

Gouverneur Football

Junior Varsity Team

Thank you for signing up and supporting the Gouverneur Football Program and becoming a part of the Gouverneur Football Family. The program has a strong history and a strong future. We hope this season offers a fun, positive experience.

The Junior Varsity Team practices the dates and times: (subject to change)

Monday August 23rd - Friday August 27th - 5:00-8:15pm (Water breaks included)

Saturday August 28th - 9:00am - 12:00pm

Monday August 30th & Tuesday 31st - 5:00-8:15pm (Water breaks included)

Wednesday September 1st - Friday September 3rd - 3:00 - 6:00pm (Water breaks included)

Saturday September 4th - Away Scrimmage vs General Brown- 9:00am (Bus Leaves @ 7:00 AM)

Monday September 6th - 5:00-7:00pm

Tuesday September 7th - SCHOOL STARTS 3:00 - 5:30 everyday

Parent Meeting: Monday Aug 23rd 8:15pm - 8:30pm (High School Auditorium)

Monday August 23rd 3:00pm-4:00pm - Equipment handout for Junior Varsity Players if you need it.

Tentative Football Game Schedule (subject to change)

Junior Varsity

8/23- Practice starts

9/4- Scrimmage at General Brown - 9:00am (Bus leaves at 7:00 AM)

9/13- Week 1 @ OFA - 5:30

9/20- Week 2 vs Canton – 4:15

9/27- Week 3 @ Massena - 5:30

10/4- Week 4 vs Malone – 4:15

10/11- Week 5 vs Watertown - 4:15

10/18- Week 6 vs OFA – 4:15

10/25- Week 7 @ Malone - 4:15

10/30- Week 8 @ Watertown - TBD

Everyday Expectations:

- **BE ON TIME** - start times are not arrive times, please plan accordingly
- Water bottle with plenty of extra water
- Cleats, sneakers, all issued equipment, shorts
- Positive attitude and readiness to work hard to get better
- Have a mask handy just in case
- Communication is very important
- HAVE FUN!!

Recommendations & Preparation

- **Start running** - To prevent injury and missed practice time, it is recommended that you start running shorter distances with a faster pace. For example, 8-12 100 yard sprints or 10-15 50 yard sprints, or any combination of any of these examples. Running shorter distances will prepare you more for the season than will running longer distances, like a 2 mile run. **DO NOT** run full speed, you should run these sprints at around 75% of your max speed. Everyday conditioning is best.
- **Cleats** - If you purchase new cleats, please get them ASAP and **BREAK THEM IN** by wearing them around the yard or while doing your daily sprints. This will save a lot of sore feet and blisters the first 2 weeks of practice. This is important.
- **Start hydrating and having good eating habits.** This will help you perform your best during the season and can help keep you healthy, prevent soreness and recover faster.
- **Join “Fans of Gouverneur Football” on Facebook for updates throughout the season.**

We look forward to working with you and seeing what the future has in store for the 2021 season. We are constantly striving for a successful, positive experience each

season, and we are off to a great start towards those goals. Thank you for being a part of it.

Feel free to contact me anytime.

Coach Besaw

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