Football 2020

**Information**

**Practice Date:**

We will begin conditioning practice on Monday, August 3rd at 4:00 p.m. (You must be enrolled in school and have turned in a physical and medical release form. The forms can be found on the school web site.)

Friday, Aug. 7th at 4 p.m. will be a pad practice day. Practice times will be Mon. to Fri. 4-8:30 p.m.; the first Sat. (Aug. 8th) will be a 6:00 a.m. practice. (Full Pads, full contact day)

**Mini- Camp: This is subject to change due to Covid-19**

We will hold a mini- camp from July 27nd to 30th all players **must** plan 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: Social distancing practices in effect**

We will handout equipment on August 2nd, starting at 11:00 a.m. in the gym. You should turn in Physicals and Med. Release forms at that time. Practice Packs information was on our school web site under the Football heading with a link to the Johnson and Lamb web site. The travel shirt, game shirt and white pants are mandatory. If you do not have a girdle (with pads in them) already you may want to purchase one as well.

**Weight Room: This is subject to change due to Covid-19**

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, weight 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**