

2018 Garretson Football

We're only a little over 12 weeks from the start of fall camp on August 6th and our first game a short 10 days later in Howard on August 17th. **WE HAVE WORK TO DO!**

One quick announcement:

May 29 (Tuesday) at **6:30pm** in the old gym there will be an informational meeting outlining some possible opportunities for our students that will be offered here in Garretson. PLEASE make an effort to come and hear about the program.

SUMMER EXPECTATIONS: Grades 9-12

We've had numerous athletes get off to a very good start in their preparation for the 2018 season. So far of the 35 boys that mentioned interest in playing, 32 of them have made a workout this week where they have established their maxes on the bench press, squat and broad jump. We will use these measurements to establish their workouts and use them as their baseline to see how much improvement we make over the next 9 weeks prior to the start of fall camp.

Once again we will use "pods" led by upperclassmen who have exhibited strong work ethics and leadership abilities this offseason. The role of these "pod leaders" is to communicate, encourage, and motivate some of our younger athletes in their specific pods. In order to make the biggest impact we can and improve to our highest ability we need kids to make the workouts and if they need to miss the pod leader should always know ahead of time. We will emphasize communication. The athletes that made the workouts last year improved a lot. We added over 2,000 pounds of strength to the team just in the summer phase of our workouts. We need to do that again this year!

Here are the pod groupings:

https://coredocs.s3.amazonaws.com/documents/asset/uploaded_file/167265/2018_Garretson_Football_Pods.pdf

Grades 7 and 8:

We are not looking at requiring our junior high football players to come to our morning strength workouts but they are more than welcome. We will incorporate them into our lifts and exercises and it would be a beneficial experience for them if they do decide to come in.

#SHOWUP

Last year our team motto or hashtag that we focused on was #GETBETTER. For the 2018 Garretson Football Team we are going with #SHOWUP. To #SHOWUP doesn't mean just be at our workouts, team days, practices, meetings, etc. It means to be there with great attitude, ready to learn, ready to contribute, prepared to be coachable and to improve each day. We will have team shirts

coming soon so keep an eye out for your chance to get the official Garretson Football #SHOWUP t-shirt coming soon!

GARRETSON FOOTBALL TWITTER ACCOUNT:

We have an active Twitter © account for our football team and are “Tweeting” often videos and pictures from our summer workouts and practices. Please give us a follow: @BlueDragonFB – it’s worth it!

PARENTS, WE NEED YOUR HELP!

We need a partnership! We need help in assuring that your son is accountable to his teammates and himself when it comes to these workouts. To improve as a team, we need to get better as a team and that means excellent attendance, work ethic and motivation. Simply put, we need you do whatever is needed for them to get to the workouts. If they are there, they will become stronger, faster, more durable and less prone to injury.

We will meet with our football players again to reinforce our expectations in regards to our summer workouts.

Here is the preliminary workout calendar for May and June.

https://coredocs.s3.amazonaws.com/documents/asset/uploaded_file/167264/2018_Garretson_FB_Workout_Schedule.pdf

PHYSICALS:

It seems that every year we are faced with athletes that are not able to participate at the beginning of the season. The first day of fall camp is August 6 and our first game is the following Friday, August 18th. It’s imperative that we are all ready to go from the beginning.

Here are the physical forms:

https://core-docs.s3.amazonaws.com/documents/asset/uploaded_file/141817/2018-2019PhysicalExams.pdf

JULY and AUGUST NO CONTACT TIMES:

From **June 30-July 8** we are not able to have contact with student-athletes meaning no coach-led activities will be planned during this timeframe. Our first official day for workouts is May 30th and the last day for coach-led summer workouts is July 31st.

FALL SPORTS MEETING:

The meeting for all fall sports will be in **AUGUST 1 at 7pm** at the school. All athletes and parents to attend that meeting.

Thanks again for your time and help with the details above. Please do not hesitate to contact me with questions about the information above or anything else that comes to mind.

Have a great day – feel free to come and visit us this summer in the weight room and/or athletic complex to see first-hand what we're doing. We look forward to seeing you all soon.

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