

Parents are encouraged to attend 7 v 7 at Laconia and all scrimmages. Riding home with parents is allowed, however, on Aug 23rd, all players are asked to stay and participate in the lunch with Windham, as their guests, after the scrimmage.

Team dinners- The Golden Eagles have a tradition of holding team feeds on the night before Saturday games. This is something that we look to continue this season as well. Typically, parents might pool resources together with 3 or 4 additional families and host on Friday night. If you are interested in hosting, please contact Coach Garrett for more information.

Summer weights @ Gilford Hills Fitness Center cost-\$10 per month
-Monday, Wednesday, Friday 8-10 am, Saturday 9-11am beginning June 20th
-Belmont HS Mon-Wed-Fri 9:15-10:30 am During July
-No weights at GHF the week of July 28th

Team Conditioning @ The Meadows – 6:00-8:00 pm July 14, 21, 28
-Everyone should attend

7 vs 7 Camp- July @ Laconia High School -5:45-8:00 pm July 16, 23, 30
-Intended for every position except lineman. Centers need to attend
-Linemen will have conditioning and drills, separately.

Laconia Football camp @ LHS- 5:00-8:00pm August 4-8
-Camp is operated by LHS staff. Contact LHS football staff for more info

Official Team Practices @ The Meadows begins August 13
-Morning session 8:00-9:30 am Varsity required, JV optional
-Evening session 6:00-8:00 pm All required

Scrimmages (All departures from The Meadows locker room)
-Windham @ Camp Winnaukee, Moultonborough August 23 10:00 am (lunch provided) Depart approximately 8:00 am
-Spaulding Jamboree @ Spaulding HS August 28 Depart approximately 2:00 pm
-Winnisquam @ Tilton September 5 Depart approximately 2:30 pm

Games

-JV games are scheduled on the Monday following Varsity games. Final game Nov 3
-Varsity games are typically Saturday at 1:30 pm. This season, the final game is Friday, Oct 31st under lights.

Playoffs

-Consist of three rounds beginning the first weekend of November
-JV players will be expected to participate

Physicals

-Gilford-All incoming freshmen or first time HS athletes must have a new physical. This will be good for all four years of HS sports. For further questions, please contact Gilford HS # 603-524-7135
-Belmont-A new physical will be required. Please contact Belmont AD Erica Knolhoff @ 603-832-3085 or email at eknolhoff@sau80.org

For further information, please do not hesitate to contact me.

Thank you,

Coach Garrett

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