

April, 2023

Dear Parents,

I want to thank you for your interest in Lovett Football. We have an outstanding tradition on the Riverbank, and I am excited that you are interested in being a part of that tradition. Building a program like the one we have here starts at the 7th grade and continues through the senior year. We are proud of our past and really excited about our future. The 7th and 8th grade programs are our future, and we want each kid involved to feel that they are a part of something truly special.

Jeff Wierzba, Tyler Vrzal, Ryan Veselsky, and Sam Walker will be working with the MS football program. These men know what the expectations are and will do a great job of getting that message to all of our kids.

PRACTICE

All players must be committed to attend all practices and games.

Both the 7th and the 8th grade will begin practice on **Monday, August 7th**. Players will report to the Denny Field beginning at 4:00, August 7th to receive equipment (athletic field behind the lower school gym). Practice will run from 4:00-6:00 Monday through Thursday, and will run from 3:45-5:00 on Fridays, unless otherwise indicated. Each player should wear a t-shirt, shorts, and bring football cleats and a water bottle. **This will all be posted on the Middle School football website.**

Please be flexible with us as the heat in August can be intense. We may have to adjust practice times to try to beat the heat. We will do our best to get this information to you so that you can make plans

EQUIPMENT

Each player will need to purchase the following equipment:

- White Practice jersey
- White practice/game pants with pads
- Mouth piece
- Cleats

Any additional protective equipment (forearm pads etc.)

Lovett will provide the helmet, shoulder pads, and game jerseys. The equipment listed above can be purchased at Jonquil Sporting Goods (770) 432-1194. Once your son reaches high school, Lovett supplies all football equipment except cleats.

GOALS

Our goals for the Middle School are as follows:

- 1. Fun and Fundamentals**
- 2. Competition and Commitment**
- 3. Improvement**
- 4. Familiarity with Offensive and Defensive systems**
- 5. Learning to be a part of a TEAM**

Most of the terminology used at this level is exactly what the Freshmen, Junior Varsity, and Varsity teams will be using. We feel that it is important for our kids to start learning this as early as possible, building the program from the 7th grade up.

The players may try out for any position they want to play. Once the coaches get a chance to evaluate the team, they will be putting the kids in the best positions to help the team. It makes no sense for a player to be the third Mike linebacker when he could be the starting DE. The team is always first.

CONDITIONING PROGRAM

The heat in August can be unbearable, so we want each player to do the following workout 3 times a week for the 4 weeks prior to August 1st. This will get them acclimated to the heat prior to the first day of practice.

- Light jog 5 minutes
- Stretch Whole body (10 min.)
- Jog 10 min.
- Sprints 40 yards (10 repetitions) and 100 yards (10 repetitions) (20 min.)
- Jog Cool down (10 min.)
- Stretch Whole body (10 min.)

PHYSICALS

*****We need to get physicals turned into the athletic office by July 7, 2023. Please be on time with these as there will be no participation without a physical.*****

Reminder

Lovett Football Camp

June 5th - 9th

If you have any questions about middle school football, please do not hesitate to contact me, or your respective coach. If we don't have the answer, we'll get it for you as fast as we can.

Again, I want each of you to know how excited we are about the future of Lovett Football, and, more importantly, your interest in our program.

Go Lions!!!

Coach Muschamp

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