

June 2009

Dear Parents and Players,

The summer is here and excitement is running high. Our program is at crossroads. It is time to take the next step and join the states elite teams in the post-season. We have had a steady progression over the past three seasons that we must build on.

With this in mind, the Tatnall weight room will be open and supervised from 3-6 p.m. every day. If you are in town, I expect you to be in the weight room. We will incorporate strength training, as well as speed and agility training in our program. We have a top notch, collegiate level facility and are blessed to have it at our disposal. The summer weight program not only enhances the player's bodies but is also a crucial team-building process that will make us better in the fall.

Another team building exercise is our trip to the University of Pennsylvania. During this trip, players will get a chance to bond as teammates. They will get quality instruction from college coaches. It is a great springboard into preseason. The camp will be held from the 19th to the 22nd of July. We will also be in a 7 on 7 tournament at Dover High School on Saturday, July 25. If you need registration information, the camp brochure is enclosed in this mailing.

Due to the need for equipment at this camp, I will begin distributing it during weight room hours in June. It is your son's responsibility to call me and get his equipment and a locker before the first day of practice.

We have a unique opportunity this season to build on a winning tradition that we have fought hard to achieve. Attached is our tentative preseason schedule, game schedule and our first day fitness test along with camp information and gear sheets. The future is bright, but only through hard work and dedication can our goals be realized.

Sincerely,

Jody Russell
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