

Winters Mill Football Newsletter

Freshman Information

Spring 2009

Contact Information

Varsity Coach: Coach Johnson
School #: 410-386-1500, krjohns@k12.carr.org

Youth Football Camp

Students entering grades 6 – 9.
Monday June 22 – Thursday June 25, 6 – 8:45 PM
Winters Mill Practice Field
Cost is \$60. Brochures available in main office.

Weight Room Schedule:

Mon, Wed 6-7 PM, starting July 20.

Prepractice Conditioning/Speed Camp

Date/Time TBD. Pick up registration forms at school in summer.

Practice Schedule

Friday Aug 14, 12 Noon-2 PM. **Organizational meeting for 9th grade.**
Meeting is for players only. Parent meeting will be later in August.
Sat Aug 16 Practice 8 – 10 AM, 1 – 3 PM.
Monday Aug 17 – Monday Aug 24 Practice 3-6 PM.
Tuesday Aug 25 After school practice, 3-6 PM
Practice will be after school every day 3-6 PM weather permitting.

Forms/Insurance Requirement

1. Completed athletic physical exam. form signed by doctor, parent, athlete.
2. Completed emergency med info and field trip form signed by parent.
3. Health insurance information on physical exam form completed.
4. Forms will be available in the main office at school.

Equipment Needed

Football shoes, athletic shoes for indoor, athletic shorts, extra socks, shorts, t shirt, athletic supporter, mouthpiece, lock. All other equipment provided by school. Bring lunch for double practice sessions.