

KAMIAKIN FRESHMAN FOOTBALL 2008

Parents & Players,

Welcome to the 2008 football season! We are excited to get the season going. This letter will detail the important dates for you and your son to know and will give you some general information about the upcoming few weeks.

Monday, August 18th is the Kamiakin sports registration night from 6-8pm in the KaHS cafeteria. Players are expected to turn in all forms and get cleared for the upcoming season. Players will also be able to purchase this year's spirit pack for \$70. A USER'S FEE of \$40 is expected to be paid at the registration night in order to participate.

Tuesday, August 19th we will be meeting with the entire team (Freshman, JV & Varsity) from 4-9:30pm. Athletic lockers will be assigned, gear will be handed out along with game jerseys, etc. and we will give out awards for off-season work (Summer football camp & summer conditioning). We will enjoy some pizza and finish with our fundraiser blitz night. All players are expected to sell fundraiser cards around the different Kamiakin neighborhoods in Kennewick. All of the money raised will be used for the players.

Our first practice will be on Wednesday, August 20th. The freshman will have their first "official" practice starting at 3pm on Wednesday. Thursday & Friday, we will also begin practice at 3:00pm. Saturday (Aug. 23rd) we will be having a "two a day" practice. Meaning an early morning practice (8:00am) followed with an early afternoon practice (12:30pm). Most all practices will be approx. 2 hours and thirty minutes in length.

Please check the practice schedule on www.craigbeverlin.com/kahs for all practice times up and until Sept. 8th. Please remember that even though we have a "two practices a day" it means that each day counts as one "practice" in terms of eligibility. Our first game is Sept. 5th (Friday) at 4pm vs. Kennewick, which allows us 14 days of practice. Players must have 12 practices to be eligible to play in that first game, so if a player misses more than two practices they will not be allowed to play. Once school begins, practices will be from 2:45 to 5:30 pm. Please refer to the accompanying calendar for practice times or go to www.craigbeverlin.com/kahs.

Players need to bring water with them to all practices. We do take frequent water breaks and it is very important for the players to be properly hydrated. Encourage your sons to drink lots of water at all times of the day, as proper hydration happens *before* practice, not during.

If a player is going to miss a practice, they must let a freshman coach know before hand. A phone call or communication is all that we ask.

Again, all practice and game information is available on www.craigbeverlin.com/kahs
If you have any questions about freshman football, please contact Coach Kevin McAfee at 582-3324 (home) or 546-1325 (cell).

Our freshman staff is looking forward to having your son in our program and we are expecting another successful season of freshman football at KaHS!

Coaches-

Kevin McAfee
Ryan McCallum
Chris Hildman