

## # 1 RANKED DIVISION 5 PROGRAM IN FAIRFAX COUNTY



Future Jaguar Football Players,

A teen's freshman year of high school can be intimidating and overwhelming. We have all been there and been a little scared during those first few weeks. There are ways to help your high school freshman deal with this transition into high school. One of the ways to make that transition easier is becoming involved in freshman sports. Freshman sports are a great way to help incorporate kids into a school. It gives them an instant group of friends and a sense of belonging. The ability to play a fall freshman sport is invaluable in helping freshman feel a part of the school.

**Off- season Strength and Conditioning** – We are firm believers in our athletes playing multiple sports. Playing multiple sports allows a student athlete to be competitive, and at the same time represent their school. However, if they are not playing another sport, our athletes are highly encouraged to attend the weight training sessions. The off season strength and conditioning program will be on Mondays, Wednesdays and Thursday 2:30 to 4:15. We will focus on strength, lateral movement/change of direction, linear speed and explosiveness, proper rest, and flexibility. ***All rising freshman are encouraged to attend our weight room sessions.***

Below are important dates and times:

- **Jaguar Football Youth Camp grades 3rd – rising 9<sup>th</sup>. June-22-25, 5:30 -8pm**
- **Sports Physicals at Falls Church High School on Wednesday, June 17th.** This physical will be automatically entered into the school records and will be good for the entire 2015-16 school year. The cost \$50 for all pre-registered athletes. All athletes will receive a complete physical by a licensed physician as well as posture, strength, and flexibility testing by physical therapists and athletic trainers. Check <http://www.fcps.edu/supt/activities/atp/ppe/index.shtml> , if you have an questions please contact Jon Thompson at 703-207-4041
- **Summer weight Room hours for Football Weight Training and Conditioning will be on Mondays, Wednesdays and Thursdays 4:00 to 6:00pm. Beginning Monday June 22, 2015. Closed July 4- 10.**
- **Freshman Football practice begins Tuesday August 11, 2015. Start time 4pm.**



- **@fcjagsfootball**

Once again, we encourage all rising freshmen to attend our weight lifting sessions. We are looking forward to meeting the young men who are planning on being a part of our program. The freshman calendar, schedules and dates can all be found on [fallschurchsports.org](http://fallschurchsports.org). If you have any questions, please do not hesitate to contact us, GO JAGUARS!

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