

HENDERSONVILLE HIGH SCHOOL FOOTBALL 2017 SUMMER WORKOUT INFORMATION

1. Weight room schedule- Team workouts
June 1-June 22 (8:00-9:30AM, M, TU, TH). June 25- July 9 is the Dead Period. Work-outs week of kids camp-6:30-7:30am.
Kids Camp June 19-22(8-11AM). You are expected to be at work-outs and practice the entire Summer!!!
2. Summer Camps – You can attend summer football, basketball, wrestling, baseball, F.C.A., church camps. You should understand and make arrangements to attend camp in the month of June (preferably Fridays) to avoid missing July practice.
3. Vacations – You are encouraged to take vacations during the Dead Period (June 25-July 9). **All family vacations or extracurricular trips should be completed by Sunday, July 9. You are expected to be at work-outs, practice on July 10 and every practice through the entire football season.** Your attendance and best effort at practice is vital for our success.
4. Dead Period – June 25- July 9 Once again, we hope you will take your vacation during this time. By rule, your coaches are unable to conduct workouts or open facilities during this time. **You must understand vacations, camps, non-school sports trips should be completed during dead period.**
5. Physicals – **TBA**, Steven Chaussey Fieldhouse. If you cannot be there, it will be your responsibility to get your physical before the July 10 work-out/practice. No player can participate without a physical. Each practice you miss because of this violation will result in some form of discipline.
6. OTA's (organized team activities) begin July 10th- 8-10:30am (helmet, t-shirt, shorts- lifting, running, practice)
Two-a-day practice- Begin July 17, Monday- **PLAYERS- PLEASE BE PRESENT AND ON TIME!**
Morning practice: 7:30A.M. - 10:00A.M.
Evening practice: 4:30P.M. -7:00P.M.-exception- Wednesdays before school starts 3:30PM- 5:45PM----- **We will carpool-older players will be assigned young player to pick up for each practice**
Full pad practices begin July 24th
7. Policy on work – No player, trainer, or manager may miss practice or leave early because of work. Work schedules should be around football practice. If a practice time is changed and practice conflicts with your work schedule adjustments need to be made with your employer.
8. Scrimmages
Siegel- Friday, July 28- AWAY 5:00PM- varsity/freshman
Oakland- Tuesday, August 1- HOME 5:00PM-varsity/freshman
White House- Tuesday, August 8- HOME 5:00PM
Jamboree- East Robertson, Friday, August 11th
9. Equipment – If necessary, players will receive their equipment and locker on Tuesday, July 11. Players that participated in spring practice will be expected to maintain equipment in their locker over the summer time. You are not allowed to take any equipment home for any reason over the summer. If equipment is needed for summer camp, see Coach Hatfield 3 days prior departure. Also maintaining spotless facilities during summer and in-season is required!! Clean locker/locker room (nothing wet in bottom of lockers) shower and washing practice gear daily in-season. **DO NOT SHARE CLOTHES OR TOWELS!!**
10. Team picture day – Saturday, August 5 at 9:00A.M. at the stadium. All seniors are to have their parents present at 8:15 A.M. promptly, at Hazelpath, for senior parent/player shots that will go in the program. If a Senior family **can not** be present on this day, arrangements should be made with Coach Bundy in advance. If your parents would like to purchase or take pictures they may do so on this day. Individual and group pictures for the program and web-site will also be made on this day. Players must have Lifetouch form and check made out to Lifetouch with them this day for purchasing individual photos (forms are available for players in locker room).
11. School calendar dates for Fall 2017 –
Registration/open house: Aug 1,3rd
First full day of school: August 7
September 4: Labor Day WE WILL HAVE PRACTICE ON THIS DAY! Time 8:30am! **DO NOT MISS PRACTICE!!! If you are going out of town make arrangements to be at practice Mon. morning**
October 9-13th- Fall break- no school
FALL BREAK SCHEDULE
October 9th, Monday- OFF
October 10th, Tuesday-practice-8-11AM
October 11th, Wednesday-practice-8-11AM
October 12th, Thursday- practice-8-11AM
October 14th, Friday- OFF
****Players risk suspension from next game or complete dismissal from team if they are not present and on time during Fall break schedule**

12. Commando Cards – Each coach and player will have a group, which will compete against each other. Each player will be expected to sell 30 cards. Players will receive cards by July 17th. In order to maintain a first class football program and facility, this activity is important! These cards are easy to sell and every player should do their very best. Show your **COMMANDO PRIDE!**

Because of the timing of the dead period you are strongly encouraged to stay in shape during these two weeks. Most of you will be on vacation, which we recommend, but you must remain active and strive to stay in top shape. Your coaches will notice the players that make the commitment during these two weeks to run and lift. Will you allow our competition to outwork us during this time? Every athlete needs time away, but this time frame is too close to the start of practice. Enjoy spending time with your family as you strive to maintain top physical condition to be part of something special.

****PLAYERS- we will have training run morning of July14th!



COMMANDO PRIDE