

PHS FOOTBALL 2018

It is important that we are all in this together. We would like to welcome the student athletes from Monson High School. The challenge is in front of us to work hard and prepare for the upcoming season. Football requires strength, quickness and discipline, and that is your challenge for the summer. We will be opening the weight room during the summer. Championships are won during summer. The summer hours will be as follows;

SUMMER SCHEDULE

(Weight Room) MONDAY-WEDNESDAY-FRIDAY- 9:00-11:00 am

We will start this on Monday June 25th.

Starting July 10th – Seniors will run summer workouts on Duke Field from 6-7 pm, we will continue every Tuesday and Thursday during July and the first week of August. Hopefully you will use this time to run plays and condition. This is not a time for fooling around; everything we do should be with a purpose. If you would like to participate in the 7 vs 7 Wilbraham league, let Dylan Tenczar know, he is the contact person. These workouts are optional.

- Physicals- make sure you have a current one on file.
- Equipment distribution- August 15th 9:00am - 10:00am, if you can't make any of these times we will also handout equipment on the first day at 8:00am.
- August 17th – First day of practice, 9:00am – 11:00am Palmer High School (Helmets Only)
- IMPACT test – Concussion Testing, baseline pre test (TBA)

Remember to achieve success you must have the will to prepare; no one is going to give us anything. We will have to earn it; there are no shortcuts to success. Take PRIDE in being a part of the program, we are looking for commitment, discipline and attitude from all players. Remember to make the right choices, and understand there are consequences when you don't. I do not need players who cannot adhere to the rules. This TEAM is going to be all about "WE" not "ME". Have a great summer and work hard!!! If you have any questions feel free to contact me at the email below.

MAKE SURE YOUR PHYSICAL IS VALID AND ON FILE!!

Head Coach- Peter Farr – Email pfarr@palmerschools.org

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