

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 on Monday July 1st. Just a few reminders:

- 1) Summer Weight Training, Speed Training and Practice Schedule begins' on Monday July 1st. (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) Please make sure to eat in the morning before you come to your training time.
- 4) On Monday July 1st 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.
- 5) **All parents please register for the Touchdown Club if you have not done so already. (\$25 registration at KPTDC.com)**
- 6) 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 on Thursday August 15th at 10:30am.
- 7) See you on Monday July 1st. **"Block the Noise" and KEEP CHOPPIN'**

Sincerely,

Coach O'Brien

"The Way You Do Anything is the Way You Do Everything."