

## 2010-2011 FRESHMAN FOOTBALL INFORMATION

SPORTS FAIR – May 5 at 6:00 in the main gym

Physicals (in the training room) begin at 5:30 for \$20 (please make checks payable to: LBHS)

### PARTICIPATION REQUIREMENTS:

Summer workouts begin Monday, June 21 at 3:30. Workouts will be Mondays, Wednesdays and Thursdays from 3:30 until 5:00 pm. We will start at the Blue Gym for weight training and finish on the field with agility and conditioning. Summer workouts end on July 23.



ALL PARTICIPANTS MUST HAVE A CURRENT SPORTS PHYSICAL ON FILE IN THE ATHLETIC OFFICE PRIOR TO PARTICIPATING. You must have your ATHLETIC EMERGENCY CARD stamped by Mrs. Duncan (Athletic Secretary, Bldg 1) and take to the coach the first time you go to weight training or conditioning.

FALL PRACTICE WILL BEGIN ON AUGUST 9 – IT IS VITAL THAT YOU ARE READY TO PARTICIPATE. Week of August 9, players will participate in “two-a-day” practices. School begins on August 16 with after-school practices only.

The first freshman football game of the season is September 1 – all eligibility requirements must be met **before** that date in order for the athlete to participate in the game.

## PLEASE SEE “Top Ten Things to Know About LBHS Athletics” AND REVIEW ALL THE INFORMATION

### Important Freshman Academic Requirement:

Incoming freshman must have been **PROMOTED** from the 8<sup>th</sup> grade, not **“ASSIGNED”**. This distinction is made at the middle school. Assigned students may practice (coach’s decision), but cannot be made eligible to play in any contest until grades are completed for the first semester and they meet the 2.0 grade point average requirement.

Freshman athletes that **do NOT** make a 2.0 GPA for the first semester, may complete the FHSAA EL5 Academic Performance Contract (on web-site) and turn it in to Mrs. Kelly, Athletic Director.

Questions concerning freshman football should be addressed to:

Head Coach: George Coghill – [george\\_coghill@scps.k12.fl.us](mailto:george_coghill@scps.k12.fl.us) 407-746-3541  
Assistant Coach: Bill Grant – [bio-save.com](http://bio-save.com) 407-257-6730