

Parents and Families of J.V. and Varsity football players,

What a summer we have endured and enjoyed. This extreme heat and the bumping back of the school day have prompted us to make a change to our practice schedules. Monday and Tuesday will be normal after school practices. We are then going to turn around and have an early morning practice on Wednesday. Just so you know where we are coming from, here is why we are practicing on Wednesday morning:

1. TO AVOID BEING IN THE EXTREME HEAT 3 AFTERNOONS IN A ROW
2. TO PROVIDE OUR J.V. PLAYERS WITH MORE RECOVERY TIME BEFORE THEIR THURSDAY GAMES
3. TO AVOID CONFLICTS WITH WEDNESDAY NIGHT CHURCH ACTIVITIES
4. TO HOPEFULLY PROVIDE AN EVENING OF FAMILY AND/OR STUDY TIME WITHOUT BEING SO RUSHED

We know this is going to impact the entire family with travel, but we feel very strongly about the positives listed above.

Wed – Athletes must arrive at the field house at 6:15am

Athletes must be dressed, stretched and on the field by 6:30am

Practice will be done in time for the athletes to shower, eat breakfast and get to class on time for 1<sup>st</sup> period.

Thursdays – Our J.V. teams will play on Thursdays, and our Varsity players will practice Thursday morning to provide another day out of the sun. The players will arrive at 7:00am for their Thursday walk through.

Thank you all for your support of this football program, and we are looking forward to an outstanding football season.

Enjoy the season,

Coach Lee Wiginton