

**WELCOME!** Thank you for being a part of the SJB Community and our Football Program. Here is a comprehensive list of important dates for the summer time regarding **WEIGHT TRAINING, PRACTICES,** and **SUMMER CAMPS** along with our **PRE-SEASON START DATES/TIMES** for all levels. Please see the second sheet for Registration Day information

### **Summer Activities:**

#### **1. MORNING Practices and OUTDOOR lifts**

##### **a. 7:30-9:00am practice- 9:00am-10:00 lift**

- **Rising 10,11,12<sup>th</sup> grade players are permitted to practice AND lift**
- **All grades are permitted to come for the lift**
- July 2,
- July 9,11
  - **July 15-19 is our 1 week summer camp so there are no morning practices**
- July 23,25
- **Week of July 29 – NO Morning Practices**
- August 6, 8
- August 13
- DEAD time from the 8<sup>th</sup> until August 16<sup>th</sup>

#### **2. SUMMER CAMP July 15<sup>th</sup>-19<sup>th</sup>**

- **SJB Summer Football Camp July 15– July 19: (4<sup>TH</sup> - 12<sup>th</sup> graders)**
  - a. This camp is a combination youth / high school prep camp to teach the St. John the Baptist Offensive and Defensive schemes for one week from 9:00 am - 2:00 pm. All current and future SJB Football players up through rising seniors are strongly encouraged to attend along with non-SJB youth players. 631-587-8000 x164 for info

#### **3. Summer Evening Weight Room Hours – July 8 – August 8<sup>th</sup>**

- Monday through Thursday Evenings from **6:00-8:30pm (Enter on west side of the building directly across from Good Sam through the ground level glass doors near the loading dock.**
  - Ends on August 8<sup>h</sup>

### **Registration Night and Official Start Dates on the**

### **Following page**



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# SJB Cougar Football

## Important Summer Dates 2019

### REGISTRATION & EQUIPMENT – Saturday, AUGUST 17, 2019

Players must attend with a parent/guardian to hand in paperwork

11<sup>th</sup> and 12<sup>th</sup> Graders: 8:00 in the Cafeteria

9<sup>th</sup> and 10<sup>th</sup> Graders: 9:00 in the Cafeteria

- On this day we will be taking care of all of our Administrative Responsibilities such as:
  - a. Distribution and Collection of Blue Cards
    - a. An updated physical must be taken care of prior to this date (physicals are valid for 1 calendar year)
  - b. Player/Parent Contracts
  - c. Cougar Parents Explanation
  - d. Collection Sport Fee (please bring your check book or Cash)
  - e. Equipment handout and lockers

**Summer MANDATORY IN-SEASON Schedule:** (Players attendance is required in order to scrimmage and play in week 1)

**August 19<sup>th</sup> - August 31<sup>st</sup> (Sunday's OFF)**

**1:30-3:30**

**Lunch 3:30-4:45**

**5:00-7:00**

Please enjoy your summer,

Phil Alba  
Head Football Coach

