

All Cougar Football Players and Parents – the time is now to “Start Fast...Finish Strong!”

Time is running out! Please make sure you have everything that applies to you in order –physical on file before August 2, Freshman camp registration in, shoes purchased (optional), daily schedule planning beginning August 2, signed FB player policy acknowledgment, etc. **Over-communicate** with us on any and everything that impacts any timeline, payment, practice, paperwork, etc. We will make every attempt to keep you informed-please stay one step ahead. **We must make sure every Cougar player is present and accounted for at every practice!**

PLEASE THOROUGHLY READ ALL INFORMATION PROVIDED IN THIS MAILOUT!!

PHYSICALS – Everyone must have one on file before your child can practice. This must be taken care of now!! This year's physical is a 3 page front/back form. If you need a physical form they are available at the fieldhouse. All players must practice **4 days in shorts before before being able to put on the pads**. Do not let a **late physical** put the team and your child behind. We only have so much time to prepare for the season and every minute of every practice is crucial.

PARENTS/PLAYERS – We supply cleats for Varsity. They are white with red trim. We supply cleats for our sub-varsity. They are black with minimal white trim. If you buy your own make sure they are the correct color.

FRESHMAN PARENTS/PLAYERS – A typical week once school begins on Monday, August 23 – practice Monday through Wednesday 1:50 – 3:30 P.M.. Freshman Red/White teams play on Thursday. (Wednesday 11/3 exception). Freshman will report to 7th period on Fridays and be dismissed at regular dismissal time – 2:30 P.M.

JV PARENTS/PLAYERS- A typical week once school begins on Monday, August 23- practice Monday and Tuesday until 5:40 P.M. and Wednesday until 5:00 P.M. JV Red/White teams play on Thursday (Wednesdays 10/27 & 11/3 are exceptions). There will be no after school practice for JV on Fridays.

VARSITY PARENTS/PLAYERS – A typical week once school begins on Monday, August 23 – practice Monday and Tuesday until 5:40 P.M., Wednesday until 5:00 P.M., Thursday until 3:45 P.M. Our normal Saturday schedule will include treatment (if needed) at 8:00 a.m., film at 9:00 a.m. followed by conditioning and weights ending by 12:00 noon. Our two Saturday games will cause a slight change in our Thursday/Friday/Saturday routine. **NOTE: ALL FRIDAY GAMES WILL BEGIN @ 7 PM THIS FALL.**

ALL VARSITY/JV PLAYERS/PARENTS ONLY-bring sack lunch for snack between morning practices August 9-13!

Remember – **all varsity players** will be responsible for getting and eating a nutritious pre-game meal on Game Day. They will always be given the exact time to report back to the fieldhouse for the “countdown to kickoff”.

When reporting for locker room orientation the week of August 3 **all Varsity players** be prepared to pay for Varsity game day shirt (\$25 range), entire season on DVD (\$20-optional), highlight video (\$20-optional), and locker name plate @ \$5.00 (mandatory unless you plan on using last year's). **All Sub-Varsity players** be prepared to pay for a game day t-shirt (\$12 range). **All checks should be made to Tomball Athletic Booster Club (TABC).**

Hopefully everyone **will join the Tomball Athletic Booster Club** (form enclosed) and consider purchasing an ad in our football program (form enclosed), and/or encourage a business or acquaintance to do so.

PAY CLOSE ATTENTION TO IMPORTANT DATES AND TIMELINES ON BACK OF THIS LETTER!!

PAY PARTICULAR ATTENTION TO OUR AUGUST 14TH PEP RALLY FOR THE ENTIRE FOOTBALL PROGRAM ON THE “2ND SATURDAY AT THE DEPOT” BEGINNING @ 6:30 P.M.

TOMBALL COUGAR FOOTBALL

2010 IMPORTANT DATES

JUNE 14th - JULY 29th MON. - THURS.	Summer Conditioning: Two hours per day sessions.(excluding July 5th-July8th) for incoming 7th - 12th graders
JULY 9th, 10th	State 7 on 7 Tournament - College Station, TX
JULY 28th - 31st	Cougar Youth Football Camp (Grades: Incoming 4th - 8th graders) (Ages 9 - 13 yrs old)
AUG. 2nd - 5th	Freshmen Football Camp - mornings. <u>Strongly encouraged - camp fliers available!</u>
AUG. 2nd - 6th	Locker room Orientation 1-5 pm - Monday-Seniors; Tuesday-Juniors; Wednesday-Sophomores; Thursday-Freshman; Friday-Make ups.
AUG. 9th	High School Football Practice - All Soph., Jrs., Srs., Should be dressed and in meetings by 6:30 am. 12:00 - Freshmen Report; Practice at 12:30 - 2:00pm
AUG. 12th	"Meet the Coaches for Dessert Night" - 6:30pm - <u>EVERYONE ATTEND!!</u>
AUG. 13th	1st Day in pads
AUG. 14th	Picture Day/Scrimmage - Morning/ <u>PEP RALLY 6:30 pm 2nd Saturday @ The Depot</u>
AUG. 20th	Freshmen / JV / Varsity Scrimmage vs. Cy Fair: Home Fresh - 4:00pm JV 5:15pm, Varsity: 6:45pm
AUG. 23rd	1st Day of School
AUG. 26th	Sub Varsities vs. Morton Ranch: Freshmen @ Morton Ranch 4:30, 6:30 JV Home 4:30, 6:30
AUG. 28th (Sat.)	1st Game of the 2010 season: vs. Morton Ranch @ Katy Rhodes Stadium 6pm.
SEPT. 6th	Labor Day Morning Practice (9th - 12th)

MAKE SURE YOUR ATHLETE HAS AN UPDATED PHYSICAL ON FILE!

Go to TomballFootball.com for announcements and updates

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