

## **Kings Park Football Summer Newsletter**

To all Football Players and Parents,

This letter is just to remind you that we will start our summer Weight Training, Speed Training and Practice Schedule this Monday June 26<sup>th</sup>. Just a few reminders:

- 1) Summer Weight Training, Speed Training and Practice Schedule begins' on Monday June 26<sup>th</sup>. (See Your Calendar for times). \*\*\*All players are to be dropped off and picked up each day outside the weight room in the back-parking lot of the High School. All players will enter and exit through the double doors next to the weight room. \*\*\*
- 2) All players are to be at the Weight Room at least 15 minutes prior to your scheduled training time. Remember to bring sneakers, cleats, a towel, plenty of water bottles, workout notebook, pens and wear you're Kings Park Football Lifting T-Shirt (if you don't have one, we will get one to you soon). **In case of bad weather make sure you have extra clothes to change into.**
- 3) On Monday June 26<sup>th</sup> after Speed Training and Weightlifting the Varsity will take all sleds and chutes out of the football container and organize all football pads for Tuesday's practice.
- 4) **Please remind your parents to register for the Touchdown Club.**
- 5) Also, if you have not had your physical for this season, please take care of it soon and please give a copy of it to Coach O'Brien. The school district will be offering a free physical over the summer at the High School in the Nurses Office. I will email the date out over the summer.
- 6) See you on Monday June 26<sup>th</sup>. **"Be the Change" and KEEP CHOPPIN'**

Sincerely,

Coach O'Brien

**“Success Is Never Owned, It Is Rented, and  
the Rent is Due Every Day.”**