

July 23, 2010

Dear Football Athlete:

The following is information you will need in order to be prepared for football in August. Please read it carefully and follow instructions closely.

- I. **CLEARANCE DAY** - Clearance Day is **Friday, August 13th**. Either you, a parent or teammate representing you must report to the Activities and Athletics Center (AAC) at the below appointed times to take care of your clearance:

9:00 - VARSITY
9:30 - JUNIOR VARSITY
9:45 - FRESHMEN

DO NOT MISS CLEARANCE DAY UNDER ANY CIRCUMSTANCES. The AAC will not conduct any clearances after 8/13 until after school registration is over. Note that if you completed and turned in a physical packet at our physicals in May, the forms listed below will be on file in the AAC. If you need any of these forms, log onto www.agourahighschool.net and under "Popular Links" click on "Athletic Packet", print out and complete them and bring them to clearance day.

- A. At clearance, you will verify that you have on file a completed
1. Activities/Physical Form. If you have this form in your possession, turn it in at your appointed time. If you have not had a physical through the school, your doctor will have to give you one and you will have to turn in his results to the AAC on 8/13. **YOU MUST HAVE A PHYSICAL BEFORE 8/13 OR YOU WILL NOT BE ALLOWED TO PRACTICE UNTIL YOU GET ONE AND ARE CLEARED THROUGH THE AAC.**
 2. Extracurricular/Co-Curricular Activities Code of Conduct form.
 3. Athlete's Code of Ethics form
 4. Voluntary Activities Participation / Acknowledgement and Assumption of Potential Risk form.
 5. Consent to Test form
 6. Fall Emergency Medical Card (SCHOOL YEAR SEASON OF SPORT)
- B. You will also need to pay the following fees on one check made out to "Agoura High School"
1. \$150.00 - Athletic Donation. If this presents a financial burden, contact Jason Rosenthal, our athletic director at 818-889-1262 ext. 336.
 2. \$60.00 - Associated Student Body Card. One card is sufficient for all sports for one calendar year. You do not need a new card for each sport.
 3. \$7.00 - A school V-51 lock (if you do not already have a school lock).

The AAC will stamp and keep your Fall Emergency Card and turn them over to Coach Wegher.

- II. EQUIPMENT ISSUE** - On **Monday, 8/16**, all players who cleared through AAC on Friday, 8/13 are to report to the equipment room at the below times with a **school issued V-51 combination lock** in their possession so they may receive their gear. **NO SCHOOL LOCK - NO GEAR. BRING YOUR EQUIPMENT BAG TO EQUIPMENT ISSUE.** After you have been issued your gear, you are to take it and your school combination lock to the locker room and pick out your locker assignment.

8:00 - VARSITY

8:30 - JUNIOR VARSITY

9:00 - FRESHMEN

- III. PRACTICE DRESS** - The following is required for all players for all practices:
- A. AHS football spirit pack t-shirts, award shirts, shorts, appropriate socks and football shoes. Do not wear P.E. uniforms or spirit pack items from other sports.
 - B. An athletic supporter, compression shorts or briefs. No boxers.
 - C. No hats, watches, jewelry, earrings, etc.
- IV. TRAINING ROOM** - You are to be taped and dressed before all meetings. The training room will be open 30 minutes prior to meetings. It is your responsibility to make sure you arrive early enough so that you are not late to meetings.
- V. TEN PRACTICE DAY RULE** - All players are required by C.I.F. rules to complete at least ten practice days before they are eligible to participate in any scrimmages or games. Therefore, all meetings and practices are mandatory. If you have any time conflicts, contact Coach Wegher immediately. Conflicts should be emergencies only. Please try to schedule all doctor / dentist / orthodontist / senior picture appointments some other time than during football practice.
- VI. NEW FOOTBALL SHOES** - Make sure to break in any new football shoes prior to the start of practice to avoid blisters.
- VII. BE CAREFUL** - Avoid dead period activities that may endanger your health such as pick up games, skateboarding, dirtbike riding, wakeboarding, surfing, etc. You have worked too hard and invested too much to throw it all away just before the season starts. Use good judgment.

If you have any questions, contact me on my cell at 818-917-0819.

Respectfully,

Coach Wegher

AGOURA CHARGER FOOTBALL
DEAD PERIOD LIFTING AND CONDITIONING
VARSITY AND JV SCHEDULE

During the dead period from July 26 to August 13, if you are not out of town you are expected to attend our lifting and conditioning workouts on Mondays, Wednesdays and Fridays. Anyone who attends all nine days and completes his workouts to the best of his ability will be awarded five extra seconds to complete each of his goalposts. The Dead Period workout times are the following. Your workouts will start on time on the lower field:

Monday	7/26	1:30 to 3:00
Wednesday	7/28	1:30 to 3:00
Friday	7/30	9:00 to 10:30
Monday	8/2	9:00 to 10:30
Wednesday	8/4	9:00 to 10:30
Friday	8/6	9:00 to 10:30
Monday	8/9	9:00 to 10:30
Wednesday	8/11	9:00 to 10:30
Friday	8/13	9:30 to 11:00 (Clearance Day)

During the first five days of training camp, our conditioning will consist of a series of ten "Goal Posts" which are 240 yard shuttles completed in 43 seconds (48 seconds if you weigh 230 lbs / 53 seconds if you weigh 250 lbs). You start a new Goal Post every two minutes. This does not mean you have a two-minute rest.

