

# GLACIER WOLFPACK FOOTBALL 2016

## SPRING AND SUMMER CHECKLIST

### **PRIORITY #1: Achieve and compete in the classroom!! Work Hard!! Be Eligible!!**

- To be **eligible** to play this fall, you must **pass and receive full credit** in **ALL** of your classes this spring semester!
- To receive an **athletic scholarship**, you must be cleared by the **NCAA Clearing House**. Start this process with your guidance counselor immediately and sign up for the SAT and ACT tests right away.
- You are on **Academic Probation** any time during the school year if you have any D's or F's.
- **During the season:** Academic Probation will carry consequences and you must attend study table three days per week until the grade is raised to a C or higher or you will miss playing time.
- **During the off-season:** Coaches will work with parents to develop a plan of accountability and improvement.
- Take care of your grades long before the semester ends and communicate with coach Bennett and your counselor to get enrolled in **summer school immediately** if you do earn an F or NC!

### **PRIORITY #2: Speed, Strength and Agility Training and Improvement!**

**1 - For those in Applied Fitness classes: Work Hard! Invest in your teammates! Invest in yourself!**

**2 - For those NOT in Applied Fitness: 6:45-7:45am or 3:30-4:30pm Mon, Wed and Fri during the winter and Mon, Tues and Thurs during the spring.**

#### **1<sup>ST</sup> PACK SPEED AND STRENGTH TESTING WEEK:**

- Mon March 7<sup>th</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm
- Tues March 8<sup>th</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm
- Wed March 9<sup>th</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm

#### **2<sup>ND</sup> PACK SPEED AND STRENGTH TESTING WEEK:**

- Tues May 31<sup>st</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm
- Wed June 1<sup>st</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm
- Thurs June 2<sup>nd</sup> – Tests TBD @ Glacier High weight room 3:30-5:00pm

### **PRIORITY #3: Spring individual position workouts (open gyms). Work Hard! Invest in your teammates! Invest in yourself!**

- Offensive Team open gyms are Tuesday and Thursday mornings from 6:30-7:30am beginning Tues, March 22<sup>nd</sup>.
  - Defensive Team open gyms are Wednesday mornings from 6:30-7:30am beginning Wed, March 23<sup>rd</sup>.
- \*\*These days and time are all subject to change from week to week so be sure you check the website calendar often for weekly dates and times!!***

### **PRIORITY #4: CAMPS: SPRING CAMP and SUMMER TEAM CAMP**

- **Get Your Physical This Spring** – There will be a clinic Wednesday, May 25<sup>th</sup> from 5:30-7:30pm for all athletes to get a physical which will be good for the entire, upcoming 2016-2017 sports calendar. Attend this and get your physical done and out of the way for only \$15. If for some reason you have to miss this spring physical, you will still have to get a physical from your doctor over the summer to play this fall and it will cost you a lot more money.

#### **SPRING / PRE-SUMMER TEAM CAMP:**

- Mon, June 13<sup>th</sup> - Fri June 17<sup>th</sup>: Spring Camp @ Glacier football field 9:00-11:00am Mon-Fri.

#### **SUMMER TEAM CAMP:**

- Mon June 20<sup>th</sup> – Thurs June 23<sup>rd</sup> – Spokane and Coeur d'Alene high schools
  - Fill out the Summer Team Camp brochure and turn in your packet envelope with your camp money to Coach Bennett as soon as possible.
  - **Return the following 2 items in your packet envelope** to coach Bennett as soon as possible but no later than **Friday, March 25<sup>th</sup>**
    - \_\_\_\_\_1. Your **Individual Summer Team Camper Form** filled out completely with **(1) Insurance information, (2) Medical History** and **(3) Parent and Player Signatures!** If any of these three items are not filled out completely on the brochure, Coach Bennett will not accept your packet.
    - \_\_\_\_\_2. Your **\$210.00** camp fee. **Make all checks out to "Glacier WolfPack Football Camp"**. We will pay all camp expenses out of that account. This fee includes all costs of camp: food, lodging, insurance and travel.
- \*Note: If you cannot afford the entire \$210 now but want to get your packet turned in to get your name***

*on the equipment checkout list, you can turn in a \$50 deposit and pay the balance during spring camp week June 13<sup>th</sup> –17<sup>th</sup>.*

#### **OTHER FOOTBALL CAMPS:**

See Coach Bennett for forms and information if you're interested in personally attending any other camps on your own to improve your skills.

- Bob Stitt's University of Montana Football Camp.
- Rob Ash's Montana State University Football Camp.

#### **PRIORITY #5: SUMMER CORE and PREPARATION ACTIVITIES**

**SUMMER CORE WORKOUT SCHEDULE:** Weight room (strength), speed and agility work

- Mondays, Tuesdays, Thursdays 6:00-8:00am @ Glacier weight room

#### **7 on 7 COMPETITIONS:**

- Tuesday's throughout the summer against teams from the Flathead Valley. Schedule TBD.

#### **FINAL PACK BUILDING WEEK:**

- Monday, July 25<sup>th</sup> – All Agility tests 7:00-9:00am
- Tuesday, July 26<sup>th</sup> – All Weight tests 7:00-9:00am

#### **FIRST DAY OF FOOTBALL 2015:**

- Friday, August 12<sup>th</sup> – Practice begins
  - 7:00 am – Check in: Spirit Packs, Forms, etc.
  - 8:00 am – 1<sup>st</sup> Practice followed by 1<sup>st</sup> team meeting

#### **Final Instructions / Review:**

1. Keep this sheet on your fridge or your bulletin board so you are aware of each key date and event.
2. Check the WolfPack football website often for weekly and monthly schedules of each key date and event.
2. Fill out and collect the brochure for the Summer Team Camp first. When the form is completed and you have your money, **bring it back in this same envelope with your name on it** and give it to Coach Bennett as soon as possible but no later than **Friday, March 25<sup>th</sup>**. If you cannot pay the full \$210 by March 25<sup>th</sup>, talk to Coach Bennett about a deposit amount and you can pay the remainder during our spring camp June 13<sup>th</sup> – 17<sup>th</sup> before we leave for Summer Team Camp.
3. Attend the physical clinic on May 25<sup>th</sup> and take care of it then so it is out of the way.

**\*\*Equipment for camps and for next fall will be handed out based on the following criteria the week of May 31<sup>st</sup> – June 3<sup>rd</sup>:**

1. The order the packets are returned
2. Your attendance in the weight room and at spring workouts
3. Your grades