

Highlander Families,

Thank you for being patient as we get settled in here at Howell. Not only is the football side new for me, but the teaching piece has also been a change. Starting to get into a rhythm here, but wanted to let you know how much I appreciated your patience.

Schedule:

Starting **Monday, March 2** we will have morning workouts.

Monday, Tuesday, Thursday
6am-7:15am.

Wednesday (Optional)
Open gym/lift
6am-7:15am

I would prefer everyone who is able to make the 6am-7:15am workout, to be at that specific workout. This is where our journey begins. Struggle together to come together. Please make appropriate transportation plans to get to school at 6am.

The Weight Room will be opened after school from 2:40pm-3:30pm Monday, Tuesday, Thursday for those who have try-out conflicts (baseball, lacrosse practice or try outs). After schools lifts should be for kids who are playing other sports and unable to make the morning due to conflicts.

Students who come to morning workout do not need to attend after school workouts.

Again, really want everyone to try and make the 6am-7:15am slot.

Please eat something before the workout and bring breakfast to eat after workouts. This will go a long way to help our bodies recover and develop.

WE WEAR HOWELL. Green/Gold/White/Howell. No other colors will be permitted in Weight Room. Be proud to wear the Green and Gold. We will have our Community Chest available for kids who may not have a bunch of Howell gear. Upperclassmen, bring in old shirts that do not fit any more. We will put them into the Community Chest.

Monday, March 16 @ 6:30pm - Highlander Club (Parents/Volunteers Only)

We invite you to come join us to kick off our Highlander Club initiative. This is to create a transparency amongst the program. We will discuss certain agenda topics such as Fundraising, Spring Concession sign ups, and potential initiatives that need helping hands. This is strictly a volunteer/parent run sub-program. I believe this will help us use our resources (YOU!) to the best of our abilities.

Attached are our June/July calendar months. Please try to accommodate our Summer Camp schedule. Those camps are vital to our development as a team.

The current 7v7 dates listed are for Varsity/JV. The U of D Jesuit 7v7's will be Varsity only.

Incoming Freshmen -

I am working on the incoming Freshmen schedule for weight lifting. All are welcomed at the 6am workout. Currently, we do not have transportation to get the kids to Parker in the mornings. So I understand that it may be difficult. Students from Highlander Way and Parker can come on over and workout during the 6am-7:15am slot.

I am in discussions about transportation for Parker kids to get over to the Fieldhouse after school. But I have not gotten word on potential happenings.

We will be having an Incoming Freshmen (Parents and Student-athletes) Welcome Dinner on Tuesday, April 21 @ 6:30pm in the Cafeteria.

Just want to welcome you to the program as the class of 2024!

Website:

I am in the process of creating our website to get everything online and available immediately. Again, this is a process.

Coaching Staff:

We are still working out the final details of the coaching staff. There will be some guys from the previous Howell staff that will stay on mixed with some new faces that enter into the Howell Community. I will announce the coaching positions once it is completely finalized.

Extremely excited about the future here in Howell. We need everyone together to accomplish our mission. Hope to see all of your Student-Athletes at 6am next week!

Thank You,

Brian Lewis

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Brian Lewis
Physical Education/Health Teacher
Head Football Coach
Howell High School