budger B-Core 10" Shorts w/Pockets Color: Black Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Screen Printed</p>	<p>H NDC0163</p> <p>Nike DriFIT Micro Pique 2.0 Polo Color: Black Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Embroidered</p>		
<p>I 220</p> <p>Paragon Reborn Performance Hooded Long Sleeve T Color: Royal Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Screen Printed</p>	<p>J CT10206</p> <p>Carhart Midweight 114-Zip Mock Neck Sweatshirt Color: Heather Grey Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL, 5XL Decoration Method: Embroidered</p>	<p>K 516176</p> <p>Under Armour Heats 5.0 Backpack Color: Black Size: Youth-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Embroidered</p>	<p>L 511</p> <p>Richardson Garment-Washed Trucker Cap Color: Royal/White Size: Youth-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Embroidered</p>		
<p>M</p> <p>Paragon Peeking Kwik Foam Hat Color: Black/Gold Size: Youth-S, M, L, XL, 2XL, 3XL, 4XL Decoration Method: Kit</p>	<p>N DT1311</p> <p>District Women's Perfect Fit Fleece 10-Zip Pullover Color: Royal/Fox Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL, 5XL Decoration Method: Embroidered</p>	<p>O 5443</p> <p>Parment Women's Curve Bottom Crew Sweatshirt Color: Black Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL, 5XL Decoration Method: Screen Printed</p>	<p>P DM1903</p> <p>District Women's Perfect Blend CVC V-Neck Tee Color: Heather Royal Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL, 5XL Decoration Method: Screen Printed</p>		
<p>Q 220</p> <p>MV Sport 480 Pro-Warm Hood Color: Charcoal Size: Adult-S, M, L, XL, 2XL, 3XL, 4XL, 5XL Decoration Method: Tackle Ink</p>	<p>PLACE ORDERS ONLINE AT: bandesportswear.chipply.com/DowningtwnFootballSpiritwear</p>			<p>OR SCAN QR CODE</p>	<p>GO COUGARS!</p>

GEAR

PLACE ORDERS ONLINE AT:

bandesportswear.chipply.com/DowningtwnFootballSpiritwear

OR SCAN QR CODE



GO COUGARS!



DOWNINGTOWN EAST FOOTBALL



Pride in the Program

TEAM * GAME DAY * VOLUNTEER * JANEL PETRUCCI MEMORIAL * 2025 SPONSORS * BLUE & GOLD CAMPS AND CLINICS * HONOR & TRADITION * EVENTS & FUNDRAISERS * RESOURCES

A TRADITION OF EXCELLENCE

8 CHES-MONT
CHAMPIONSHIP
TITLES

8 PIAA DISTRICT 1
CHAMPIONSHIPS

29 LEAGUE
CHAMPIONSHIPS

100+ YEARS OF
EXCELLENCE

**ONE TEAM.
ONE TOWN.
ONE TRADITION.**

DOWNINGTOWN EAST FOOTBALL

8 Ches-Mont Championship Titles | PIAA District 1

BUILT ON THE PILLARS



HONOR
& TRADITION



TOUGHNESS
& ACCOUNTABILITY



COMPETE
EVERY DAY



ACADEMICS
MATTER



COMMUNITY
& FAMILY

OUR MISSION

Develop young men of character through football. In the classroom, in the community, and on the field.

*PRIDE.
TOGETHER.
TRADITION.*



UPCOMING EVENTS

Blue & Gold Camps & Clinics
Season Kickoff
Fundraisers
Community Events

VISIT OUR WEBSITE FOR DETAILS!

GET CONNECTED

Downingtown East Football
 @DET_Football
 @det_football
 www.deteastfootball.com

*GO
COUGARS!*

WEB PAGE

CONCUSSIONS

New helmets
(within last two years)

Correct Protocol for reporting Concussion

Trainer

Correct coaching technique

Stronger and fitter

Start with our TRAINER...not school Nurse!!!

IMPACT TESTING

Be at practice

Be at lifting

HAZING

1

Absolutely ZERO
tolerance

**Cheltenham High
football program faces
overhaul after
investigation.**

- Hair Cuts etc.

2

Hazing
(Initiation) is
for “False
Tough Guys”

MISC. THOUGHTS

- Get involved
- Cafeteria
- Communication
- Listen to HEAR not RESPOND
- No excuses or explanations
#No BCE
- Most information can be found
on the DEFA website.

