



Aquinas Blugold Football

To: All boys entering Aquinas High School for the 2022-2023 school year
From: Coach Lee
RE: Aquinas Football

You are concluding the chapter of your life known as Middle School. Enjoy every second of it. You will soon be taking the next big step on your journey through life as you enter Aquinas High School. One of the great things about your high school experience will be the friends you make and the relationships you form. There is a special kinship teammates have with one another. I am a proud Aquinas graduate of the Class of 1990. Many of my teammates remain some of my closest friends decades later. I invite you to be a part of our proud tradition of Blugold Football so you can challenge yourself through competition, make memories, learn what it means to sacrifice yourself for a greater cause, and, of course, create life-long friendships.

There are many opportunities for you as part of our football program.

Below is basic information about upcoming events during the summer & for the start of the season.

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| <p>Summer Speed & Strength</p> | <p>Lifting at 6:30am every Monday, Tuesday & Thursday at Aquinas <small>Sessions usually last about 1:20</small> Speed Training at 7:15am every Wednesday at Seminary practice field Coach Eddie Hodges has again organized an excellent program for all of our athletes. This program is the foundation for everything we do athletically at Aquinas. <i>Athletes with drivers licenses will be organizing rides for those who may need rides to the early sessions</i></p> | |
| <p>Calendar</p> | <p>Summer Speed & Strength: (Strongly encouraged)</p> | <p>Begins May 30</p> |
| | <p>Contact Days: (Strongly encouraged. We will do basic install & team building and test ourselves against another program)</p> | <p>July 11-14→evenings (Time TDB) meet at Onalaska HS July 15→(Time TBD) @ Seminary</p> |
| | <p>Youth Camp: (Optional)</p> | <p>July 18-20. 9:00am-noon @ Seminary</p> |
| | <p>Equipment Handout & 1st Day of Practice: (Required)</p> | <p>August 2 @ 8:00am, Aquinas locker room <i>*Players are expected to be in attendance from this date until the end of the season</i> August 2 @ 8:00am-noon, meet at Aquinas locker room <i>You will need cleats & shorts. Jerseys & mouth guards will be provided. You may want to consider purchasing football compression shorts with built in hip, thigh, and tail pads. Some players feel these are a better fit and allow for more mobility. These are available at sporting goods stores and can be found online. If you don't want to do this we have good protective equipment that can be placed into our practice & game pants.</i></p> |
| <p>Follow Blugold Football</p> | <p>Website: https://tinyurl.com/aquinasfootball Facebook: https://www.facebook.com/AquinasBlugoldFootball Text Updates: text: "@goblugolds" to 81010</p> | |

Program Organization Information:

All levels of football will practice together at the same time. Our practices are split between the Varsity & JV with each level working with our staff on specific phases of the game. We keep players together based on physical maturity, skill-level and experience. We *never* put athletes in a player vs. player situation in practice where they are outmatched. There will be a lower level schedule for JV as well as "C-level" games where we develop our players. In JV & C games, every player in uniform will play in every quarter.

Please contact me if you have any questions: thomas.lee@aquinasschools.org