



## JULY 2010 UPDATE (7<sup>th</sup> and 8<sup>th</sup> Grades)

Parents and players:

I hope everyone is enjoying your summer.

Since Brett Favre is throwing in the hot Mississippi sun at his old high school, it's that time of the year to give you the latest on our season!

I wanted to remind everyone of some key dates/ activities as we come closer to kicking off the 2010 football season:

1. Our **Junior High youth camp** begins at Carroll on Monday, **July 26th**. We strongly encourage each player to register for the camp, the fee is \$50 and is payable to Coach Bartlett. There is still plenty of time to sign-up. I attached the sign-up form to this email. The high school staff will put in our offense and defense during the 4 day camp. We would like to have as close to 100% participation as possible for this camp. I will begin to contact players who have not registered for the camp in about a week.
  2. **GOOD NEWS:** Our organization will be providing each player a practice jersey similar to the one used by the high school at no cost to the player. If you would like to purchase another one, the cost is \$20; you'll need to let me know the size, etc. by **July 12th**.
  3. We encourage the players to begin conditioning on their own in the month of July. Have your son run, do push-ups, sit-ups, and etc. 3-4 times per week for an average of 30-45 minutes per day. Also lifting weights is also a very good idea to improve strength.
  4. Our tentative **equipment hand-out** will be **Friday, July 30th**. I will firm this up along with the times later this week.
  5. We will be doing our program book fundraiser again in 2010. I will have player sign-up sheets during the equipment hand-out. We ask that each player get a minimum of (5) sponsors for their picture that will be printed in the booklet, each line is \$10. If anyone has a business or knows of a potential sponsor. A full page ad is \$100, and 1/2 page ad is \$50. The proceeds of our fundraiser are being directed at purchasing more new helmets, practice jerseys, shoulder pads, banquet expenses, etc.
  6. A reminder each player is required to have a physical by August 2nd. The last (2) pages must be completed by a doctor, per Ohio High School rules.
  7. Our first day of conditioning is Monday, August 2nd at 6:00 @ Carroll. Plan to arrive around 5:45 and bring plenty of water.
  8. I will send out a voice mail reminder to all registered players about the youth camp, equipment pick-up, and our first formal day of conditioning.
  9. Our tentative calendars, rosters to date, etc. can be found on-line at [www.patriotyouthfootball.com](http://www.patriotyouthfootball.com)
- Thanks for supporting our program.

Frank H.  
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