



Middletown High School

Knight Football



February 11, 2008

8th Grade Football Players,

I want to congratulate you and your team on your 8th grade varsity season. You have a lot to be proud of and I'm sure you enjoyed your youth football experience. I enjoyed watching your team play and practice and I saw many things I liked such as 1) good attitudes, 2) team unity 3) strong work ethics, & 4) toughness. It is now time to carry those same traits into the high school program.

Middletown Football begins the new year with excitement and anticipation for the upcoming season. Our team's success will be largely determined by the commitment and dedication to our off-season training program.

You will improve as a player and more importantly our team will be better if you commit yourself to our after school program. Every activity will be completely supervised from agility work to strength training. The workouts will be designed to introduce you to our exercises and facility as well as help you to become bigger, faster, stronger, and quicker.

Results will not happen over night. You must make a long-term commitment (Feb.-Aug.) to see results. We will provide the time, equipment, and programs but you have to provide the effort and positive attitude.

Will start the 8th grade program on Tuesday February 19 and run it every Tuesday/Thursday through the end of school. Of course there will not be training when school is closed or dismissed early. You will have access to the high school locker room to change at 3:05p.m. The locker rooms are for changing only any foolishness will not be tolerated. We will begin lifting around 3:10 p.m. and finish around 3:55 p.m. The late activity bus leaves at 4:00 p.m. sharp and those who are not riding the bus must leave school property by 4:10 p.m. Dates that the bus is not running are included. Mark these dates because – **THERE WILL BE NO 8TH GRADE LIFTING WHEN THE BUS IS NOT RUNNING.**

All 8th grade football players who intend to participate in the training program need to be present on Tuesday February 19 and Thursday February 21. The coaches will be instructing the entire group on the proper methods of training and spotting of all exercises on these days.

Middletown High School offers transportation home from the high school. School buses will bring students (including 8th grade lifters) home, but will not stop at each residence (check the attached bus permission form for the bus stop located near your house). The buses will leave MHS at 4:00 pm sharp. Students must get a ticket for the bus from the supervising coach in the weight room. The students must also have a signed permission form for the bus and to participate in the lifting program.

This program at MHS is by no means a requirement. It is an opportunity. I suggest you set 5 specific goals for yourself and use this opportunity to help achieve them. If you or your parents have any questions, please call Coach Lynott at 240-236-8631 or Kevin.lycott@fcp.org

Yours truly,

Coach Lynott – Head Football Coach

Please sign & return:

*Both permission forms must be returned to Coach Baker, Room 117, Middletown Middle School on Tuesday February 19, 2008. We will not permit any students in the program without a permission slip signed.

**You are not eligible to participate if you currently have an F in any of your classes. When you bring your grades up to a D or preferably high you may then participate.

_____ has my permission to attend the 8th grade football workouts at MHS on Tuesdays and Thursdays from 3:10 p.m. – 4:00 p.m. He will have transportation home on or before 4:10 p.m. on those days. Parents are totally responsible for arranging the proper transportation.

Parent Signature/Date

Print Parents Name

Home Phone Number

Parents Cell Phone Number

Emergency Phone Number

Parents Email