



SAINT THOMAS ACADEMY

Dear Parents and Players,

We are quickly approaching football season and we wanted to touch base regarding scheduling for the Saint Thomas Academy Middle School Football Clinic and Middle School practice schedule.

The Football Clinic for 6-8th grade will be held Tuesday, August 6 - Thursday, August 8 from 6 - 8 p.m. It is strongly encouraged that all players attend the Clinic. You can register at the following link:

<https://campscui.active.com/orgs/VisitationSchool?orglink=camps-registration#/selectSessions/2591714>

No equipment is required except for cleats or tennis shoes. Although we will have water stations, we suggest you bring a personal water bottle. Coach Hanousek will greet the players at the main entrance to Flynn Hall and will direct them to the field.

At the conclusion of the camp, we invite all parents to attend a brief award ceremony on August 8 at 7:50 p.m. in the Flynn Hall Gym.

On Monday, August 12 and Tuesday the 13th, we will be distributing equipment from 5-8 p.m. in Flynn Hall, downstairs by the weight room. PLEASE make sure your player gets his equipment on one of these two days. If you have a conflict, please let us know.

Middle School Football Practice begins on Wednesday, August 14 from 3:30 - 5:30 p.m. We will only be wearing helmets and cleats for the first few practices - August 14-16.

On the 14th of August, we are having MANDATORY concussion testing as a team. It is required that each player take this test before they are allowed to practice or play. We have been assigned this time by our Athletic Trainer so it is very important that each player participate in the test on this day. The testing will begin at 3:30 p.m.

We would like to introduce ourselves to all of the parents and guardians on Friday, August 16 at 5:15 p.m. in the Flynn Hall Gym. At that time, we will discuss our coaching philosophy, our expectations of players and

parents, and the schedule for future practices and games. We encourage all to attend and we look forward to meeting all of you.

The week of August 19-23, practice will be from 3:30-5:30 p.m. and will be in full equipment. Please make sure that your player has all of their equipment accounted for, prepped and ready to go.

We are excited for this season and look forward to a fun, high-energy and productive team. Together we can make this happen.

Please feel free to contact Rich Hanousek, Head Coach at 612-412-6370 if you have any questions or concerns.

Thank you for being a part of the Saint Thomas Academy Football Community.

Sincerely,

Rich Hanousek,
Saint Thomas Academy Middle School Head Football Coach