



Welcome to Basalt Middle School Football!

Expectations are very high this season. Those of you who are serious about raising the trophy at the end of this year should, at a minimum be able to complete the following before we start camp on the 14th of August.

Here is what I need from ALL OF THE PLAYERS!!!

Players MUST be able to run 6 100 yard sprints in a total of 8 minutes!

Players MUST be able to do 100 push ups with a 10 second rest in between sets of 10

Players MUST be able to do 100 sit ups with a 10 second rest in between sets of 10

All players should start now, getting at least 8 hours of sleep per night (probably not a problem for most)

All players should start drinking 2 times their body weight in oz of water (if you are 100#, drink 200 oz of water a day, keep close track and meet your goals)

All players should start eating 5 meals a day with good carbs and clean protein.

All players need to have current physicals from your Dr. Tom Moore will be doing physicals for free, see attached sheet to get set up.

Non contact camp begins August 14th Practice will start at 5:00, gear hand outs will begin at 3:30.

Non contact camp is not mandatory, but if you have your sights set on a starting position, it is highly recommended that you attend. Players that are prepared will get the playing time they want.

You will need your own water bottle and cleats. Just wear shorts and t-shirt for the first week

Practice going forward after that will be mandatory for all players and will be held

Monday through Friday at 5:00 until 7:00 until school starts.

When school starts, Practice will start exactly 20 minutes after the last bell of the school day. Players will be expected to be on the field in full gear at that time ready to run.

Remember that this is not pee wee football. You need to earn your spot and work to keep it. There are no playing time minimums anymore. Playing time will be a direct result of your effort and attitude. Nothing will be given to you, you have to earn everything!

ALL PLAYERS WILL BE REQUIRED TO KNOW THE LONGHORN PRIDE ACRONYM!

P- Persistence

R-Respect

I-Integrity

D-Discipline

E-Excellence

Football

Thursday, Sept. 7

Thursday, Sept. 14

Thursday, Sept 21

Saturday, Sept. 30

Thursday, Oct. 5

Tuesday, Oct. 10

Tuesday, Oct. 17

Games

Basalt @ Rifle

Riverside @ Basalt

Grand Valley @ Basalt

Basalt @ Glenwood

Basalt @ Riverview

Aspen @ Basalt

Basalt @ Carbondale

Time

4:00

4:00

4:00

4:00

4:00

4:00

4:00