

Conant Football February 2009 Newsletter

It is that time of year with scheduling and summer planning already upon us. There are many items that need to be addressed and questions to be answered as we prepare for the summer and this coming season.

Off Season Program – Our off season program has been going well. Our new sophomore lifting sections in PE have been very helpful and we have also had good turnouts of freshmen in our before and after school hours. Our players are making big gains in strength that should pay off in the future. Our weight room hours are Monday, Tuesday, and Thursday before school from 6:45 to 7:45 and after school from 3:40 to 4:45. If your son is not out for a sport, he should be lifting in our program. We have a handbook that explains our strength program in great detail and answers many questions that you may have. Contact me if you have not received one.

Academics – Many of our players have had academic difficulty that will require mandatory tutoring and / or meetings with a coach to monitor progress. Any player that has had less than a 2.0 GPA for a quarter or has failed any of his classes will fall into this category. These academic issues become even more significant as the second semester progresses as they could possibly keep your son from being eligible to play football next fall if these issues are not addressed soon. Feel free to contact me if you have any questions regarding this matter.

Speed Program - Our off-season Speed and Agility program was originally supposed to begin at the start of the 2nd semester. We have decided to hold this off until the Spring sports have gotten under way and the weather has improved to the point that the Spring sports are outside. We do not want to interfere with the Spring sports programs.

Web site – We are in the process of updating and improving our football website. This should be finished sometime in the next few weeks. We will post information regarding the summer program, weight room hours and announcements, and any news regarding the program. You will be able to access this site through the main page of the Conant website in the links section.

Weight Training Classes for the 2009-2010 school year – Scheduling and class selection for the 2009-2010 school year is almost completed. The vast majority of our football players should be scheduled in a weight training physical education classes for next year. We have made improvements to our PE weight training curriculum that will enable us to do a better job of accomplishing our program strength and conditioning goals. These changes include specialized PE sections that will require a waiver form to be enrolled in the class. The purpose of this waiver is to ensure that players and parents are aware that they must remain out for their sport to remain in these special PE sections.

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Summer Program – Our summer program will be run differently this year as the varsity and sophomore camps will be run together. This will enable the best utilization of our staff. We will run a 2 semester program for the varsity and sophomores that will be scheduled as written below. The first semester will be the bulk of our actual football practicing and the most important camp to be at if being at only 1 of the camps is possible. The second camp will be mostly weight lifting and conditioning with some small doses of football practice sprinkled in.

Semester 1

Days – Monday through Thursday

Dates – Monday, June 8th through Thursday, June 25th

Time – Practice from 6:00 AM to 8:00 AM

Weight Training from 8:00 AM to 9:00 AM

Note – This schedule will not prohibit our players from taking an academic summer school course. The weight training portion of the program can be done after school from 1:00 to 2:00 if they are planning to take a summer school academic course.

Vacation / Break - Friday, June 26th through Sunday, July 5th

Semester 2

Days – Monday through Thursday

Dates – Monday, July 6th through Thursday, July 23rd

Time – Practice from 6:00 AM to 8:00 AM

Weight Training from 8:00 AM to 9:00 AM

Note – This schedule will not prohibit our players from taking an academic summer school course. The weight training portion of the program can be done after school from 1:00 to 2:00 if they are planning to take a summer school academic course.

We understand that this time of day can be inconvenient but we feel that it is important to provide a program that does not conflict with the academic summer school and does not conflict with summer programs of other sports. The scheduled time is the best option to accomplish this.

Communication – I want you all to know that you can contact me if you have any questions. I realize that questions arise and you may be unsure about some things. Please, feel free to call or E-mail using the contact information below.

Sincerely,

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