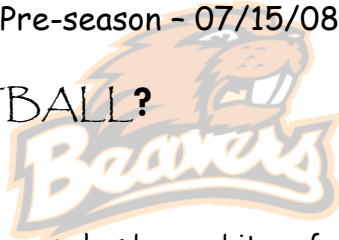


7th Grade Football Newsletter

Pre-season - 07/15/08

Are you ready for some FOOTBALL?

Ready or not, here it comes!



The transition from EBFC to the school program has been a bit confusing. As we get moving along and determine who is playing, we will be able to communicate better. This letter should tell you what you need to know until then.

- ALL PRACTICES WILL BE HELD AT ANKENY MIDDLE SCHOOL up on the hill.
- Players MUST have a completed, CURRENT, physical form and Emergency Medical form in order to participate.
- Players MUST bring their own water/Gatorade to conditioning. The coaches will not have access to the building to provide any.
- Head Coach: Kristian Willets (9 years coaching experience) Assistant coaches will be finalized and then introduced at practice.
- Fast-Twitch performance training will be offered next week to the middle school players if 35 kids will commit to attending. The cost is \$60, per athlete and the sessions will be 7/21 - 7/24 (6:00pm - 7:30pm). This program will help each player prepare for the upcoming season through development of strength, speed, agility, conditioning, and injury prevention. Sign-ups are 7/16 or 7/17 at 5:30pm, immediately following football camp at the high school. Look for a table with the Fast-Twitch sign.

VOLUNTARY (but strongly encouraged)Conditioning

July 31st – August 8th 4:30pm – 7:30pm (Monday – Friday)
August 2nd, 9th - 9:00am – 12:00pm (Saturdays)

Mandatory Pre-Season Football Practice

August 11th & 12th – Helmets Only
August 13th – Helmets & Shoulder pads
August 14th – Full pads
August 15th – Full pads (First Day of Contact)
August 16th – Full pads (9:00am – 12:00pm)

Regular Football Practice

August 18th – 4:30pm – 6:30pm (Monday – Friday)
**Once school starts, Friday practices will end at 5:30.
**No Saturday practices, unless warranted.

A - Schedule

Wed Aug 27 Trotwood
Wed Sep 3 @Miamisburg
Wed Sep 10 @Fairmont
Wed Sep 17 Springboro
Wed Sep 24 Fairborn Baker
Wed Oct 1 @Lebanon
Wed Oct 8 Centerville
Wed Oct 15 @Xenia

B – Schedule

Will be determined at a later date

GO BEAVERS!