

Dear Incoming Spartan Football Parents and Players,

I hope you are safe and well during these challenging times. The Stratford coaching staff is excited to welcome you to our football family! Although our off-season was cut short, I was able to witness the incredible determination, pride, and passion our players have to make the upcoming season one to remember. The level of commitment we have seen from our athletes during the pandemic has our coaching staff excited for the 2020 football season!

Summer is fast approaching and we have several details that I would like for you to be aware of. One program that we offer that is vital to our success, is our **Strength And Conditioning Camp**. The camp will include strength and conditioning, leadership and communication, mental toughness, and more. "**SAC Camp**" as we call it, gives athletes a chance to meet the Spartan coaching staff and work alongside their peers in preparation for the fall. SAC Camp takes on a new meaning this year as the spring sports and off-season programs were cut short. This summer, SAC Camp will give us an opportunity to help athletes catch up on strength training, speed, agility, and flexibility that they will need for their upcoming season. And let's not forget the importance on getting acclimated to the Texas heat!

Another summer program is our **Sports Specific Instruction**. Football players can work with Stratford football coaches on specific techniques, drills, and plays for next year. We will offer this each day at the end of SAC Camp. Players can attend training in one or multiple sports for a maximum of two hours per week. This is not two hours per sport, but two hours total for each week.

We will have our incoming **7th-9th grade football camp** at the end of July. This four day camp, divided over two weeks, will give players a chance to work with the coaches, learn fundamentals, and get familiar with our system. Registration forms are attached to this email and on the Spartan Booster Club website.

A football parent meeting is planned for **July 22nd** in the middle gym. The freshman and JV meeting will be held at 5:30pm, and the Varsity meeting will be at 6:30pm.

On Friday, **July 31st**, football players will come to the fieldhouse to check their paperwork regarding Rank 1 and their physicals. More specific information regarding physicals will be coming soon. We will also issue equipment and lockers. Seniors will check in at 8am, Juniors at 9am, Sophomores at 10am, and Freshman at 11am.

Football practice begins for all players and teams on **August 3rd**. Our first scrimmage will be **August 14th** versus Morton Ranch at Stratford.

Please register for our upcoming SAC Camp and check out our football section on the website, <https://www.shsboosterclub.com/>. If you have any questions, please feel free to contact me at jeffory.rankin@springbranchisd.com.

With Spartan Pride,



Todd Rankin
Campus Athletic Director/Head Football Coach
Stratford High School
Earn The Right To Win