



Dear Parents of Landon Football Players,

The start of the 2018 Football Season is just a few short weeks away. The coaches and I are looking forward to the upcoming season and the opportunity to work with these young men. I know we are all excited by the opportunity to win back to back championships. This year, the JV and Varsity teams are starting preseason practice on different dates, the guidelines below is provided to assist families in deciding which team they should start with this fall. I encourage all sophomores, juniors, and seniors to start with the Varsity on August 11<sup>th</sup>. If you have any questions when you should start practice please email me at [paul\\_padalino@landon.net](mailto:paul_padalino@landon.net).

### **Start Dates**

**Seniors and Juniors** - Required at First Practice on Saturday, August 11<sup>th</sup>

**Sophomores** - All Sophomores are encouraged to attend Varsity Practice on Saturday, August 11<sup>th</sup> but can decide to start with JV on Wednesday, August 15<sup>th</sup> (please inform me via email of your decision).

**Freshmen** – Freshmen interested in trying out for Varsity need to contact me to discuss if this is appropriate. All freshmen are required to start on Wednesday, August 15<sup>th</sup>.

### **Medical Forms**

All athletes must have up-to-date medical forms to participate in practice. Your physical must be current, in the last 12 months. All forms are available on the Back To School Page at <https://www.landon.net/community/bts> . If you have any questions regarding physicals, please contact Mike McCormick at [Mike\\_McCormick@landon.net](mailto:Mike_McCormick@landon.net)

### **Equipment Issue - Please try to attend one of these optional equipment issue sessions.**

Please try to attend one of these sessions to be fitted for a helmet and shoulder pads. The proper fitting of shoulder pads and helmet is important.

#### **Varsity**

Thursday, August 9 <sup>th</sup> (Optional)	1:00 - 3:00 PM	Equipment Issue in Athletic Center
Friday, August 10 <sup>th</sup> (Optional)	10:00 -12:00 PM	Equipment Issue in Athletic Center

#### **JV**

Monday, August 13th (Optional)	1:00 -3:00 PM	Equipment Issue in Athletic Center
Tuesday, August 14th (Optional)	1:00 -3:00 PM	Equipment Issue in Athletic Center

## Preseason Practice Schedule

The preseason practice schedule for the Varsity and JV is developed with the Athletic Training staff to ensure appropriate steps in Heat Acclimatization. Each boy will be required to practice five times before they will be able to participate in full contact drills. Therefore it is extremely important that the boys attend each practice session. **The Junior Varsity and Varsity Practice Schedules are attached to this email.**

### First Day of Practice

On the first day of practice, we have a number of administrative and logistical items to complete. Our schedule is a little longer on this day to accommodate all of these tasks and practice.

Varsity Saturday, August 11<sup>th</sup> 2:00- 6:30 PM

Junior Varsity Wednesday, August 16<sup>th</sup> 2:00- 6:30 PM

### Organizational Meeting for Parents

All parents are encouraged to attend an informational meeting with the coaches and athletic staff at Bordley Stadium. I look forward to meeting you all at one of the meetings.

Varsity – Sunday, August 12<sup>th</sup> at 6:30

JV – Wednesday, August 15<sup>th</sup> at 6:30

### Varsity Weekend Practice/Game Schedule for Weekends and Holiday's

Varsity Football conducts practice and/or plays game on weekends and school vacation days. Please anticipate practice when school is not in session. Please use the schedule below to plan college visits and other events.

Off                      Saturday, September 1<sup>st</sup> – Sunday, September 2<sup>nd</sup>  
**Practice              Monday, September 3<sup>rd</sup>              3:00 – 6:00 PM**

**Practice              Saturday, September 8<sup>th</sup>**  
Off                      Sunday, September 9<sup>th</sup>

Off                      Saturday, September 15<sup>th</sup> – Sunday, September 16<sup>th</sup>

**Game                      Saturday, September 22<sup>nd</sup>**  
Off                      Sunday, September 23<sup>rd</sup>

**Game                      Saturday, September 29<sup>th</sup>**  
Off                      Sunday, September 30<sup>th</sup>

Off                      Friday, October 5<sup>th</sup> – Sunday, October 7<sup>th</sup>  
**Practice              Monday, October 8<sup>th</sup>              3:00 – 6:00 PM**

**Game                      Friday, October 12<sup>th</sup>**

**Practice      Saturday, October 13<sup>th</sup>**

**Games on Saturday's from October 20<sup>th</sup> – November 10<sup>th</sup> / Off on Sundays**

Please contact me with any questions or concerns at [paul\\_padalino@landon.net](mailto:paul_padalino@landon.net).

Go Bears,

Coach Padalino

Paul Padalino  
Head Football Coach  
Landon School