Football 2019

**Information**

**Practice Date:**

We will begin conditioning practice on Monday, July 29th at 4:00 p.m. (You must be enrolled in school and have turned in a physical and medical release form. They are found on the school web site.)

Friday, Aug. 2nd at 4:00 p.m. will be a pad practice day. Practice times will be Mon. to Fri. 4-8:30 p.m.; the first Sat. (Aug. 3rd) will be a 6:00 a.m. practice. (Full Pads, full contact day)

**Mini- Camp:**

We will hold a mini- camp from July 22nd to 25th all players **must** to attend. The camp is open to all players in grades 6th to 12. Start time is 4:00 and will end at 7 p.m., cost will be $55 and each camper will receive a Tee shirt. We will have former State Championship players and current college players working with the campers on those days.

**Equipment Handout:**

We will handout equipment on Sunday, July 28th, starting at 11:00 a.m. in the gym. You should turn in Physicals and Med. Release forms at that time. Practice Packs information is on Ren-Web and is also available on the BSN web site. The travel shirt, socks and spandex and game shirt is mandatory unless you have spandex (with pads in them) already. The site will open on June 10th and close on June 16th so order your packs by then.

**Weight Room:**

We will have 7 on 7 on Tuesdays and Thursdays from 6:00 till 7:30 all must attend if you plan on playing on the varsity team. The JV players are also welcome to attend.

The weight room will be open all summer!!! You should make every attempt to be in there!! (This does not include 6th and 7th grade, weigh room is optional.)

You need to be wearing your football cleats (white/red) now!!! This will break them in so you will not get blisters.

**Work Hard! Failure to prepare is preparing to fail! “Tradition is in our blood, let’s be State Champions.” –Coach Chapman**