

**SOUTHERN REGIONAL
MIDDLE SCHOOL FOOTBALL**

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If you have any questions or concerns **AFTER READING** the provided information, please email me at jlister@srsd.net.

EXPECT TO WIN

*** BE ADVISED THAT ALL DATES ARE SUBJECT TO CHANGE AND/OR ADDITION AND ALL CHANGES AND/OR ADDITIONS ARE COMMUNICATED TO YOUR SON ON A REGULAR BASIS THROUGHOUT THE SUMMER.**

*Completion of our game schedule is anticipated for late June or early July. Be aware that we anticipate having an A game schedule for advanced skilled players and a B schedule for emerging players. We anticipate MOST A games taking place on Thursdays and B Quarters taking place **AFTER** those games. However, while we do our best to avoid it, there is a possibility for some games, both A and B, to take place on Saturdays. There is also the possibility that full B games may be scheduled on another weekday throughout the season. Keep in mind; the following schedule is **NOT** final.

2009

Southern Regional Middle School Football

Dear Parents and Players,

The Southern Regional Middle School Football Program is directly linked to the Southern Regional High School Football Program. Our primary focus is providing ALL students interested in playing football in the future at the high school level with instruction of basic fundamentals, individual improvement and encouragement, building team camaraderie and solidarity, and promoting an unwavering commitment and love for the game.

7th grade students that weigh more than 145lbs are offered the same opportunities as the 8th graders. If your son weighs more than 145lbs and is interested in playing football during their first year at Southern, they are expected to follow the provided calendar starting June 22nd.

*Please keep in mind, there is no guarantee of time on the field during games.
Playing time is earned.*

The **STRENGTH AND CONDITIONING PROGRAM** for ALL Middle School Football players is required and takes place on the following dates from 8AM to 10AM: JUNE 22ND, 24TH, 26TH AND 29TH, JULY 1ST, 3RD, 7TH, 9TH, 11TH, 13TH, 15TH, 17TH, 21ST, 23RD, AND 29TH, AUGUST 11TH, 13TH, 17TH, 19TH, AND 21ST. AUGUST 24TH and all other dates thereafter are MANDATORY SESSIONS. ATTENDANCE IS IMPORTANT. A total of 20 strength and conditioning sessions are scheduled. Players are required to attend and sign in for 15 of them. Player involvement and equipment handout is driven by this point system. Therefore, any vacations, camps, employment, etc. should be either scheduled around conditioning or planned in an attempt to minimize player absences. Keep in mind, proof of attendance at another legitimate athletic camp counts toward player credits. Players with the most credits attained receive equipment first. If extra equipment is available, it will be awarded to those with lesser credits.

TRAINING CAMP IS August 24th, 25th, 26th, 27th, AND 28th from 8AM to 2PM. It is **ABSOLUTELY NECESSARY** that **NO** player miss the last week of August and the first week of September, as these are "training camp" weeks and crucial to player development. Attendance is recorded and drives play time in both A and B games. If we do not have a game, we have practice.

**PLEASE DO NOT SCHEDULE A VACATION BETWEEN
AUGUST 24th and SEPTEMBER 4th. A COMMITMENT HAS
BEEN MADE.**

THANKS FOR THE CONTINUED SUPPORT
Coach Lister and the Middle School Coaching Staff

~ May 2009 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19 FALL SPORTS MEETING 2:15 - 3PM QB MEETING 3 - 5:15 PM ALL CURRENT 2008-2009 7 th AND 8 th Quarterbacks	20	21	22	23
24	25	26	27	28 PHYSICALS 2:15 - 5:15 YOU MUST HAVE A PHYSICAL TO PARTICIPATE IN SUMMER PROGRAM	29	30
31	Notes:					

TENTATIVE - Ram Camp for ALL middle school players and Pop Warner players will run from 6pm to 8 pm on the following dates:

Monday - July 20, 2009

Tuesday - July 21, 2009

Wednesday - July 22, 2009

Thursday - July 23, 2009 (Rain Date)

The cost is around \$50.00 per player for the whole camp. Conditioning credits are provided for middle school players as well as an AWESOME experience for all. Definitive dates, costs, and registration forms are provided in July.

~ June 2009 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 ANNUAL FUN DAY ALL CURRENT 2008-2009 7 th AND 8 th GRADERS 2:15 - 5:15	12	13
14	15	16	17	18	19	20
21	22 CONDO 8-10 AM MS Practice Field	23	24 CONDO 8-10 AM MS Practice Field	25	26 CONDO 8-10 AM MS Practice Field	27
28	29 CONDO 8-10 AM MS Practice Field	30	Notes:			

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~ July 2009 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 CONDO 8-10 AM MS Practice Field	2	3 CONDO 8-10 AM MS Practice Field	4
5	6	7 CONDO 8-10 AM MS Practice Field	8	9 CONDO 8-10 AM MS Practice Field	10	11
12	13 CONDO 8-10 AM MS Practice Field	14	15 CONDO 8-10 AM MS Practice Field	16	17 CONDO 8-10 AM MS Practice Field	18
19	20 Ram Camp 6-8pm	21 CONDO 8-10 AM MS Practice Field Ram Camp 6-8pm	22 Ram Camp 6-8pm	23 CONDO 8-10 AM MS Practice Field Ram Camp 6-8pm (Rain Date)	24	25
26	27 CONDO 8-10 AM MS Practice Field	28	29 CONDO 8-10 AM MS Practice Field	30	31	Notes:

