

MADISON



FOOTBALL

“LEAVE NO DOUBT”

Rising Freshman Athlete Conditioning Program

All rising 9th grade athletes planning to attend Madison High School in the Fall are invited to join our voluntary training & lifting program starting on March 4th at 3 pm. Parents & students are invited to a meeting on this program on Thursday, February 28th at 6:30 PM in the Madison Weight Room (next to entrance #9). This program is free and focuses on general athletic development and would be beneficial to any prospective athlete regardless of the sport.

Head Varsity Football Coach Justin Counts will brief parents and students on the lifting and conditioning program. Frosh Football Coach Michael Ginley will provide a brief overview of the Frosh football. The session should last less than an hour.

Prior to participating in the program parents/students must read, complete and submit the following forms to Coach Ginley:

1. The ***Weight Room Use Form*** found at: https://www.warhawksports.org/sites/jamesmadisonhsvarschoolteams.com/files/files/Private_User/fbranson/HS%20WEIGHT%20ROOM%20USE%20BY%20MS%20STUDENTS.pdf. Hard copies will also be available at the February 28 meeting; and
2. The ***Emergency Care Card*** – hard copies will be available at the February 28 meeting.
https://www.fcps.edu/sites/default/files/media/forms/se3_0.pdf

In addition, anyone interested in playing freshman football is encouraged to complete the **Madison Freshman Football Player and Family Information Sheet**, found at <http://tinyurl.com/jmhsfbinfo>. Questions on the February 28th session and/or frosh football should be directed to Coach Ginley at 703-204-1967 (home), 703-789-6221 (cell) or michaelginley@gmail.com.

Please share this notice with all interested families.