

Summer, 2020

Saints,

Football season is upon us!



I am excited to get things rolling and prepare for a successful 2020 season. Success for any high school athletics team begins in the same place, the weight room. The weight room on campus will be open throughout the summer. If you are a local student, we will arrange a time to get as many football players working out together as possible. For students unable to get to campus over summer break, a workout schedule will be made available to you. During Camp, athletes will be maxing out in squat, bench and deadlift for the chance to receive a coveted "Saint's Lifting XXXlb Club" t-shirt. Come prepared!

When making decisions this summer remember, student-athletes take on the responsibility of being representatives of our school and are expected to act accordingly; drinking, smoking, drug use or any other illegal behavior will not be tolerated.

Athletes will report to Camp Sunday, August 9th at 3 PM. We will be having a short meeting with athletes and parents in the Annex at 4:30 PM. Practice will begin on the morning of August 10th.

A COMPLETED MSHSAA PHYSICAL FORM, MSHSAA ANNUAL FORM, IMMUNIZATION FORM, A COPY OF HEALTH INSURANCE CARD AND ENROLLMENT COMPLETED IN BLACKBAUD ARE REQUIRED TO PARTICIPATE IN PRACTICE!

The first week of camp will be from August 9-14. During this week, athletes will stay in the Annex attachment to Weis Gymnasium as a team. The second week of camp, August 17-21, classes will be meeting with abbreviated times to allow practices.

The cost for Camp will be \$110 (this includes 5 days room and board (\$100) in the Annex as well as team t-shirt (\$10).

You will need the following when you come to Camp:

- Running Shoes
- Cleats
- Haircut (helmets will be passed out the first day of camp. If your hair is too long it will not fit correctly.)
- Mouthguard (available for \$1)
- Pillow and blankets
- Towel
- Something to sleep on as the Annex floor is concrete and not particularly comfortable (air mattress or army cot.)
- Plenty of socks, underwear, athletic shorts, and t-shirts.
- Hygiene material (deodorant, body wash, toothbrush, toothpaste, etc.)

Looking forward to a great season.

In His Service,

Coach C. J. Gifford