

# GSIC

## PATRIOTS FOOTBALL

21-22 Season

Folks,

This Spring Training was great! The returning players were still on board with their taught skills and play strategy, we were actually able to gain some ground on the upcoming season already!

If your student is interested in playing High School football this coming school year, please note the few items listed below to ensure they will have no eligibility issues and are healthy and ready for football's summer conditioning and practice;

- 1) The report card they get in May will determine the Academic eligibility for the upcoming football season. Please refer to the School's policy regarding academics and sports eligibility.
- 2) Summer workouts will begin on Tuesday, June 15<sup>th</sup> from 6-8 P.M. Other summer workouts will be Monday-Thursday 6-8 P.M.. We will not practice the week of July 4<sup>th</sup>-11<sup>th</sup>. ALL State and CDC COVID protocols will be observed during the workouts.
- 3) EVERY player will need to get a physical before beginning summer conditioning, unless the one they have on record will cover them through this coming November. Regarding school sports, a student's physical covers them for one year of athletic participation. Last summer we stressed students getting their physical during the summer, that covered them throughout the entire school year. See Coach Valdez, Coach Lord or Coach K to get the standardized GHSA approved physical form for your doctor to complete.
- 4) Begin hydrating the week before workouts start. Dress weather appropriate and bring your own water. During the summer workouts, each player will need cleats and tennis shoes each day.
- 5) Mandatory training begins July 13<sup>th</sup>. We REALLY NEED ALL players at practice beginning July 13<sup>th</sup> as we will be finalizing players/positions.

Thanks for your continued support,

Coach K