# GRIZZLY JUNIOR HIGH 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. It is great to see these young people excited about becoming a better person and athlete.

## Labette County Junior High Football Camp

We will have our own team camp this summer. The J.H. camp will be held June 24th - 27<sup>th.</sup> From 6:00 to 8:30 p.m. The camp cost is \$30. Make checks out to **Sean Price** for this camp. The high school and junior high staffs will be working with our kids to ensure a great camp experience. 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. The weight room will still be open this week. This will be a great start to our season. We need 100% attendance!!!

## Physicals

There will be an opportunity August 12<sup>th</sup>-15<sup>th</sup> 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 concerns, please feel free to call me anytime.

Thank You,

Sean Price Head Football Coach Labette County High School (620) 762-3181 (Cell)