



2018 Aquinas Blugold Football

To: All boys entering Aquinas High School for the 2018-2019 school year

From: Coach Lee

RE: Aquinas Football

We want you to be part of our team!

There are many opportunities for you as part of our football program. Below is basic information about upcoming events during the summer & for the start of the season.

Summer Speed & Strength This program is for <u>ALL</u> Aquinas students, not just football players.	6:30am every Monday, Tuesday, Thursday & Friday or 3:00pm every Monday, Tuesday, Thursday & Friday Sessions usually last about 1:20 Coach Ross Moline has again organized an excellent program for all of our athletes. We will have several coaches in during the morning sessions, and Coach Ross or Coach Mischelle Lee will be available for the afternoon workout. Football players will be attending the early session. <i>Athletes with drivers licenses will attempt to organize rides for those who are unable to drive to the early sessions</i>	
Football Calendar	Summer Speed & Strength: (Strongly encouraged)	Starts Monday, June 4th
	Contact Days: (Strongly encouraged. We will do basic install & team building)	July 11&12 —Times TBD July 12 will be Leadership Course at Camp Douglas...More info to follow July 16-18 @ 5:30pm , meet at Aquinas
	Passing League: (Optional)	June 14,21,28 & July 12 (see enclosed brochure)
	Youth Camp: (Optional)	July 16-18 @ 9:00am-noon (see enclosed brochure)
	Physicals: (Required every 2 nd year)	Time & Date TBD by AD Mr. Schneider Volunteer physicians have done this free of charge. <u>Most Freshmen likely need a physical.</u> School policy dictates that athletes must complete this before any team activity.
	Parent Meeting (Required for at least 1 parent/guardian)	Time & Date TBD by AD Mr. Schneider Aquinas Theater—Parents are required to attend this informational meeting about school and team policies.
	Team Meeting & Equipment Handout: (Required)	August 1 @ 9:00am, meet in the Aquinas locker room Dress: shorts, t-shirt, gym shoes for lifting & running We will meet, distribute equipment and initiate out weight room routine, then break for lunch and return for practice *Players are expected to be in attendance from this date until the end of the season
	1st Day of Practice: (Required)	August 1 @ 3:30pm-6:30pm, Aquinas locker room You will need cleats & shorts. Jerseys & mouth guards will be provided. You may want to consider purchasing football compression shorts with built in hip, thigh, and tail pads. Some players feel these are a better fit and allow for more mobility. These are available at sporting goods stores and can be found online. If you don't want to do this, we have good protective equipment that can be placed into our practice & game pants.
Follow Blugold Football	Website: www.tinyurl.com/blugoldfootball Facebook: https://www.facebook.com/AquinasBlugoldFootball Text Updates: text: "@blugoldfb" to 81010 (all players & parents should sign up to receive updates from Coach Lee)	

All Blugold football players will begin practice at the same time.

For the 2018 season we will have a separate Freshman team. We will also have a few games where we will play JV competitions in which we combine some Juniors & Sophomores with our Freshmen in order to develop all of our players and reward them for their practice efforts.

Please contact me if you have any questions: lee_thomas_j@yahoo.com