**2020 Kingston High School Football**

**ATTENTION: Incoming Freshman and New Players**

Welcome to Kingston High School Football! I want to share my excitement about the upcoming 2020 Fall Football Season! Below is information about the program and tentative Summer schedule.

* If we are able to move to Phase 3 of the Washington guidelines and have any summer activities, a current physical examination and completion of a paper registration form.

In preparation for the Fall season, please make sure that you have your sports physical and the appropriate athletic packet completed before the 1st practice in August. Family ID registration and athletic packets can be found on the Kingston High School website on the athletics page. **All athletes must register through Family ID and have their athletic packets completed and have had acquired a sports physical before being allowed to practice in August.** This also means you need to have your ASB and or any other pay to play fees paid before you will be allowed to participate in any games. If you have any questions regarding completing the information, please contact the athletic secretary at the high school.

As you are aware, we are currently waiting for final guidelines and district approval to proceed with workouts and practices. Our first tentative workout will be scheduled in mid-July. More information and updated schedules will be sent out soon. Once official practices do start (August 19th tentative), each player must have a total of 12 practices before being eligible to play in a game. Each player is asked to purchase a team Spirit Pack and will need to wear proper workout attire for practice;

**Sprit Pack Includes**- Practice Jersey, t-shirt, shorts, & game socks

Other required items include;

* Cleats (I suggest getting them early so you can break them in)
* Shorts and t-shirt (must be approved team colors; red/cardinal/maroon/black/gray/white/yellow/gold)
* Water bottle/gloves (are optional, but may be required under new guidelines)
* Mouth guard(s)
* Game socks (white knee-high is recommended)

You may want to purchase a mouthpiece early so you can have it molded and formed (I recommend purchasing 2 mouth guards). Mouth pieces must be able to attach to the face mask.

Please contact me so that I know you intend to play football this upcoming season and I can send out information about HUDL Film sign-up, schedules, playbooks, fundraising, spirit packs or other team related items.

I suggest that you start preparing for the season well in advance (3-4 weeks before) by getting into playing shape. Add some agility and ladder drills or any other strength training for added benefit. Start by doing these exercises:

* 20 to 40-yard sprints (6-10 sets)
* 1-minute plank holds, and 1-minute side plank holds (2-3 sets)
* Push-ups (3 sets of 10-25)
* Standing squats (3 sets of 10-20. Add dumbbells for added challenge)
* Burpees (3 sets of 20)

With your dedication, focus and hard work, we will see our football program continue to grow and succeed to become one of the top programs in the league. Game schedules are posted on the Olympic League website.

If you have any questions you may contact the athletic secretary (360-396-3310) or myself. I’m exctied in meeting you all soon and to a successful upcoming 2020 football season. GO BUCS!

“I AM, WE ARE, KINGSTON”

Sincerely,

Coach Russo

brusso@nkschools.org