

Dear Wildcat Football Player,

We have only 20 days to our first football practice on Monday August 2nd for the upcoming 2010 season. It will be hot and dry so it is very important that everyone reports back in top physical condition. If we want to contend for a state title, we must be strong. The weight room is open Monday through Thursday from 9 am to 11:00 am and from 5 pm to 7 pm Monday through Thursday. Only the strong survive in Texas 5A football so I encourage you to get into the weight room at least 3 times a week.

The Humble HS football camp for all in-coming 7, 8, and 9<sup>th</sup> graders will be held on Monday July the 26th through Thursday July 29th at Humble HS from 9 am to 11 am. The cost is 25 dollars and you can sign up at the door on Monday the 26<sup>th</sup>.

Equipment will be issued at 8 am on Monday August 2nd to all seniors and returning letterman. Juniors and sophomores will pick up their equipment at 9 am. Freshman will be issued their equipment starting at 10 am. In order to be issued equipment all athletes must have a physical form filled out completely on the official Humble ISD form. If your physical form is not completed by August 6<sup>th</sup> you will not be able to play football this season. These forms can be picked up in my office or the weight room. All players must provide their own football cleats. Cleats must be black or white or a combination of black and white. The athletic trainer will supply water for all players so water bottles will not be needed this year. You must be clean shaven and no earrings are allowed. Humble ISD has a grooming policy that states no facial hair and hair length can only be two inches not extending below the ears, eyes or shirt collar. This policy will be strictly enforced and an athlete can be removed from the team. Remember that the use of alcohol, drugs, tobacco and steroids will result in dismissal from the team. We will start our two a day practices on Monday August 2nd at 3 pm with meetings followed by workouts. The first practice will run from 4:30 – 6:00 and the second from 7:00 – 8:30 each day. Bring a snack to eat and something to drink between practices. The freshman practice will change after August 2nd to a single morning workout each day from 8 am to 10 am until school starts.

Texas Football Magazine has picked us to finish 1st in our new district 18 4-A. District champs, regional champs and state champs sure sounds good to me lets go make it happen. We made great gains in the off-season. I hope we have continued to work out over the summer in order to make the 2010 season a special one. Remember that hard work beats talent, when talent doesn't work hard.

See You August 2nd,

Coach Beasley and staff