

# The power of the lion is in the pride



Lion freshmen players and families,

Welcome to the West Linn High School football program! We are very excited about our freshmen team for 2010 and are looking forward to your participation. I have gotten to know many of you over the years through our youth football programs and summer camps. This letter is intended to start letting you know about activities leading up to football in the fall.

It is time to begin to prepare for another exciting season of Lion Football! Time to start making plans, marking calendars, and laying the foundation for a great year.

## **W. I. N. What's Important Now!**

1) Parents and players please review the enclosed information carefully. Organization and preparation are keys to our success. We have planned many opportunities to help you become a better football player; take advantage of as many as you can. I will be sending out e-mails as needed to keep you up to date

2) **Very important!** When forecasting for next school year - all football players need to register for weight training for **both semesters** if possible. Our weight training classes fill up fast and the number of weight training classes offered is based on forecasting - you must forecast for it or you will not get in! The foundation of our team's success begins with each player's commitment to getting stronger and in better condition! Weight training can be taken as an early period class.



3) The 16th annual **FRESHMAN** Green and Gold Championship Team Camp is June 17 - 19 this year. Registration forms are included. We are looking forward to another great camp. We will finish camp with a scrimmage at West Linn High School at 5:00 pm on Saturday. Parents and family are invited - we will have a BBQ following the scrimmage.

4) Michael MacClanathan and Brandon Thomas will be representing our community in the "Les Schwab Bowl" all star football game on Saturday, June 26 – 6:00 pm - at Hillboro Stadium. Please Plan on coming out to support them. We will have complimentary tickets for all football families. See the Les Schwab Bowl website for more information:

<http://www.primetimepdx.com/>

5) Parents! Please save the date.....Saturday, August 28 7:00 pm. "Lion Tailgater" Lion parents social, dinner, and auction. Have a great evening of fun and raise money for Lion Football.

Lions get ready! We are **counting on you** for a great season of Lion Football in 2010!

GO LIONS!

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