

Gouverneur Football **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 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 - Home Scrimmage vs General Brown- 9:00am (arrive @ 8:15)

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 3:30pm-4:00pm - Equipment handout for Varsity Players if you need it.

Tentative Football Game Schedule (subject to change)

Varsity - Class C

8/23- Practice starts

9/4- Scrimmage vs General Brown - 9:00am

9/11- Week 1 vs Canton - 1:30

9/17- Week 2 @ SLC - 6:00

9/25- Week 3 vs Malone - 1:30

10/2- Week 4 @ Watertown - 12:00

10/9- Week 5 vs OFA - 1:30

10/15- Week 6 @ Potsdam - 7:00

10/22- Week 7 @ Massena - 7:00

10/30- Week 8 Playoffs TBD

11/6- Week 9 Class C Championships TBD

11/12- Week 10- NYS Class Playoffs @ Section 7

11/19- Week 11- NYS Final 8 @ Section 10

11/27- Week 12- NYS Final 4 @ Middletown

12/2-5- Week 13- NYS Championships @ Dome

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 this 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 Devlin

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