



Prior Lake Football

Prior Lake High School
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Dear Laker Football Players and Parents:

I would like to take the opportunity to invite you to our Laker Football Spring Player/Parent Meeting on Monday, May 19th at 6:00 pm. The meeting will take place in the Gold Gym at Prior Lake High School and is for all football players **that will be in grades 9th – 12th** for the 2008-09 school year. Important summer and season information will be discussed at the meeting, as well as sign-up for our equipment packs for the upcoming season. It is highly encouraged that all players including at least one parent from each family attend. I truly want all of our players to get started on the right foot and this is the first step.

Included in this letter is an order form for your son's equipment pack for the 2008 season. Whether you are brand new to the program or a returning player, we highly encourage that all of our players are supplied with some basic equipment needs and apparel items to start each season. Instead of offering a specific pack for each grade level, we are offering individual items so players will only have to purchase the items they need. We have kept the basic equipment that we need our players to have to a minimum, but yet offer many other optional choices for Laker Football apparel. One of the main components of the basic pack is the girdle and practice jersey, 9th/10th grade players are expected to have a white practice jersey, and Varsity players are expected to have both a navy and a gold practice jersey. Players are expected to have the right colored jersey based on grade level, in good condition, otherwise players are encouraged to replace it from year to year. Please carefully fill out all the information on the order form and follow the step by step process for ordering. New this year we are also offering Laker Football fan apparel which may be ordered at the meeting and the order form is included with this letter. Our equipment representative will have equipment and apparel samples for you to look at.

Other discussion items will include our summer schedule. We are really trying to limit the number of conflicts that athletes have in the summer and continue to promote multi-sport participation here in Prior Lake. With that, our summer weight training program (Strength Team) is promoted by other Varsity Coaches at Prior Lake High School and offers quality training to all athletes no matter what sport they are involved in. This program is run by the Varsity Football Coaches and includes speed and agility, plyometrics, core work, and strength training.

- Varsity Strength Team for 11th and 12th graders will run Monday – Thursday from 8 am to 9:30 am
- 10th grade Strength Team running Monday – Thursday from 8:30 am to 10 am.
- 9th grade Strength Team running Monday – Thursday from 9:00 am to 10:30 am

Our off-season training is one of the most important aspects for our program to be successful; I strongly encourage all of our football players to commit to the Summer Strength Team.

Other summer opportunities that Laker Football Players will have:

- **Grades 10th – 12th** we will offer a summer practice schedule that is tied into the Strength Team and will take place on Tuesdays and Thursday from 10 am – 11:30 am.
- **Grades 9th – 12th** we will be offering a team camp July 21st – 23rd. This will be run by the High School coaching staff and will be a shoulder pad and helmet camp. This is a great opportunity for players to learn and reinforce our system, spend time with their teammates, and exposure to program expectations.

This and other information will be discussed in more detail at the meeting. Please bring a checkbook in order take care of order costs the night of the meeting. If there are questions before the meeting date, please feel free to contact me. I will also encourage you to check our Laker Football website which can be accessed through the Laker Activities home page and includes important information such as quarterly newsletters, forms, camps, weight training, schedules and team calendar. Football is right around the corner and I look forward to discussing our summer opportunities with you and your son. **GO LAKERS!**

Sincerely,

Matt Gegenheimer
Head Football Coach – Prior Lake High School