Football Players and Parents,

I realize that the summer is still in front of us, but it’s time to start looking ahead to some important football dates. I encourage both the players and parents to read this letter.

1) **The weight room** will be open every Monday-Thursday from 7:30 - 9:00 in the morning, and Tuesday and Thursday evenings from 6:00 – 7:30 starting on July 2 (closed July 4). I encourage everyone (any grade) to attend.

2) **Equipment pickup --- July 29 & 30 (6:00 p.m. – 7:00 p.m.)** All JV and Varsity players may pick up their football equipment on Monday, July 30 (6:00–7:00 PM) or Tuesday, July 31 (5:30–7:00 PM). Modified football players may pick up their equipment on Tuesday, July 30 (5:30 – 7:00) in the locker room. If you cannot make these dates or times, I will pass out equipment the first night of camp (Wed., Aug. 7) from 5:00 – 6:00 p.m.

3) **August 7 – August 9 Football Mini-Camp (grades 7 – 12) at Cambridge (6:00 - 8:00 p.m.)** This camp will be offered to all players grades 7 – 12. The camp will give the players and coaches an opportunity to review our basic playbook and have a little fun. The cost of camp is $10.00, which will pay for our food and drinks on Friday evening. (If there is a problem with the money, please see or call me)

4) **Physicals** Mrs. Lauver will be sending you information with all the details of how to register to be eligible for the first day of practice. You will not be able to participate in practice the first day and will ultimately miss our scrimmage and first game if you are not eligible.

5) **Varsity and JV Practice starts Monday, August 19 at 8:00 AM** We will meet in the weight room at 8:00 a.m. sharp. The first week of practice will be with helmets, practice shorts and practice shirts. If you are wearing new cleats, please bring some old spikes or sneakers to the practice field so you can change, if necessary. **Blisters** become a problem with new cleats, and if not cared for will make practice very difficult. Also, it’s extremely important that you make every practice. If you miss one practice you will not be able to compete in the scrimmage or the first game. Practices will usually go from 8:00–12:00 (Monday – Saturday). If you are going to miss a practice, make sure that I know as soon as possible (a missed day of practice cannot be made up).

6) **Modified Practice starts Monday, August 26 at 9:00 AM** The first week of practice will be with helmets, practice shorts and practice shirts. Practice will go from 9:00 – 11:00. Modified games will be played on Thursdays and will begin as close to 4:00 p.m. as possible.

7) **Scrimmage** will be on Saturday, August 31st at Greenwich. Times of the JV and Varsity scrimmage to be determined at a later date.

8) **First Game** will be on Friday, September 6th at Greenwich, game time 7:00 pm. All Saturday Varsity games will begin at 1:00. All Friday night games will begin at 7:00 pm. JV games will be played on Mondays and will start as close to 4:00 p.m. as possible. Schedules are on the website. JV schedule will be determined just before the beginning of the season.

Doug Luke, Head Varsity Football Coach