



# 2018 Spartan Football Information (Varsity/sophomore)

## Summer Workout Information:

- Monday June 4<sup>th</sup> is the first day of summer weights / field work
- Lifting sessions are on Monday/Wednesday/Thursday throughout the summer
- Lifting begins at 6:30am and ends at approximately 7:30am
- Field work begins at 7:45am and ends at approximately 9:00am
- You are **expected** to attend every summer workout unless you have a prior academic, family, or baseball conflict.
- You are responsible for notifying Coach Van if you are going to miss a workout.

## Summer 7 on 7 Information:

- Varsity and sophomore skill players will compete in a 7 on 7 league held as PVHS
- Varsity games on the turf, sophomore games in the bowl
- Games held on June 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>
- PV's games are at 4:00 *and* 5:00 each night

## Camp/Practice Dates:

- Central College Team Camp – the varsity team (along with a few sophomores) will participate in the Central College team camp at Central College in Pella, Iowa. Dates of the team camp are July 22<sup>nd</sup> – 24<sup>th</sup>. Cost is \$170.00 per player. Players are responsible for paying their own camp fee.
  - If you have a financial need, please visit with Coach Van about ways to help pay for camp.
  - Sign up for team camp will occur at a later date, please reserve the date so you can attend.
- High School Camp – The PV football camp is July 30 – August 3<sup>rd</sup>. Cost is \$40, payable anytime.
  - Camp will be held in the morning, 7:00am-8:30am at PVHS
- Official Practice begins Monday August 6<sup>th</sup> at 7:00am

## Dead Week:

- Dead week (no football activities) will be Wednesday July 25<sup>th</sup> – Sunday July 29<sup>th</sup>.

## Service Learning Opportunity:

- If you need service hours, see a coach. We have several opportunities throughout the summer for you to help at camps and earn your service hours.

## Other Important Information:

- Varsity players will wear white cleats.** Keep that in mind when purchasing new cleats.
- If you are attending a camp on your own and need pads, please give Coach Van a weeks' notice. Do not wait until the day before to get your gear for a camp.
- Jersey for senior pictures, please give Coach Van a weeks' notice if you need to get a jersey for senior pictures.
- All players will wear compression shorts or a girdle, no boxer shorts.
- No jewelry in the weight room, at practice, games, or team photo.
- Spartan Football golf fundraiser. See Coach Van if you know someone that would like to donate.
- Eligibility – if you fail a 2<sup>nd</sup> semester class you will be ineligible for a portion of the season.
- Good Conduct-if there is an incident, you need to self-report to a coach within 24 hours.

<u>August</u>	<u>September</u>	<u>October</u>
24 <sup>th</sup> -@Bettendorf	7 <sup>th</sup> -North Scott	5 <sup>th</sup> -@Ia City High
31 <sup>st</sup> -@CR Prairie	14 <sup>th</sup> -Dav. Central	12 <sup>th</sup> -Dav. North
	21 <sup>st</sup> -@Ia City West	19 <sup>th</sup> -Linn Mar
	28 <sup>th</sup> -Muscatine	