

# Chesapeake Bayhawk Football Newsletter

## 2018 Baltimore County Division II Champions

July 2018

Dear Chesapeake Football players,

I hope that you are enjoying your summer thus far. As you receive this letter, it is approximately two weeks before the first day of Football tryouts. I am already feeling the excitement for the upcoming season as your Head Coach. After the great success of last year's team expectations for this year are extremely high. I hope you are ready to be dedicated and put forth the effort needed to help our program reach the desired goals. If you have been with us training in the weight room, you know that there will be a focus on commitment involved with this program. This is the only way that we will be able to continue having the level of success that has already been attained. Our preseason conditioning program, every Monday, Wednesday and Thursday from 3:00 - 6:00 PM here at school is going well for those who have shown the dedication needed to be successful. Those players participating are showing great improvements in strength and speed. We have one more week of workouts. It is not too late to get a head start and prepare for tryouts. You may turn in your physical form or learn how to register to play on line during these sessions.

**There will be a mandatory meeting on Monday August 6 at 2:00 PM sharp.** On this day, all potential players should make sure to bring their Physical exam form and are fully registered to play. Team policies and procedures guide will be distributed and required to be signed by your parent/guardian and returned to me on the first day of practice. Players will fill out an information card and height and weight will be taken. **IT IS EXTREMELY IMPORTANT TO ATTEND THIS MEETING BECAUSE PRACTICE BEGINS TWO DAYS LATER. The main criteria for making the team this year will be attendance. If you miss any or some of the tryouts dates you may not make the team.**

You will need to get your own football cleats, compression girdle (for two hip pads and a tail pad) and athletic supporter with cup. All other equipment will be provided for you.

### Summer Practice Schedule: Remember early is on time, on time is late!

|                    |            |                          |   |
|--------------------|------------|--------------------------|---|
| <b>Monday</b>      | <b>8/6</b> | <b>Mandatory Meeting</b> | <b>2:00 - 6:00 PM and Equipment distribution in the gym</b> |
| Wednesday          | 8/8        | 1 <sup>st</sup> Practice | 4:00 - 7:00 PM  |
| Thursday           | 8/9        | Practice                 | 4:00 - 7:00 PM  |
| Friday             | 8/10       | Practice                 | 4:00 - 7:00 PM  |
| Saturday           | 8/11       | Practice                 | 4:00 - 7:00 PM  |
| Monday             | 8/13       | Practice                 | 4:00 - 7:00 PM  |
| Tuesday            | 8/14       | Practice                 | 12:00 - 2:00 PM <u>and</u> 4:00 - 6:00 PM*                  |
| Wednesday          | 8/15       | Practice                 | 4:00 - 7:00 PM  |
| Thursday           | 8/16       | Practice                 | 5:00 - 8:00 PM  |
| Friday             | 8/17       | Practice                 | 4:00 - 7:00 PM  |
| Saturday           | 8/18       | Varsity/JV Scrimmage     | 10:00 AM (at Home)  |
| Monday             | 8/20       | Practice                 | 4:00 - 7:00 PM  |
| Tuesday            | 8/21       | Practice                 | 4:00 - 7:00 PM  |
| Wednesday          | 8/22       | Practice                 | 4:00 - 7:00 PM  |
| Thursday           | 8/23       | Practice                 | 4:00 - 7:00 PM  |
| Friday             | 8/24       | Practice                 | 4:00 - 7:00 PM  |
| Saturday           | 8/25       | Varsity/JV Scrimmage     | 10:00 AM (at Home)  |
| Monday             | 8/27       | Practice                 | 4:00 - 7:00 PM  |
| Tuesday            | 8/28       | Practice                 | 4:00 - 7:00 PM  |
| Wednesday          | 8/29       | Practice                 | 4:00 - 7:00 PM  |
| Thursday           | 8/30       | Practice                 | 4:00 - 7:00 PM  |
| Friday             | 8/31       | Varsity Game             | 6:00 PM (at Kenwood)  |
| Monday (Labor Day) | 9/3        | Practice                 | 5:00 - 8:00 PM  |
| Tuesday            | 9/4        | First day of school      |   |

**\*For the double practice day, players are required to stay on campus during the break period between sessions.** Players are strongly encouraged to bring food to eat during the two-hour break. Refrigerators will be provided. Plenty of water will be provided for all practices and breaks.

Nothing worth achieving was ever easy nor was it accomplished without hard work. I challenge you to rise to this occasion and be dedicated enough to be a part of this TEAM. I assure you it will be worth it.

**Please feel free to contact me with any questions! [Coach Junker](#) or call 443-809-0029.**