

Bedford Football 2013

Weightlifting for all student-athletes **currently** in 6-7-8 planning to play football in the fall of 2013 will begin on Monday, June 10, 2013. Weightlifting takes place at the Senior High School weight room. We will begin promptly at 9:00 a.m. So arrive by 8:45 a.m. We will end no later than 10:30 a.m. Please have your ride home pick you up at the weight room at this time. Please wear tennis shoes and bring cleats with you for running on wet grass.

Each day the coaching staff will design a workout that will help strengthen and prepare the student-athletes for the upcoming season. Education and Safety will be our primary concerns.

Each week of the summer, except July 1-5, we will lift weights Monday through Thursday. The week of July 1-5 is the mandatory dead period in Michigan where no sports may meet as a team.

Each season in football is dependent upon the strength of the team. Proper preparation is the key to victory. Are we outworking the rest of the teams in the SEC? Weightlifting is not mandatory during the summer. Yet this is where we come together and learn about each other. **Bonds are Formed, Trust is Earned, and a TEAM is Made.** *(We are by no means discouraging family vacations. They are very important.)*

Each school year students need to obtain a sports physical. It is advised that this be taken care of as soon as possible (in June for example.) With that in mind, Please have the physician fill-in the attached physical form required by the State of Michigan.

Each sport comes with some necessary expenses. The following are football expenses of a mandatory nature:

1. **Pay-to-Play-** For 7th and 8th grade football it is \$100. Please make your check payable to **Bedford Athletics.**
2. **Spirit Pack \$45-** This includes a t-shirt, shorts, socks, practice jersey and mouth guard. Please make your check payable to **Team Sports.**
3. **Pregame snack and Postgame meal. \$20 -** . Please make your check payable to **Bedford Football Moms.**

Respectfully and Family!

Coaches Muck and Vergiels