

JULY 7, 2020

DEAR WILDCAT,

I HOPE THAT YOU HAVE HAD A GREAT SUMMER SO FAR. WE ARE ABOUT A MONTH AWAY FROM 2-A-DAYS, WHICH START ON MONDAY AUGUST 3rd. IT WILL BE IMPORTANT THAT YOU REPORT FOR WORKOUTS IN GOOD SHAPE. WE HAVE HAD MANY PLAYERS WORKING HARD IN OUR FOOTBALL STRENGTH AND CONDITIONING CAMP. IF YOU ARE NOT ONE OF THOSE PLAYERS, YOU NEED TO START JOINING US AT 10AM MONDAY - THURSDAY.

TO THE FRESHMEN, WELCOME TO YOUR 1ST YEAR IN HS AND YOUR 1ST 2-A-DAYS. WE ARE EXCITED TO HAVE YOU JOINING OUR BROTHERHOOD. YOU HAVE PUT IN LOTS OF WORK THIS SUMMER AND THAT'S THE HARD PART. NOW IT'S TIME TO HAVE SOME FUN AND PLAY SOME FOOTBALL!

WORKOUTS WILL BE VERY SIMILAR TO LAST YEAR. WE WILL BASICALLY HAVE ONE WORKOUT EACH DAY. WE WILL START AT 7:00AM AND BE FINISHED BY 11AM ON MOST DAYS. REPORTING TIMES ON AUGUST 3RD ARE AS FOLLOWS: SENIORS 6:30 AM, JUNIORS 6:40 AM, SOPHOMORES 6:50 AM, AND FRESHMEN 7:00 AM. WE WILL START TESTING BY 7:30 AM. (CALENDAR POSTED ON IDALOU ISD WEBSITE AND SOCIAL MEDIA)

MAKE SURE YOU HAVE HAD YOUR PARENTS LOG ON TO SPORTSWARE TO FILL OUT YOUR SPORTS MEDICINE PACKET. (MEDICAL HISTORY OR PHYSICAL, RULES, MEDICAL INFORMATION, CONCUSSION, AND STEROID USE FORMS)

IF YOU ARE HAVING TROUBLE OR HAVE ANY QUESTIONS, PLEASE CONTACT OUR TRAINER, JEROME WILLIAMS AT jewilliams@idalouisdnet.

THE LINK TO INSTRUCTIONS FOR SPORTSWARE IS: https://www.idalouisd.net/272084_2

REMEMBER, EACH CLASS IS IN COMPETITION WITH ONE ANOTHER TO BE ABLE TO OPT OUT OF THE 2 TIMED QUARTERS. THE COMPETITION IS USUALLY BASED OFF OF IMPROVEMENT ON GOALS, BUT SINCE OUR OFFSEASON WAS CUT SHORT THIS SPRING SOME NEVER HAD THE OPPORTUNITY TO GET A BASELINE TEST. THIS YEAR THE WINNING CLASS WILL BE DETERMINED BY AVERAGE ATTENDANCE FOR SUMMER STRENGTH AND CONDITIONING CAMP. SINCE THESE SESSIONS ARE COACH LED, IF YOU SHOW UP, YOU ARE GOING TO GET BETTER.

IN ORDER TO BE EXEMPT, YOU MUST SCORE POINTS!

EACH STRENGTH AND CONDITIONING SESSION YOU ATTEND IS WORTH 1 POINT. IF YOU DO NOT CONTRIBUTE ANY POINTS TO YOUR TEAM'S WIN, YOU WILL NOT BE EXEMPT FROM THE TIMED QUARTERS.

WILDCAT CARDS

ON THE FIRST DAY OF 2-A-DAYS WE WILL BE DOING OUR "WILDCAT CARD" FUNDRAISER FOR THE BOOSTER CLUB. THIS FUNDRAISER IS WHAT MADE IT POSSIBLE FOR OUR ATHLETIC PROGRAM TO GET NEW WEIGHT EQUIPMENT. YOU WILL FIND A PRE-SALE FORM ATTACHED. WE WILL ONLY SELL THEM ON AUGUST 3RD

FROM 11PM TILL 5PM. THEY ARE \$20 EACH AND WE HOPE EVERYONE CAN SELL AT LEAST 10. SEE YOU
AUGUST 3RD! MAKE EACH DAY COUNT.