



The foundation has been set for the Manchester football program...character, hard work and FAMILY are the ingredients. Our program over the last two decades has set a standard of winning both as a team and individual accomplishments. We have multiple players playing at the collegiate level as well as many underclassmen on the top watch list nationally...we have accomplished all of this in the toughest region in the state playing against the best competition (7 of our 10 opponents were in the playoffs in 2016). Our goals from year to year do not change...it is to WIN the division 6 State Championship!

It's very hard to play against us, but even harder to play for us. Saying that, if you are a returning player, you know the expectations we have set forth for you to be able to compete within our program. If you're new to the program, it's simple. We work to win! If you do not participate in a SCHOOL SPORT (not little league, AAU, travel), you are expected to be at our off season workouts starting January 2nd. For those who are new, the following must be met:

- Updated VHSL physical form, concussion and waiver form must be completed
- Good standing in school (academics and behavior)
- Consistent with your workout attendance
- Be coachable and put others before you!

These expectations will not be compromised. If you want to be part of the best program in the area, just follow the rules and work for it! We are excited about the 2017 season and are looking forward to returning many players from last year's team; we're also excited about having new faces in our program. We feel that we have unfinished business to take care of...that business begins on January 2nd at 5:30AM!

We will lift every Monday, Tuesday & Thursday. Monday's will be at 5:30 a.m. Tuesdays & Thursdays will be after school. Middle school students will lift Tuesday & Thursdays after school.

JANUARY 2, 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30, 31 (January 16 & 30 - just 5:30 lifting)

FEBRUARY 2, 6, 7, 9, 13, 14, 16 (MANDATORY DEAD PERIOD LAST TWO WEEKS OF February).

MARCH 6, 7, 9, 13, 14, 16, 20, 21, 23, 27, 28, 29

APRIL 3, 4, 6 (SPRING BREAK 4/10 - 4/14)

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