~ August 2009 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11 CONDO 8-10 AM MS Practice Field	12	13 CONDO 8-10 AM MS Practice Field	14	15
16	17 CONDO 8-10 AM MS Practice Field	18	19 CONDO 8-10 AM MS Practice Field	20	21 Condo and Equipment Handout 8 - 11AM MS Practice Field PICK UP Behind MS Gym	22
23	24 CAMP 8AM - 2PM Behind MS Gym FULL GEAR	25 CAMP 8AM - 2PM Behind MS Gym FULL GEAR	26 CAMP 8AM - 2PM Behind MS Gym FULL GEAR	27 CAMP 8AM - 2PM Behind MS Gym FULL GEAR	28 CAMP 8AM - 2PM Behind MS Gym FULL GEAR	29
30	31 PRACTICE 8AM - 11AM FULL GEAR 11AM 15 Min. Parent Meeting Behind MS Gym	Notes:				

~ September 2009 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 PRACTICE 8AM – 11AM FULL GEAR	2 Teachers' First Day NO PRACTICE	3 PRACTICE 8AM – 11AM FULL GEAR	4 PRACTICE 8AM – 11AM FULL GEAR	5
6	7 Labor Day NO PRACTICE	8 1st Day of School for Students PRACTICE 2:15 – 5:15	9 PRACTICE 2:15 – 5:15 FULL GEAR	10 Anticipated Game Day	11 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	12
13	14 PRACTICE 2:15 – 5:15 FULL GEAR	15 PRACTICE 2:15 – 5:15 FULL GEAR	16 PRACTICE 2:15 – 5:15 FULL GEAR	17 Anticipated Game Day	18 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	19
20	21 PRACTICE 2:15 – 5:15 FULL GEAR	22 PRACTICE 2:15 – 5:15 FULL GEAR	23 PRACTICE 2:15 – 5:15 FULL GEAR	24 Anticipated Game Day	25 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	26
27	28 PRACTICE 2:15 – 5:15 FULL GEAR	29 PRACTICE 2:15 – 5:15 FULL GEAR	30 PRACTICE 2:15 – 5:15 FULL GEAR	Notes:		

~ October 2009 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Anticipated Game Day	2 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	3
4	5 PRACTICE 2:15 – 5:15 FULL GEAR	6 PRACTICE 2:15 – 5:15 FULL GEAR	7 PRACTICE 2:15 – 5:15 FULL GEAR	8 Anticipated Game Day	9 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	10
11	12 PRACTICE 2:15 – 5:15 FULL GEAR	13 PRACTICE 2:15 – 5:15 FULL GEAR	14 PRACTICE 2:15 – 5:15 FULL GEAR	15 Anticipated Game Day	16 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	17
18	19 PRACTICE 2:15 – 5:15 FULL GEAR	20 PRACTICE 2:15 – 5:15 FULL GEAR	21 PRACTICE 2:15 – 5:15 FULL GEAR	22 Anticipated Game Day	23 PRACTICE 2:15 – 5:15 Shorts Tees Cleats Sneakers	24
25	26 PRACTICE 2:15 – 5:15 FULL GEAR	27 PRACTICE 2:15 – 5:15 FULL GEAR	28 PRACTICE 2:15 – 5:15 FULL GEAR	29 Anticipated Game Day Equipment Return	30	31

***PLAYERS MUST HAND
 IN ALL SCHOOL ISSUED
 EQUIPMENT AFTER
 OUR FINAL GAME
 BEHIND THE MS GYM.
 20 MINUTES**



SOUTHERN RAM FOOTBALL

2009

POP – WARNER CAMP

(Grades 3 to 8 for '09 – '10 school year)

July 20th, 21st and 22nd (Rain date July 23rd)

6:00 pm to 8:00 pm

What To Bring: Football cleats, bug spray and sneakers if it rains.

Where: Southern Regional High School – 11/12 Front Field – 11/12 gym if it rains.

Cost: \$ 50.00

Make Checks payable to Southern Regional

Mail-In Registration: Due by Friday, July 17th

Walk-Up registration: Monday, July 20th - 5 pm to 5:45 pm

Mailing Address: Chuck Donohue Jr. Cell phone: (609) 204 - 2751

Southern Regional High School

90 Cedar Bridge Road

Manahawkin, NJ 08050

Every camper will receive a Camp T-shirt along with a giveaway item every night. This camp will teach the fundamentals and basics of football by the Southern Regional High/Middle School staff. We will also focus on improving the agility and footwork of an athlete with various drills. We look forward to working with your children. Please fill out the registration form on the back. Thank you!

2001

2004

2005

2007

2008

NJSIAA GROUP "4" STATE PLAYOFFS

"WE ARE ... SOUTHERN"



REGISTRATION FORM

9th Annual

RAM FOOTBALL CAMP 2009

Name _____

Address _____

Phone Number _____

Grade as of Sept. 2009 _____ E-Mail Address _____

Emergency Contact:

Name _____

Home or Cell Phone Number _____

T-Shirt Size (Adult):

Small Medium Large Extra Large 2X-Large 3X- Large

Informed Consent:

Realizing that such activity involves the potential for injury which is inherent in all sports, I/we acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis, or even death. I/we acknowledge that I give permission for my child to participate in _____.