



4th Grade Team Weekly Newsletter

Week of Aug 24-30

Hello everyone!

So we have some exciting news to share with you this week. Our very own Coach Demilo has arranged it so that our team is the official football team of the David Stine Show! His sports radio show is broadcasted all over the world! You can check him out at sportingnewsradio.com. His show is broadcast from 2-6am Sun-Thurs and Coach Demilo calls in and talks about our team 3-4 nights a week. If you are not awake at 2am (really, you're not!?) you can download the podcast for free on itunes. Also, on the show we now have a friendly rivalry with a west coast football team to see which team will have the better game record at the end of the season. I'll keep you posted throughout the season on how much we are kicking their butts!

Volunteers Still Needed! The coaches are still looking for someone to film our games so that they and the team can review it each week and make changes and improvements. If we could have a few people volunteer than it would only be a couple of games that each person would have to film!

We are also looking for someone to host the team for weekly film review sessions at their house. My thought is again if we have a few people willing to host at their house then it would only end up being a couple of times. We need people with a good size room and TV so that the whole team can easily see the action.

The upcoming week's water schedule is:

Tues, Aug 25 – Hayward

Fri, Aug 28 - Martinez

Wed, Aug 26 – Lamour

Sat, Aug 29 – Newman (voluntary practice)

Thurs, Aug 27 – Longo

Sun, Aug 30 - Potvin

If you are not going to be at practice on your water day please let me know in advance so that we can see about swapping your day with the next person on the list. It's very important our boys always have water available to stay hydrated!

The grill schedule for Wednesday, Aug 26:

5:45-7:45 – Watts and George both cooking together for the night

REMEMBER: Hydrate, Hydrate, and Hydrate! August is a very hot and humid month. Our boys need to drink lots of water BEFORE they go on the field for practice.

Note From The Coach:

Well, we are on the eve of our first competition and I know the boys and coaching staff are very excited about getting some live work in. Everyone has been working very hard these past few weeks and tomorrow will be a good measure of where we are and what we need to work on before our first game next Sunday.

A couple of things before our first competition;

Please report to the field no later than 7am tomorrow to **start** warm-ups. If you are late, you will not play in the first game. Get plenty of sleep, water, and food tonight to prepare for tomorrow's four consecutive games.

Also, if a few people could bring some snacks for the boys for in between the games, that would be great (watermelon, oranges, granola bars, etc..)!

As you may have noticed, we have been working with the players on a very diverse offensive play-set. We by no means expect to pull all of these off successfully tomorrow, but rather to use them as a benchmark to see what we can and cannot do right now. Next week during practice we will concentrate on the areas of weakness exposed during this weekend.

Last but not least, please support and encourage our players. Let them know you are proud of them and how hard they have been working. A little positive re-enforcement can go a long way!

Coach Godin