

06/28/2021

Questions/Comments should be addressed to Varsity Coach: Bob Treacy at btrace@nycap.rr.com

Hello Football Families,

I hope your summer is off to a great start!

Below is a list of upcoming summer activities for our program.

SUMMER PROGRAM – July 5th thru August 5th.

Summer program begins on Monday July 5th. The program is open to all Student Athletes who will be trying out for Varsity and JV Football in the fall. Modified players are welcome to attend.

GOALS:

WEIGHT ROOM: Build Strength and Increase Conditioning & Endurance.

FIELD WORK: Football skill development drills in Individual, Group and Team settings.

MAKE UP WORK OUTS: In extreme circumstances If you can not make it to the work out on the scheduled day and time contact Coach Libardi (518.321.8467) and he will try to schedule a make up time for you. ONLY do this in extreme circumstances as all players are expected to work out with the team.

Days: Monday / Tuesday / Thursday. Time: 5:00 PM to 7:30 PM

What you will need: Cleats & Sneakers. Bring water.

Attendance: All students who are trying out for Varsity and JV football are expected and Highly Encouraged to attend. Please take advantage of this great opportunity presented to you. If you can not make a session for any reason contact coach Treacy (Cell: 518.588.5884 / email: btrace@nycap.rr.com).

TEAM CAMP – August 9th thru August 13th.

GOAL: To prepare for the upcoming season competing against other teams in an Individual, Group and Team setting. Positional skill development. Promote and Build camaraderie within our program.

Dates: August 9th thru August 13th. (Monday thru Friday)

Time: 5:00 PM to 7:30 PM

Cost: \$60 per player. (If you have a financial need please contact me directly and the camp fee will be waived. This will be held in strict confidence.) No money is due at this time. A sign up and waiver form will be distributed and emailed next week.

Location: Shaker High School. 445 Watervliet Shaker Rd. Latham, NY 12110

No transportation will be provided. You must get your own ride.

What to bring: Full equipment. Water.

Attendance: All students who are trying out for Varsity and JV football are expected and Highly Encouraged to attend.

Have a great summer!

Thank you,

Bob Treacy – Head Coach, Varsity Football

Below is the Varsity Game Schedule

https://columbiafootballleg.com/images/attachments_downloads/CHS_21_GAME_SCHEDULE_VARSITY.pdf