

Kings Park Football Summer Newsletter

Dear Football Players and Parents,

This will serve as a reminder that the opening of football camp is less than a week away. That's right two-a-day practices begin this Monday August 22nd.

- 1) **Practice Schedule:** **The first practice is from 7:00 a.m. until 10:00 a.m. (All players must be in the locker room and checked in by 6:30 a.m.) **The second practice is from 5:00 p.m. until 7:00 p.m. (All players must be in the locker room and checked in by 4:45 p.m.) The second practice will take place on Monday, Wednesday and Thursday of the first week.
- 2) **The Varsity will play an intra-squad scrimmage on Saturday 8/27/22. This scrimmage will most likely be at 5pm. (More information will be sent out later this week.**
- 3) **For the first morning practice,** the Varsity and the JV are required to wear their helmets with mouth piece, chin strap, and practice jersey, maroon under armour practice shorts and cleats. All players need to have the following items in their lockers by the beginning of the afternoon practice on August 22nd:
 - Extra pair of cleats and sneakers (old ones are fine, if you have a pair)
 - Socks, underwear, shorts and t-shirt(s)
 - A towel
- 4) All Players must have a **Football Notebook or Binder** and pens or pencils with them for each practice for pre-practice meetings.
- 5) All Players must have their **Football Weight Lifting Notebook** (this is a separate notebook from your football notebook/binder) in their locker at all times.
- 6) **Physicals:** If you have not had your physical (must be on the Kings Park School District Physical Form/State Form that can be printed off of the school district website), please have it completed prior to August 22nd and a copy must be provided to Coach O'Brien or you will not be permitted to practice.
- 7) **Football Family BBQ** will be held on Friday August 26th at 5:00 p.m. at the Picnic Area at Callahan's Beach. This is Mandatory for all Middle School, JV and Varsity Football Players and their Family Members that participated in our summer weight training and speed training program.
- 8) **Kingsmen Discount Card Fundraiser** will begin on Thursday August 25th. Each player will sell a minimum of 12 cards at a cost of \$20 per card. This fundraiser is for Middle School, JV and Varsity Football Players. All players will meet on the High School Turf Field to receive their 12 cards at 10am and will have the guidelines explained to them. There is plenty of incentives to earn a free discount card, a free special sweatshirt, Buffalo Wild Wings after a designated practice and become eligible for the Cash Pull.
- 9) Have a great week and Keep Choppin'

Sincerely,

Coach O'Brien
 "Prove Them Wrong" 2022