

Reminder Letter Football

July 25, 2012

Dear Cardinal Athlete,

I hope that you are enjoying your time away from school. It is, however, time to begin to think about the start of a new school year. Your coaches are looking forward to the 2012 football season, and hope that you share our enthusiasm. We have hired two new football coaches who will immediately make a positive impact on our 2012 program. Your coaches are very excited about what this year has the potential to be.

Football two-a-day practice formats have been altered by UIL regulations to acclimate athletes to the warm weather conditions of August and September. **We will begin on Monday, August 6 at 8 am.** The first practice will last approximately three hours, and we will take a two hour UIL mandated break between the two practices (once we are in pads). We anticipate that your practice day should be over by about 2:30 acclimation periods and 4:30 pm pad days. You are encouraged to bring something to drink and to eat for the break between the practices (**parents will not provide snacks**). The second practice of a 2-a-day workout will be conducted in a walk-thru format. Please be advised that we will have one practice on Saturday, August 11th. This practice will begin at 8 am, and it will last until approximately 9:45 am. Please note that each incoming freshman and junior must have an up to date physical on file. If you did not get one this past May when we traveled to Trinity Mother Frances, then you should see your family physician and get one before August 1.

For the seniors, this is the end of your high school career. You must begin to display leadership by preparing your body for the heat, and being prepared physically when practice begins. In addition, you must ensure that your teammates do, likewise. If you haven't started, the time is now to **begin a regular routine of lifting and running**. We all need to remember **"The future belongs to those who prepare for it"**.

Dates to Remember:

Wednesday, August 1	1pm	Senior locker/equipment assignments
Thursday, August 2	2pm	Junior locker/equipment assignments
	3pm	Sophomore locker/equipment assignments
	4pm	Freshman locker/equipment assignments

(Please come by the field house to receive your locker assignments at the above listed times. Also, if you are unable to come by on Wednesday, your coaches will be available to issue lockers on **Thursday, August 2** from 1pm – 4pm.)

Monday August 6	1 st day of practice (8am-4:30pm)
Tuesday August 7	Parent Meeting for Varsity-Junior Varsity football 9-12 (6:30 Auditorium)
Friday August 10	1 st day of Pads
Friday, August 17	Scrimmage vs Elkhart (6:00pm)
Thursday, August 23	2 nd Scrimmage vs. Winona (6:00pm)

If you have any problems or concerns, please contact me:

903 452-7781 (cell) 903 984-7266 (coaches' office) mcomfort@sabine.esc7.net

Sincerely,

Coach Comfort
Head Football Coach/Athletic Director

"Cardinal EDGE!"