

Dear Jaguar Parents,

I wanted to send you a brief letter to say "Hello" and to let you know that I am excited about Bonaire Football and the opportunity to coach your child next year. To continue our quest to be the "Best" we must work hard to win back the All-Sports trophy. Each player must dedicate and make a commitment toward improving their skills and strength. Athletes must have an updated **physical and completed all forms on Dragonfly Max** to participate in any workouts.

To help each player reach his highest potential, enhance team togetherness, and build team morale we will have summer workouts on the dates listed. The workouts will be on **July 12, 13, 18, 19, 20, from 9:00am – 11:00 at Bonaire Middle. July 27 from 4:30 – 6:30 at Bonaire.** We will then begin **fall practice** the first day back to school which is **August 2** after school from **3:00 – 5:30 each day.**

This year we are also requiring that each player provides his own **black** football pants that have the pads built into them. We have new pants for sale at the cost of \$25.00. These pants have two hip pads, two thigh pads, two knee pads, and a tail pad in it. You may go out and buy your own, but it will probably cost more than \$25.00. They may buy the pants from us July 19 through August 1st. These pants are not needed until we go full pads around Aug. 3<sup>rd</sup>.

I look forward to working with you and your athlete this summer and fall. It will be a great experience and very rewarding. Please complete the information sheet attached and have your athlete return it to Coach Peavy before the last day of school so we can make plans on numbers of players, and drills, etc. Thank you for your support and cooperation. For any additional information you may call 478-929-6241.

Also this year we will be using the Remind App to help communicate with parents and players about games, practices and upcoming events. Remind is a free text messaging app that helps teachers, coaches, students, and parents communicate quickly and efficiently. Please download the free Remind App, once you have done so 8<sup>th</sup> text @bmsjags8 to 81010 and 7<sup>th</sup> text @jaguarswin to 81010 follow the instructions.

Sincerely,

Jeff Peavy  
Athletic Director

Torrey Andrews  
8<sup>th</sup> Football, DC

Jason Smith  
7<sup>th</sup> Football, OC

Roy Johnson  
7<sup>th</sup> Football, DC

John Teague  
Off. / Def. Line

Brooks Bowden  
7<sup>th</sup> Football

Bonaire Football Information Sheet

Name: \_\_\_\_\_ Grade 7<sup>th</sup> or 8<sup>th</sup>

Name you prefer to go by: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Grade (Next Year): \_\_\_\_\_

Address: Street or P.O. Box \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_

Athletes Cell Phone: \_\_\_\_\_

\*\* Parents Cell Phone: \_\_\_\_\_

\*\* Parent Email: \_\_\_\_\_

Did you play football last year? \_\_\_\_\_ If yes, what position? \_\_\_\_\_

\_\_\_\_\_ My child has permission to attend summer workouts.

\_\_\_\_\_ My child will not be able to participate in the summer workouts.

Parents Signature \_\_\_\_\_ Date \_\_\_\_\_



www.dragonflymax.com

**DragonFly MAX** is an electronic health record designed to save you time & ensure the athlete is healthy and ready to participate in athletic competition. We focus on the details so you can focus on what matters...safe and healthy athletes.

### "I'M A PARENT"

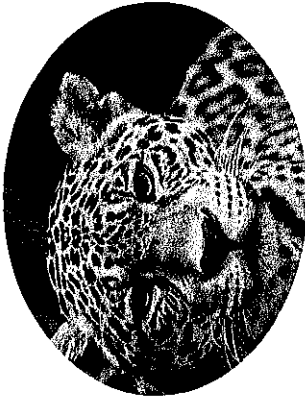
1. Visit [www.dragonflymax.com](http://www.dragonflymax.com), click "Do My Forms" and follow prompts to the sign-up page.
2. On the sign-up page, click "Sign Up for Free".
3. Follow the prompts to create a Parent Account with your email address/phone number.
4. Enter your child's School Code(MZ7G8G) and confirm this is the correct school.
5. Click "Add A Child" in the DragonFly MAX web site, then follow the prompts to create your child's profile and complete his/her participation forms, including uploading any necessary documents.
6. After completing your child's forms, review his/her profile OR add another child's profile.

### "I'M AN ATHLETE"

1. Visit [www.dragonflymax.com](http://www.dragonflymax.com)
2. Click "Get Started" and follow the prompts to create your account.
3. Choose your role in the school (Athlete), and the team is Middle School Sports.
4. Enter your School Code (MZ7G8G), then tap "Request" to join the school.

### **KEY TIPS FOR MAKING THIS A SMOOTH PROCESS:**

1. Use google chrome web browser and fill out all forms **completely** OR scan and upload forms that you printed out. Use a computer instead of your phone.
2. When asked to select what team/s, choose "Middle School Sports", **DO NOT** select them individually.
3. You can now download the app from the App store or Google Play.
4. Forms must be updated on a yearly basis.



# Braire Middle Football Summer Workouts

M	T	W	T	F	S	S
<p><b>UPPER BODY</b></p> <ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Push-Ups 2-3 sets of 15-20 reps</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Triceps Dip - Complete 3 sets of 10</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Push-Ups 2-3 sets of 15-20 reps</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Triceps Dip - Complete 3 sets of 10</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Push-Ups 2-3 sets of 15-20 reps</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Triceps Dip - Complete 3 sets of 10</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Squat Jumps 3 sets of 10</li> <li>• Mountain Climbers (each leg) 2-3 sets of 25-50 reps</li> <li>• Calf Raises 3 sets of 12 reps</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Plank 2-3 sets of upto 60 seconds</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Plank 2-3 Sets of upto 60 Seconds</li> </ul>	<p>Rest</p>	<p>Rest</p>
<p><b>LOWER BODY</b></p> <ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Squat Jumps 3 sets of 10</li> <li>• Mountain Climbers (each leg) 2-3 sets of 25-50 reps</li> <li>• Calf Raises 3 sets of 12 reps</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1/2 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Squat Jumps 3 sets of 10</li> <li>• Mountain Climbers (each leg) 2-3 sets of 25-50 reps</li> <li>• Calf Raises 3 sets of 12 reps</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Plank 2-3 sets of upto 60 seconds</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Plank 2-3 Sets of upto 60 Seconds</li> </ul>	<ul style="list-style-type: none"> <li>• Stretch</li> <li>• Run 1 Mile</li> <li>• 20-yard sprints X 10</li> <li>• Plank 2-3 sets of upto 60 seconds</li> <li>• Sit ups / crunches - 25 repetitions X 5 sets</li> <li>• Plank 2-3 Sets of upto 60 Seconds</li> </ul>	<p>Rest</p>	<p>Rest</p>	<p>Rest</p>