



We would like to take a moment to welcome all of you to **SPARTAN FOOTBALL**. 2012 is going to be an exciting season for the "Red & Silver". 2011 is in the rearview mirror, we capitalize on those challenges and create new opportunities. Friday night home games have been restored due to the hard work and overwhelming support of the community. Playing under the lights on a Friday night is special and provides memories that will last a life time. We now can fully utilize our new field turf on all levels of our program. Our fundraising efforts have paved the way with new top of line Under Armour uniforms. Over the past several years, the student athletes of East Longmeadow High school have restored a proud football tradition. A program that is committed to being the best it can be on and off the field. As a member of our football family, you will be challenged in a variety of ways.

- **Physically:** it will demand hard work
- **Mentally:** it will challenge you to balance your time, family, friends and football
- **Socially:** it will teach to be part of team and to work together towards one common goal.

The rewards of football are great, the game teaches outstanding life lessons that you will benefit from today and tomorrow. **SPARTAN FOOTBALL** is not about "End Zone dances" or the name on the back of a jersey. It's not about individual success; it is about **Pride, Commitment, Dedication** and most of all **Effort**. Our expectations are high, you will be expected to.....

- Strive for the highest academic status (you will be monitored by coaches and teachers through progress reports on a weekly basis)
- You will be a solid school citizen (poor behavior in school is not acceptable or tolerated)
- **SPARTAN FOOTBALL@ EL** is privilege not a right.
- You will adhere to a strict training code that does not allow the use of alcohol, tobacco or drugs
- You will respect your friends, classmates and teammates. (hazing in any manner is grounds for automatic dismissal from the team)
- You will be encouraged to attend all off season camps
- You will participate in season camps, practices and scrimmages
- You will be expected to actively participate in all fundraising activities
- Your parents will be encouraged to support and work cooperatively with our booster program

In return for a complete effort, you can be assured that our coaching staff will put you in the best position to be successful. It is a cooperative effort between coaches, teachers, administrators, parents and most importantly you. It is now time to plan for 2012

Now-Aug 20th ...Work out...get in the best shape you can...bigger, stronger, and faster

June 6th - Fall Sports Meeting @ High School (parents/ student athletes should need to attend)

June-August, Maurer Hour-Coach Maurer offensive coordinator runs a conditioning camp for all student athletes in East Longmeadow... Flyers will be out in the spring

June – August: weekly passing league...Captains will have info in the spring

June 22 nd- Shrine Chowder Bowl @ Springfield College- Top graduating Seniors vs. Central Mass in a competitive charity game.

August 3rd and 4th @ East Longmeadow Wing-t camp all players are strongly encouraged to attend

August 20th First Day of practice 2:00 start (all paperwork must be submitted, physically cleared to play) Nurse is available in the morning @ 8:00 A.M.

Tues 8/21and Wed. 8/22 Practices are @ 2:00 PM

Thur. 8/23, Fri. 8/24 and Sat. 8/25

Football camp at Watitoh, Beckett , Ma. We will depart for Camp Watitoh-7:00 A.M Thurs. morning.

(All players including freshman will attend)

Will return from Camp Saturday afternoon @ 4:00

As a coach it is important to convey our purpose to our players, parents and administration. Our coaching staff firmly believes that the game of football has taught us much more than how to catch, kick, block, throw or create game plans.

It's our belief that football has taught us to work hard and to never quit. At the end of the game, when the result was not victory, football taught us to bounce back from failure and dedicate ourselves the next day. Football taught us the meaning of sportsmanship. Football let us experience the awesome power of team. Football cemented the friendships forged in battle, that will last a lifetime. This is:

SPARTAN FOOTBALL

PRIDE, COMMITMENT,DEDICATION, EFFORT

A handwritten signature in black ink, appearing to read "Scott Raymond". The signature is fluid and cursive, with a large, sweeping flourish at the end.

Coach Raymond

Head Football Coach ELHS