



# SHS INDIANS

## Freshmen Football Program

**WELCOME to INDIAN FOOTBALL.** The information listed below is meant to provide our freshmen parents and players with a way of becoming acclimated to the SHS Football Program. The website [www.shsfootball.net](http://www.shsfootball.net) or the schoolfusion football website are the most beneficial resources for parents and players, especially in the off-season and pre-season months. If you can't find the information needed, contact Coach Lewis for help at [lewisca@staffordschools.net](mailto:lewisca@staffordschools.net).

**Physicals:** Every athlete **MUST** have a physical turned into the coach before they can practice. Physicals must be dated **AFTER** May 1, 2011. The physical must be filled out on the VHSL physical form and complete. Health insurance is required and student athletic insurance coverage can be purchased at a low cost through the school. Forms can be downloaded and printed from the website under **TEAM FORMS**. This physical will be good for the *entire school year*. All players will also need to have an emergency care card and signed hydration form turned in by the first day of practice. Forms can be turned in any time after May 1st. The sooner the better.

**Practice Times:** The Freshmen August Practice calendar is posted on our website under **TEAM FORMS**. We will start on August 15th. August practices will be 5:00pm - 7:30pm Please review the August Calendar for other important information. During the school year, practice time will be 3:00-5:30. Always check the website for updates to the schedule.

**Freshmen Events:** Throughout the spring and summer there will be many events that our players will be involved with. To help eliminate any confusion I have listed the events that we encourage all incoming freshmen players to attend:

<b>SHS Rising Freshmen Football Meeting</b>	May 12th SHS Auditorium 6:00pm
<b>SHS Rising Freshmen Football Camp</b>	June 20th- June 23rd 5:00-8:30pm Cost \$70
<b>Summer Weight Training</b>	Starts 6/27 Every Mon & Wed 6:00-7:30pm
<b>Fall Sport Parent/Coach meeting</b>	July 28th SHS Auditorium <b>MANDATORY</b> 6:00 pm
<b>First day of practice/Tryouts</b>	August 15th

**Team Meals:** To promote a sense of family within our football team we enjoy a pre-game meal together each week before our game prepared by parent volunteers and an end-of-season banquet. To cover the cost of the meals, each player is expected to pay \$50 for the season. Meal Forms can be downloaded from **TEAM FORMS**.

**SHS Football Apparel:** We order in advance, a limited amount of sizes and quantities of football apparel for our players and fans. If you wish to pre-order, your form and payment, must be received by June 27th. Spirit wear forms can be downloaded from our website under **TEAM FORMS**. We will hand out Player packs at the meeting on July 28th. Player packs and spirit wear are optional. On freshmen game days, players are required to wear their game jersey and dress pants to school.

**Vacation Planning:** When possible, the best time to schedule vacation is between June 26th through August 14th. The first day of freshmen practice will be August 15th. Equipment pick up dates will be posted soon. Don't forget to attend as many weight training sessions as possible. Pre-season conditioning is imperative.

**Fundraising:** We ask our freshmen players to participate in fundraising. We sell stadium banners until the end of May. Banner Order Forms are available under **TEAM FORMS**. Each player that sells at least one banner is given a player pack or team jacket. In August, we have a Team Gold Card fundraiser. **Fundraising is necessary to keep up with equipment needs.**