

Hello football family,

We are excited about football 2021. I have had several meetings with the High School Football Players as well as families of incoming 9th graders to discuss summer football opportunities and expectations. I wanted to get this document out to players and parents so we can have clear communication and get everybody signed up. This letter will review all of the info that has been shared at those meetings. It also has links to sign up so you don't miss anything. Please sign up ASAP. If you have questions, you can email (ckuipers@hollandchristian.org) or call me (616-617-1199).

Football Team Camp at Grace Adventure will take place on Friday, June 4 - Sunday, June 6. A detailed itinerary can be found [here](#). The purpose of team camp is to kick off the summer with football and team building activities. The camp will start on Friday, June 4, with a Lift-a-thon at the HS Weightroom from 10:30 - noon. This is our only team fundraiser for the year. The lift-a-thon serves several purposes: It allows us to celebrate the work the boys have done in the weight room over the past few months as we focus on the improvement that we have made. It helps us set strength goals for where we want to be by the end of the summer/beginning of football season which keeps us motivated to work hard. Finally, this is a way for our players to raise funds to offset the cost of our football camp (\$105/participant) and pay for other program items.

Our goal is that each player raise \$150 through the lift-a-thon. All money raised will be spent on the team to enrich every player's experience. Examples of what we spent money on in the past include: (team posters, pizza on film nights, team clothing (paid for or off-set costs), summer 7-on-7 tournament fees, paintball, senior recognition signs, etc.). I will be sending information to the players in the next week that includes a fundraising letter for distribution to neighbors, relatives and/or family friends. It will include information on how to give. Donors will have the option to give either a predetermined amount or give an amount that is based on how much weight is lifted in the bench, squat and power clean. We believe that our players do a great job of representing their family and our school community through their play on the field and their hard work year around. This fundraiser allows our community to recognize the efforts of our young men and make possible some extra opportunities this season without the financial burden falling directly on the players and their families.

Following the lift-a-thon, we will do sizing and distribution of helmets. School lunch will be provided, and then we will head to Grace Adventures, just south of Pentwater. On Sunday, June 6, we will conclude our camp with a time of worship and then pack up and return to Holland. We anticipate returning to the high school around noon on Sunday June 6. As we get closer, I will create a packing list and any other necessary info and communicate that to the teams.

Tuesday nights are HC football nights throughout the summer. Most Tuesdays we invite another school to come to HC to participate in full team football activities. On these nights, players of every position receive individual instruction as well as learn our schemes and terminology that they apply in competition against other schools. Helmets and cleats are the only football attire needed as no football pads are allowed to be worn until the season begins in August. You can download our [google football calendar here](#) or [for iCal format use this link](#). Tuesday, July 13 is a Varsity 7-on-7 at Unity for 11th and 12th graders while 9th/JV will have regular football activities at HC. We have two 7-on-7 passing tournaments this summer - one is Saturday, July 17 at Hope College. The other is Thursday, July 22 at Hudsonville (starting at 10am). These 7-on-7 tournaments are for grades 10 through 12 only. While our Tuesday night team camps are for all players, the 7-on-7's are just for defensive backs, linebackers, wide

receivers, tight ends, running backs, quarterbacks and centers. Other linemen are welcome to attend the 7-on-7's, but don't need to. If there are any changes to our summer schedule, I will send an email to those registered for football in final forms. If you haven't registered for football for next fall, please register today...2021 Football Registration info can be found [here](#).

Our Summer PTP (Performance-Training-Program or Pay-the-Price) workouts run every Monday, Wednesday, and Thursday, from 7:30-9am at the High School. These workouts are for Holland Christian HS athletes of all sports and consist of a combination of strength/resistance training in the weight room as well as speed, agility, and conditioning training on the field. The first workout is June 7 and the last is August 5. There are no PTP workouts the week of July 3-9, this is Holland Christian's "Dead Week". Training is an important part of high school athletics. There are a number of positives from training including: reduced risk of injury during the season, improved performance, camaraderie and cohesiveness within our teams as well as within our entire athletic program. We work hard to make our training positive, safe and age-appropriate. We teach proper technique, use professionally developed workouts and try to de-emphasize comparison, rather choosing to focus on individual and collective improvement through effort and commitment. We ask that guys with summer jobs adjust their work schedules to accommodate these workouts. If that isn't possible, players have the option to get their workout in during the middle school training hours of 4:30-6pm on Tuesdays and Thursdays. We would rather have guys train in the morning so they can maximize the benefits of training together.

The expectation for Tuesday night football and PTP is I want you there. The expectation for football players is an average of 2 PTP workouts per week (16 out of 24 workouts for the summer). We would love to have you at everything, but want to encourage other great summer opportunities like family vacations and mission trips. All players need to do a one time per summer registration for our PTP workouts. Many of you have already, but if you haven't you can register [here](#). Please do this asap. We are ordering t-shirts for those who sign up by the end of this month.

Football season officially begins on Monday, August 9. In order to participate, players must be signed up on final forms and have a physical on file (dated after April 15, 2021). Please schedule those physicals ASAP and make sure not to schedule vacations the second week in August.

HCHS Football offers a youth football camp June 14-17 (Monday-Thursday). The camp is offered for kids going into grades 6 through 8 (9-noon) and grades 3 through 5 (1:30-3:30). All HS football players are invited to help coach at the camp. We believe strongly in the benefits of our HS athletes setting an example for our youth and having opportunities to lead, to serve and to share how/where they see God at work. The HC Football Program will pledge \$50 for each HS player that works all 4 days of the camp (either morning or afternoon) towards that athlete's Lift-a-Thon.

Please fill out [this google form](#) to sign up to attend our Football Team Camp at Grace Adventure, provide shirt size, provide info concerning your availability for helping at our youth camp, and let me know who can compete at our two 7-on-7 tournaments. .

I can't wait for the season to begin!

Coach Kuipers