

Cedar Rapids Jefferson J-Hawk Football

To: 2017 8th Grade Football Players
Fr: Brian Webb, Head Football Coach, Jefferson High School
Re: Important Dates
Date: April, 2017

This letter is being sent to all 8th grade boys that plan on attending Jefferson High School. Please consider this an invitation to be a part of the Freshman team next fall at Jefferson High School. If you decide to participate, you will be a part of an exciting tradition of J-Hawk football. Find enclosed with this letter a registration form for the 2017 J-Hawk Football Camp as well as our summer Performance Camp. Also, if you need a payment plan for the camp, please read the brochure for further information. If you intend to play football next fall, the J-Hawk camp is highly encouraged and is attended by nearly all J-Hawk football players.

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 will be moved to the website, Twitter, and Facebook. If you have a Twitter account, please also add [@JHawk_Football](https://twitter.com/JHawk_Football) for updates and information as well as favorite www.facebook.com/jeffersonfootball

Later this spring I will be coming to your school for a football sign-up meeting. Please listen to your school announcements for when this will take place as well as on website, twitter, and Facebook. Please be present at this meeting if you plan on playing football next season. More information will be provided at this meeting in regards to our football summer performance camp and football skill sessions.

Please remember that at the high school level, football practice starts before the first day of school. I have listed some important dates below; [please share these dates with your parents.](#)

No matter what your experience was like during 8th grade football, I hope you will give it another try next fall. Whether you were a lightweight player or a heavyweight player, if there is anything about the game of football that you enjoy, be a part of the 2017 football team at Jefferson High School.

Reminder that you must have a completed physical form, completed concussion form, and have paid your lock and towel 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. Please schedule your physicals now for next year!!**

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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 weights.

- Monday's – Weight training 9:00 a.m.
- Tuesday's – Skills @ Lower Kingston 7:00 a.m. – 9:00 a.m.
- Wednesday's - Weight training 9:00 a.m.
- Thursday's – Weight training 9:00 a.m.
- Friday's – No Scheduled football activities.

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. Your 40 and Pro Agility testing will take place on Thursday, August 3rd at 5 p.m. at Kingston Stadium before camp begins.

August 4th: **Equipment issue, physical testing, and blue card fundraising: 10:00 a.m. YOU MUST BE PRESENT on this day if you plan on playing football. If there is some extreme circumstance that does not allow you to be present on this day, please contact Coach Trent Fish, Head Freshman Coach.**

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

Go J-Hawks

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