If you raised \$350 for the lift-a-thon, you are exempt for one day. If you pre-sold 12 coupon booklets, you are exempt for one day. If your parents attended the parent meeting, you are exempt for one day.

When we run Goal Posts during the morning practices on the first five days of practice, those who make all ten under the time limit will only be required to run six the following day. However, if they fail to make all six under the time limit, they are back up to running ten again immediately. For each Goal Post you do not make under the time limit, you will be required to do one minute of "Opportunity Period" after practice.

All players will be required to participate in this drill unless they have a doctor's note excusing them from it. Anyone not in attendance for Goal Posts will be required to make them up at a later time. You must complete your Goal Posts before you will be allowed to participate in the Camarillo scrimmage or any games.

Keep in mind that running 10 Goal Posts and then practicing afterward is a very physically and mentally challenging activity. Stay in condition during the dead period so that we can get the most out of our practices during the first week.

AGOURA CHARGER FOOTBALL

VARSDITY AND JV 2010 TRAINING CAMP SCHEDULE

WEEK 1 - CONDITIONING WEEK

MONDAY	8/16	08:00-12:00 PM EQUIPMENT / LOCKER ISSUE 05:30-06:00 PM VARSITY TEAM DINNER IN CAFETERIA 06:00-07:00 PM VARSITY TEAM MEETING
TUESDAY HELMETS	8/17	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM 10 GOAL POSTS 09:15-09:45 AM MEETING IN "M" BUILDING 10:00-11:05 PM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP A LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
WEDNESDAY HELMETS	8/18	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM 10 GOAL POSTS 09:15-09:45 AM MEETING IN "M" BUILDING 10:00-11:05 PM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP B LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
THURSDAY HELMETS	8/19	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM 10 GOAL POSTS 09:15-09:45 AM MEETING IN "M" BUILDING 10:00-11:05 PM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP A LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
FRIDAY AM SHELLS PM PADS	8/20	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM 10 GOAL POSTS 09:15-09:45 AM MEETING IN "M" BUILDING 10:00-11:05 PM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP B LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
SATURDAY PADS	8/21	07:00-07:30 AM GOAL POSTS - PLAYERS WHOSE PARENTS MISSED MEETING 07:00-07:30 AM TRAINING ROOM OPEN 07:30-08:30 AM MEETING IN "M" BUILDING 08:45-11:30 AM PRACTICE (SPLIT) 12:00-01:00 PM PICTURE DAY 05:00-07:00 PM KICKOFF PICNIC IN CHUMASH PARK

NOTE: ON THE DAYS WE RUN GOAL POSTS, EAT A VERY LIGHT BREAKFAST AND BRING SOMETHING TO EAT DURING OUR MEETINGS SO YOU WON'T BE HUNGRY DURING PRACTICE. A PEANUT BUTTER AND JELLY OR PEANUT BUTTER AND BANANA SANDWICH, FRUIT OR POWER BARS ARE GOOD OPTIONS. DRINK PLENTY OF WATER TO KEEP HYDRATED AT ALL TIMES.

WEEK 2 - INTRASQUAD SCRIMMAGE WEEK

MONDAY AM SHELLS PM PADS	8/23	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM MEETING IN "M" BUILDING 09:15-10:40 AM PRACTICE - KICKING GAME 12:30-01:15 PM VARSITY GROUP A LIFT 01:30-02:00 PM TRAINING ROOM OPEN 02:15-02:45 PM MEETING IN "M" BUILDING 03:00-06:00 PM PRACTICE (SPLIT)
TUESDAY AM SHELLS PM PADS	8/24	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM MEETING IN "M" BUILDING 09:15-10:40 AM PRACTICE - KICKING GAME 12:30-01:15 PM VARSITY GROUP B LIFT 01:30-02:00 PM TRAINING ROOM OPEN 02:15-02:45 PM MEETING IN "M" BUILDING 03:00-06:00 PM PRACTICE (SPLIT)
WEDNESDAY AM SHELLS PM PADS	8/25	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM MEETING IN "M" BUILDING 09:15-10:40 AM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY LEADERSHIP MEETING 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
THURSDAY AM SHELLS PM PADS	8/26	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM MEETING IN "M" BUILDING 09:15-10:40 AM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP A LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
FRIDAY AM SHELLS PM PADS	8/27	08:00-08:30 AM TRAINING ROOM OPEN 08:30-09:00 AM MEETING IN "M" BUILDING 09:15-10:40 AM PRACTICE - KICKING GAME 01:00-01:45 PM VARSITY GROUP B LIFT 02:00-02:30 PM TRAINING ROOM OPEN 02:30-04:00 PM MEETING IN "M" BUILDING 04:15-07:25 PM PRACTICE (SPLIT)
SATURDAY PADS	8/28	07:30-08:00 AM TRAINING ROOM OPEN 08:00-09:30 AM JV VS FRESHMEN SCRIMMAGE 09:30-11:00 AM VARSITY INTRASQUAD SCRIMMAGE

NOTE: ALL TIMES ARE SUBJECT TO ADJUSTMENT AS NECESSARY.