

STALEY FOOTBALL

JULY 12 NEWSLETTER



UPCOMING CAMP OPPORTUNITIES

- Our youth, middle school and high school football camps are all this month.
- More info and links to register can be found on our website:
<https://www.staleystrongfootball.com/camps/>
- *High school camp July 20-23: players must be registered to attend.*

2ND ANNUAL STALEY FOOTBALL GOLF TOURNAMENT - TOMORROW!

- Spread the word to potential players and any business sponsors you know who may be interested. The tournament graphic is attached to the newsletter email with details on registering, etc.
- *Enjoy a round at Staley Farms Golf Club, complimentary drinks, and sack lunch. The tournament will be followed up with a meal from Hawaiian Bros, a silent auction, hole prizes and sponsorship deals.*
- *Don't miss out on a great day with our Staley Football Family! Register today!*

KC ELITE 7ON7 TOURNAMENT

- Friday and Saturday we will travel to Mill Valley HS for a 7on7 tournament. We are only allowed 30 players. That roster has been sent to players who will be in the tournament.
- Players will drive/carpool to the tournament.
- *Copies of the schedule are included as attachments to newsletter email.*

STALEY FOOTBALL SCHEDULE - JULY 13-18

DAY	GRADE	TIME	EVENT(S)	LOCATION	DROP OFF	PICK UP	DRESS
MON	10-12	6:30-8:30 AM	LIFT / FILM	WT ROOM, STADIUM	BUS LOOP	STADIUM	BLACK SHORTS, STALEY TOP, SHOES, CLEATS
	9	7:30-9:00 AM	LIFT / SPEED AND AGILITY	WT ROOM, STADIUM	STADIUM	BUS LOOP	
TUES	10-12	6:30-9:00 AM	LIFT / PRACTICE	WT ROOM, STADIUM	BUS LOOP	STADIUM	SHELLS, BLACK SHORTS, CLEATS
	9	7:00-9:00 AM	PRACTICE	STADIUM	STADIUM	STADIUM	
WED	10-12	6:30-7:15 AM	LIFT	WT ROOM, STADIUM	BUS LOOP		SHELLS, BLACK SHORTS, CLEATS
	9-12	7:30 AM	BUS DEPARTS SHS FOR MVHS	STADIUM	STADIUM		
	9-12	9:00-11:00 AM	SCRIMMAGE AT MV	MILL VALLEY HS		STADIUM	
THURS	10-12	12:00-1:00 PM	7ON7 WALK THRU	WT ROOM, STADIUM	BUS LOOP	STADIUM	BLACK SHORTS, STALEY TOP, CLEATS
	9	PLAYERS OFF					
FRI	10-12	8:00	KC ELITE 7ON7 TOURNAMENT	MILL VALLEY HS	PLAYERS WILL DRIVE TO MV BOTH DAYS		BLACK SHORTS, WHITE COMPRESSION TOP, HELMET, CLEATS
SAT	10-12	TBD	KC ELITE 7ON7 TOURNAMENT	MILL VALLEY HS			

NOTES

*IT IS VERY IMPORTANT FOR ATHLETES TO HYDRATE, EAT WELL AND GET 8 HOURS OF SLEEP THIS WEEK

*PRACTICE EQUIPMENT MODES: HELMETS = HELMETS & PRACTICE JERSEY / SHELLS= HELMET & SH PADS, GIRDLE / FULL PADS= HELMET, SH PADS, GIRDLE, KNEE PADS

*ATHLETES WILL NEED TO BRING A PAIR OF TENNIS SHOES AND CLEATS DAILY - NO SLIDES, CROCS, ETC.

TEAM EXPECTATIONS

DO NOT WALK ON THE FIELD OR 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.staleyststrongfootball.com

Follow us on Social Media for the latest program news & events



@staleyfootball



@staleyfootball



Staley football family