

Cedar Rapids Jefferson J-Hawk Football

To: 2017 Varsity, Sophomore, and Freshman Football Players
Fr: Brian Webb, Head Football Coach, Jefferson High School
Re: Important Dates
Date: April, 2017

This letter is being sent to all boys who played football last fall and those that have signed up to play football next year at Jefferson High School. Please take note of some important activity dates that pertain to spring, summer, and the start of our 2017 season. Please share these dates with your parents. You will find enclosed a 2017 J-Hawk Football Camp brochure. This camp is **highly** encouraged if you plan to participate in football. Also, please read the brochure for those that may need a payment plan.

Many football players have been involved in the winter/spring lifting program and/or playing a winter/spring sport with some important progress taking place. A few of you have not participated. If you have not been participating I'm assuming you will not be out for football next fall.

All forms, documents, and updates can be located on our Jefferson Football website, **www.jhawkfootballhub.com**. This webpage is a resource for all parents, players, youth, and alumni. Please check the website often for updates to schedules, important information, and postings. There will be few mailings in the future, as our information is moved to the website, Twitter, and Facebook. If you have a Twitter account, please also add **@JHawk_Football** for updates and information as well as favorite **www.facebook.com/jeffersonfootball**

Once again, I encourage many parents to get involved in our Football Parent Group organization and help with several important items such as Thursday pre-game meals, Blue card sales, etc. If it were not for the parent group and their help and assistance, many of the nice things that our football players experience such as new uniforms and pre-game meals will cease to exist. Please consider getting involved if you have a football player participating. More information will be given at the Parent meeting in May on how you can assist in the FPO.

Blue card sales is football's biggest fundraiser of the year and will be required by all Jefferson Football Players. More information will be presented at the May, 17th meeting in regards to this as well as when these cards will be handed out and the process for selling them.

This summer we have had the privilege to conduct a several day football camp at Fort Dodge in Johnston, Iowa. This camp will take place from Monday July 17th – 19th. These dates had the least amount of conflict in our entire football program from players to coaches. More information is provided in this letter as well as in the meeting in May. All information will be posted on our website also. We will still host our traditional pre-season camp the first week of August.

Reminder that you must have a completed physical form, completed concussion form, and have paid your athletic fee in the Jefferson athletic office by **Friday, August 4th**. Once you turn in your required paperwork you will be given an athletic permit card, which you will then give to the football coaches on equipment checkout day. **You must have your permit card on equipment checkout to receive football equipment. You can download these documents from the website. Schedule your physicals now!!**

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Important Dates

Wednesday, May 17th: **Player and Parent Team meeting and sign-up** in the Jefferson Cafeteria, 5:30 p.m. Please plan on attending this meeting. Summer information, practice calendars, and lifting information will be provided at this meeting. This includes ALL current 8-11 grade players as well as any new players. If for some reason this meeting has to be moved or rescheduled, you will be notified via Twitter or the website. A follow-up letter will not be sent out. Please check it often as we get closer to summer.

Monday, June 5th: First day of summer activities. Forms are available on our website and also in Coach Orton's office.

- Monday's – Weights and speed and agility training. 7:00 a.m. – 9:30 a.m.
- Tuesday's – Skills @ Lower Kingston 7:00 a.m. – 9: a.m.
- Wednesday's - Weights and football skills 7:00 a.m. – 9:30 a.m.
- Thursday's – Weights and football skills 7:00 a.m. – 9:30 a.m.
- Friday – No Scheduled football activities.

July 17th – July 19th: Camp Dodge, Johnston, Iowa. Please read information included for more information.

July 27th: Custom mouth guard fitting – 7:00 p.m. Main gym foyer area, Jefferson High School. \$20 cash or checks made payable to 'Linn County Dental Society'.

July 31st – August 3rd: J-Hawk Football Camp 6-8 p.m. Kingston Stadium. Pro Agility and 40 testing will take place on Monday, August 3rd at 5 p.m. for seniors, 5 p.m. on Tuesday, August 4th for juniors, and 5 p.m. on Wednesday, August 5th for sophomores. You must be present for testing.

August 4th: Picture headshots, Blue card handouts, equipment issue and physical testing: 7:30 a.m. for 10-12 players and 10 a.m. for incoming freshman. **YOU MUST BE PRESENT** on this day if you plan on playing football. If you are not present on this day, you will not have a headshot in our 2017 football program. If there is some extreme circumstance that does not allow you to be present on this day, please contact Coach Webb.

August 7th: First day of practice. Pre-season practice information will be provided during the May meeting as well as posted on the website.

Go J-Hawks