



Marinerville Football Player:

We have officially reached the time of year when planning for the upcoming football season is off and running. I am hoping that your year beyond last Fall has been productive academically, physically, and socially. This letter has been sent to you because you played last season, or you have been identified as an athlete that has shown interest in playing football in 2009.

Physical – You must have a current Sports Physical on file in the Athletics and Activities Office to participate in any sport at Sehome High School, including Spring Football (which starts on June 1st). Each Physical has a lifespan of thirteen months, but if your Physical “dies out” in the middle of your season you might as well get a physical scheduled and over with ASAP so we don’t have to worry about it! **Please be sure to get a Physical either this Spring at the mass Sports Physical (May 19th at Bellingham HS, 6:30 pm), which is held annually for local athletes, or this Summer by your Doctor/a Walk-In Clinic Physician.**

You can only get a Physical at the “**Mass Sports Physical**” if you currently have a completed physical on file at Sehome from any year that you have attended Sehome and participated in a sport. Students need to pick up a “Spring Sports Physical form” in the Athletic/Activities Office prior to the Spring Football practices, and have it completed by your parents. Students should then bring their completed form along with the \$10 fee to the ASB Office so that your name will appear on the “Spring Sports Physical” list.

If you have never played a sport at Sehome and do not have a physical on file, you must get a complete physical from your family Doctor before you are allowed to participate in any sport.

The Date for the 2009 Mass Sports Physical is May 19th (6:30 pm) at the Bellingham HS in the Main Gym.

2009 Summer Sports Clearance starts NOW through the 1st of June. This is an important date to remember, because if you do not get cleared during these date you will not be able to practice in the Spring, work out in the Summer, or go to Meridian’s Team Football Camp!

Calendar – The official Marinerville Spring/Summer calendar is available on the Sehome Web site at: <http://sehome.bham.wednet.edu/Teachers/JohnsonK/index.htm>

First day of Spring Football is Monday June 1st! We will meet on the field at 2:45 pm sharp! Be ready to work on DAY ONE!

Parent Meeting With The Mariner Coaching Staff – Wednesday June 3rd at 6 pm in Room 102 at Sehome. Lets all plan on being there to get some information and to ask/answer questions!

Seniors – Included in this letter is a flyer for the NATS Senior Combine in Seattle at the Virginia Mason Center (Seattle Seahawks Training Facility) on June 7th. If you would like to attend fill out the necessary paperwork on their website, and let me know too. Coach Chalfant and I will drive down anyone interested in the Combine and return you home safely that night.

First Day of the 2009 Football Season is August 19th

Meridian High School's Team Football Camp will run from Monday June 22-Wednesday June 24. Once again we would like to take as many of you to that Camp as possible regardless of grade. Traditionally enough athletes have signed up for us to have a complete Varsity and Junior Varsity team at the Camp, and that is our goal again this year. This is a great opportunity to get your self mentally and physically prepared for the upcoming season; please consider attending this Camp! We will lift weights in the morning at 8, practice from 10 -11:30, and then meet at Meridian HS at 2 pm for the Camp (should end nightly at approx. 7:30)

There will be more info about Meridian's Camp to come soon!

Junior Mariner Camp: Set for June 29 – July 2 at **CIVIC FIELD**. Coach Johnson will talk to potential Player-Coaches this Spring for help working at the Camp. If you know of an athlete between the ages of 10-14 that would like to participate in the Junior Mariner Camp please give them my phone number (676-6481 ext. 5216), or stop by my room and pick up a flyer.

Summer Weight Room: Expectations have been set, and if you want to maximize your potential as an athlete this Summer you will commit yourself to being in the weight room for 90% of the possible dates on the calendar (40 days x 90% = **36 days**). The weight room will be open everyday from 8 am – 10 am. Keep in mind that if you miss days because of other sports obligations **THOSE DAYS COUNT!** Make sure to communicate with your coaches.

2009 Season Schedule –

- **Game 1 – Lynden Christian – Friday, September 4th** is at Lynden Christian HS with a 7:00 pm start time. Let's get off to a great start again with a HUGE win over a 1A State playoff team from last year!
- **Remember that we are in a "SUPER" Conference called the Northwest Conference and we are classified as a 2A school.** Other teams in our classification include: **Anacortes, Burlington, Bellingham, Lynden, Mt. Baker, Squalicum, and Blaine** (Ferndale, Sedro-Woolley, and **Mt. Vernon** are 3A; Meridian, **Lynden Christian**, and Nooksack Valley are 1A). The teams in **BOLD** are on our schedule this season.
- **Nine games are scheduled and depending on where we finish in the 2A division we will be crossing over with a team in the North Cascades Conference for our tenth game (lets make sure this game has a playoff bid tied to it!).**

I hope this letter is helpful in planning your Spring/Summer, and setting a few Program expectations. We are trying to set a standard for all student-athletes at Sehome by developing good habits in a vibrant and intense work environment. If you have any questions, please feel free to contact me at anytime and continue to have a great Spring!

Wherever you are, whatever you do.... DO WORK!

Sincerely,

Kevin F. Johnson
676-6481 (5216)
kejohnso@bham.wednet.edu
Head Football Coach
Sehome High School