

STALEY

FOOTBALL



JANUARY 11 NEWSLETTER

ZERO HOUR

- Zero Hour workouts this week are Mon-Thurs 6:30-7:15 am
- Our players did a great job starting our winter training cycle last week! We had an average number of 84 players present daily last week. We are excited to build off of a strong start this week with elite effort and attitude! Discipline & consistency this offseason will create the biggest results!

SPRING CALENDAR

- The spring calendar should be finalized this week. We plan to get that sent out to families in next week's newsletter. This will include all football specific team events we have scheduled through the end of the year such as: parent meeting, spring practices/meetings, 6 Strong outing and fundraiser begin and end dates.

SUMMER CALENDAR

- We hope to be able to share our summer calendar within the next two weeks. In the meantime, if you are planning summer vacations, etc. our dead weeks are as follows:
- Dead Week 1 - June 27-July 5th
- Dead Week 2 - July 1 - August 9th

MIDDLE SCHOOL STRENGTH TRAINING

- We are excited to offer winter & spring strength training to our middle school aged athletes again this year! Training sessions will focus on teaching proper lifting techniques and developing a sound foundation of strength training. If you have a middle school aged athlete consider signing them up to work out at Staley with Staley strength & conditioning coaches!
- For all details and a link to register - see the flyer attached to the newsletter email. Please share with any friends or family who may be interested!

STALEY FOOTBALL SCHEDULE - JANUARY 12-16

DAY	GRADE	TIME	EVENT(S)	LOCATION	DRESS
MON	9-11	6:30-7:15 am	Zero Hour Workout	Wt Room, Aux Gym	Black shorts, Staley shirt, athletic shoes
TUES	9-11	6:30-7:15 am	Zero Hour Workout	Wt Room, Aux Gym	Black shorts, Staley shirt, athletic shoes
WED	9-11	6:30-7:15 am	Zero Hour Workout	Wt Room, Aux Gym	Black shorts, Staley shirt, athletic shoes
THURS	9-11	6:30-7:15 am	Zero Hour Workout	Wt Room, Aux Gym	Black shorts, Staley shirt, athletic shoes
FRI	NO FOOTBALL ACTIVITIES				

NOTES

*PLAYERS BE SURE TO DRESS AS INDICATED ON THE SCHEDULE!

*PARENTS DROP OFF ATHLETES AT THE BUS LOOP. PLAYERS ENTER THROUGH MAIN DOORS. WORKOUT BEGINS IN THE WEIGHT ROOM.

TEAM EXPECTATIONS

HUSTLE EVERYWHERE YOU GO DURING ZERO HOUR

RELENTLESS EFFORT IN ALL DRILLS/REPS/LIFTS

POSITIVE BODY LANGUAGE/ COACHABILITY/ COMMUNICATION

BEST IS THE STANDARD: EFFORT, ATTITUDE, FOCUS

VISIT OUR WEBSITE FOR PROGRAM INFO: www.staleystrongfootball.com

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Staley football family