

Gentlemen and Parents:

I hope that all are excited for our upcoming season! As we prepare for the football in 2017, I will get out lots of information through our PCR email system. The coaching staff has already been meeting to organize and prepare for the season. In addition, Mrs. Kelli Bethel (mother of Hank '19), will act as the parent liaison for the varsity team. A JV parent will be named later.

All boys are strongly encouraged to attend the spring and summer workouts, however, by MIAA rules, no boy is required to attend the summer training. The reality is, though, that much of our pre-season preparation for the fall will occur during May, June, and July. Commitment has to be a fundamental and foundational principle of our journey together! In particular, the members of the Class of 2018 will need lead us in tone and deed!

All football players should intend to attend workouts unless they are out of town or otherwise constructively occupied (i.e. work, family obligation, etc.). If boys need to miss, they should check in with Coach Tran to receive an off-campus workout schedule. We will be testing during the summer to check on the progress of athletes so that we are on track when camp opens on August 10. Here are the following immediate important dates and times for you to put on your calendars:

### **May 23-May 26**

Spring Workouts

Tuesday, Wednesday, Friday 4-5:30 pm

All boys (classes of 2021 through 2017) interested in participating in football in the fall of 2017 are invited.

### **May 23**

Parent "Meet and Greet" with the coaching staff

Tuesday 5:45-6:15 pm in the McCarthy Room

All interested parents are invited.

### **May 25**

LS/US Football Picnic

Friday 3:15-4:30

Football players from the classes of 2018, 2019, and 2020 are expected to participate if available.

**June 12 - July 28**

Strength and Conditioning Workouts

Monday, Tuesday, Thursday, Friday

Boys may choose the morning or afternoon workout.

Times - 8-10 am or 4-6 pm

During the week of July 3, we will only meet on Thursday and Friday, July 6 and 7.

**June 13 - July 25 (every Tuesday)**

Football Scheme Installations

Tuesday, 6:15 - 8:00 pm

We will not meet on Tuesday, 7/4

**June 15 - July 27 (every Thursday)**

Football installations/competition vs other schools

Thursday, 6:15 - 8:00 pm

We will not meet on Thursday, 7/6

**7/31-8/2**

Classroom meetings, 4:45-5:45 pm

Installation practice, 6:00-8:00 pm

Monday, Tuesday, Wednesday

### **8/3 through 8/10**

#### Dead Week and Start of Mandatory Camp

Starting 8/3 is the "dead" week. No formal workouts or football related installations will take place. Gilman facilities will be open, though, for boys to use at their leisure, during the day.

8/10 is the start of football camp. Attendance is mandatory for all sophomore, junior, and senior boys. Freshmen boys have the option to report to camp on 8/10 or 8/17. Any varsity candidates (regardless of grade) should report on 8/10. Any boy requesting to report at another time needs to communicate directly with Coach Holley.

### **8/10 through 11/17**

#### FALL FOOTBALL SEASON

In general for Varsity players, expectations are that we will gather, in most weeks, five or six days to practice and play. For JV players, the expectation is a five day week. General practice times are 3:50-6:15 pm, Monday through Friday (Fridays and Saturdays vary based on the varsity game schedule). The Varsity may have one overnight, team bonding experience at some point in the season (that is still to be determined; there will be a cost associated with that experience). As we get closer to the fall, more details will be presented about specifics for game and practice schedules from week to week. Attached are the game schedules for the Varsity, JV, and FS teams for 2017.

If there are any questions, please do not hesitate to reach out to me or any member of the coaching staff for further clarity and understanding. I am looking forward with excitement and desire! Looking forward to seeing the boys next week!!

Best,

Coach Holley