**Broughton Football - 2018 - Team 90**

**Important Information for New Players**

**Team Mission:** To change the world by teaching boys to be good men.

**Four Commandments**

* Work Hard. (Effort)
* Have Fun. (Attitude)
* Take Care of Each Other. (Empathy)
* Be First Class Citizens. (Responsibility)

**Informational Meeting**

* There will be an informational meeting for parents on **Wednesday, 5/16 at 6 p.m. in Holliday Gym**. All new players are encouraged to come with their parents.

**Physicals**

* You cannot play, practice, or participate in spring weight room sessions or summer workouts if Broughton does not have a current physical for you on file.
* **Doctors will be at Broughton at 6 p.m. on Thursday, 5/10 administering physicals in Holliday Gym for $15.**
* Of course, if you would prefer to have your physical done by your pediatrician, that’s fine too.

**Spring / Summer Schedule**

* We will have **4 weight room sessions** in May to teach **rising ninth graders** the fundamental lifts that they will be performing in the summer. We will have **4 weight room sessions in May** to teach **rising ninth graders** the fundamental lifts that they will be performing in the summer. Weight room sessions will run from **5 - 6 p.m.** in the football weight room next to the auto shop from **Monday, 5/21 - Thursday, 5/24.**
* **Summer workouts begin on Monday, 6/11.**
* On Mondays, Tuesdays, and Thursdays, there is a morning workout from 7 a.m. – 9 a.m. and an evening workout from 5 p.m. – 7 p.m. Players should choose the workout that best fits their schedule. Do not come to both workouts.
* Bring tennis shoes and cleats to all workouts.
* We do not lift on Wednesdays, but we do meet and practice from 4 p.m. – 7 p.m. We will also be offering team service projects on Wednesdays from 12-3.
* The first day of official practice for the 2017 season is Monday, 7/30.
* Dead weeks – The state athletic association mandates that all teams take off from all activities for two weeks in July. The two dead weeks this summer are the weeks of Monday, 7/2 and Monday, 7/16. These are the ideal weeks for scheduling vacations, camps, etc.

**Spirit Wear – Team Store**

* We will provide all of the necessary equipment and apparel for players except for shorts, shirts, and cleats.
* All players must purchase a pair of black shorts and a purple shirt with the team logo on it from the Team Store on Johnson Lambe’s website.
* We have a deal with Johnson Lambe and Under Amrour that allows players to purchase Under Armour apparel at 40 % off.
* To purchase items from the team store, go to [https://johnsonlambe.itemorder.com](https://johnsonlambe.itemorder.com/), and enter purchase code NBFB18.

**Broughton Football Website**

* For much more detailed information on all of the points above, plus a detailed calendar and the team program guide, please visit our website, [www.broughtonfootball.com](http://www.broughtonfootball.com/).

**Coach Dawson's Contact Information**

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