



# EVERETT FOOTBALL

## SPRING & SUMMER 2018

Hello Seagull football players and welcome to the beginning of a new season, 2018. For those of you I have had the opportunity to meet, thank you for taking your time to do so. For those of you whom I have yet to meet, be assured that I am looking forward to learning about who you are and what football means to you. For any organization, be it a team, a businesses, or a family, Communication is a Corner Stone of all successful groups. Therefore, it is vitally important that everyone join our “REMIND app” group, check our website, and if you have Twitter then please Follow Us. Please take time to get connected with us. Here is the information for each:

- Remind:
  - Using your smartphone text this number **81010** and enter this message **@everettfb**
  - Can't Text? Use email by emailing: **everettfb@mail.remind.com**
- Our Website: go to **weareeverettfootball.teampages.com**
- Follow Us on Twitter: **@EverettFBNation**

All of these things will allow us to keep everyone informed of potential changes, as well as celebrate our successes together.

Everyone **MUST** have a **Summer Activities Packet** filled out, signed by your parents, and returned to Ms. Jodie Sievers at Everett High School. This is for SUMMER workouts and practices; you will still need to be cleared for the Fall. If you are in need of a Physical there will be FREE ones offered on Saturday June 9<sup>th</sup>.

We will also be forming a Player Council, which will be comprised of 4 Seniors, 3 Juniors, and 2 Sophomores to help guide our team. Each successful member will be selected by their Peers and approved by the coaching staff. They will have an 80+% attendance to ALL football related functions, and must have played football the year before. Lastly, and of most importance, each member must display great character, have integrity, and be a positive example for our team, our school, and our community. Make sure that you are attending weight room, meetings, fundraisers, etc. etc.

***"Victory is reserved for those who are willing to pay its price."***

*Sun Tzu*

***"It's not the will to win that matters—everyone has that.***

***It's the will to prepare to win that matters."***

*Paul "Bear" Bryant*

These two quotes shine a light on what it takes to be successful, so with that in mind here are the expectations that we have for football players this summer.



# EVERETT FOOTBALL

## SPRING & SUMMER 2018

### OUR EXPECTATIONS FOR SPRING AND SUMMER 2018

In order for OUR team to achieve, our goals we must ALL strive to attend the scheduled weight room sessions, meetings, and practices. For those who do meet the following parameters there will be several “incentives.” Examples: Helmet decals, special T-Shirt only for those who are meet the criteria, BBQ, Player’s Council, etc.

#### **Weight Room Times:**

- **Monday to Thursday - 2:30pm • Friday - 1:20pm**

#### **Practice Times:**

- **Various Days - 4:00 pm-6:30 pm (Except Saturdays and Scrimmages)**

**Spring May 14<sup>th</sup> to June 7<sup>th</sup> Weight Room** Beginning Monday May 14<sup>th</sup> we expect that all football players, who are NOT still competing for one of EHS’s spring sports, to have an **80% attendance to our scheduled Weights and Conditioning sessions.**

**Practice & Meeting Sessions (Spring June 8<sup>th</sup> to June 30<sup>th</sup>)** - Beginning Friday June 8<sup>th</sup> we expect that all players will **attend 80% of all practices.** There are only 15 total practices scheduled and we will be instituting new techniques as well as installing new offensive and defensive systems. Do not get left behind by missing practices, find ways to make it happen.

***“The question isn’t who is going to let me;  
it’s who is going to stop me.”***

*Ayn Rand*

**Weight Room & Conditioning (Summer June 8<sup>th</sup> to July 21<sup>st</sup>)** – Beginning Tuesday June 19<sup>th</sup> and running through July 21<sup>st</sup> we expect that all football players to have an **70% attendance to our scheduled Weights and Conditioning sessions.**

Finish the school year strong, get in the weight room, sign into the Remind App, check our website, and follow us on Twitter. We have some great things planned like Summer scrimmages and a trip back to Camp Casey in August, things that you are not going to want to miss, so stay informed and join us. Never forget each and every day to **WIN THE DAY!**