GRIZZLY FOOTBALL

“ANGRY RED”

**Dear Grizzly Football Player and Parents,**

Summer is approaching fast and I would like to thank you for being a part of the Labette County football program and hope you are as excited about the upcoming season as I am. I have high expectations of my players as well as my fellow coaches. Here are some things that will be happening during the summer months.

# Summer Weights

Enclosed is a summer calendar. You will notice that we will lift Monday-Thursday. There will be breaks during the summer to give our athletes a break. It is no secret that kids who have been in weight class and summer weights and conditioning are getting bigger, faster, stronger, more disciplined, and mentally tougher than those who have not. It is vital for us to become ONE TEAM and the summer is where that happens. You will also notice that there are 32 available lifting days during the summer months. Please keep encouraging your child to be a part of this. It is great to see these young people excited about becoming a better person and athlete. Please be on time!!! If your child is late, he will be asked to stay and make up what he missed in the next session. (We are trying to teach more than just football) – Be responsible and accountable for your actions!

## Labette County Football Camp

We will our own team camp this summer. The team camp will be held June 24th – 27th from 6:00 –8:30 a.m. Our first camp will for high school athletes in grades 9-12 and will cost $30. On June 27th and 28th.  On July 9th, - 11th we will head to Wyandotte, OK for a padded team from 9:00-11:30 a.m. These camps are vital to our success this season and are a great start to our season. We feel it is important and beneficial for your child to attend, as we will introduce our offense and defense, demonstrate drills to be used during the season, and test each player in several categories. Without your child attendance, they will be behind, making it difficult to catch up with our terminology and multiple formations. The weight room will still be open this week. This will be a great start to our season. **We need 100% attendance!!!**

## Galena 7 on 7 League

We have been asked to participate in a 7 on 7 league in Galena this summer. 7 on 7 is a great opportunity to work on our offense and well as our defense. There are four dates this summer, they are June 4th, 11th, 18th and 25th. This will be at 4:30-6:00 and is a great tool for us! More information will follow.

## Grizzly Lift-A-Thon

We are proud of the work our kids have done in the weight room during the off-season. As a result, we want to “show them off” in public. On July 25th (Thursday) we will be having Grizzly Night! Starting at 6 p.m. we will be holding the football lift-a-thon. This will be held at the high school weight room. We are inviting all parents and the entire public to come see the progress our athletes have made this summer and watch them set new personal records on various lifts. Midway through the summer I will be sending the lift-a-thon chart that your child can use to get pledges. We are asking for a flat donation or at least “a penny per pound”. An example of a 1 cent per pound pledge would be: Mr. Big and Strong had a:

Bench Press 200 pounds

Squat 200 pounds

Clean 200 pounds

Total = 600 pounds

Mr. Big and Strong has raised $6.00 from the person who pledged 1 cent per pound. The money will be used to buy equipment for the football program. Please encourage your child to take part in this and come out July 25th to support them.

## Physicals

We will have free physicals at school on May 6th at the high school during the school day! Have your child pick up a physical packet from the office, fill it out and turn it back in to secure a spot.

There will be another opportunity August 12th-15th from 7-11 am at the high school after weights as well to get them before their season starts.

We have a lot of work to do this off-season so I expect every player to be willing to put the amount of work in that is required of a team wanting to win a championship!!! If you have any questions or concern’s please feel free to call me anytime.

**Thank You,**

**Sean Price**

**Head Football Coach**

**Labette County High School**

**(620) 762-3181 (Cell)**

**CONVICTION**

**VS**

**COMPROMISE**



##### “STRONG CONVICTIONS PRECEDE GREAT ACTIONS”

James Freeman Clarke