

Dear Football Parent,

As the 2023 Football Season quickly approaches, it is imperative that we as a team are highly organized. There are several “can’t miss opportunities” that we all must attend in order to improve as a TEAM. The most important off season event that we will be attending is the TEAM CAMP. The camp takes place June 26th, 27th, 28th. More information will follow in regard to Team Camp. Organized team practices, lifting sessions, and speed training sessions will begin on June 20th and run through August 4th, all players are highly encouraged to attend as much as possible. We will be hosting a youth football camp July 24 thru July 27. This is a great way for our high school players to give back to their community and earn service hours. All High School players are strongly encouraged to attend and assist the coaching staff. I am aware there may be conflicts during the summer; I just ask that the players communicate with me the dates they will not be attending.

Our official start date is August 9th; from that point forward players are expected to be at all team events. Please make every effort to submit ALL required paperwork to the Athletic Office prior to August 1st to ensure clearance for 1st practice on August 9th. Information and forms can be found at the following site.

<https://sites.google.com/newtonnj.org/nhsathletics/home/forms>

Thank you for your commitment to and support of Newton Football! Go Braves!

Coach Matt Parzero

mparzero@newtonnj.org

Newton Braves Football

May/June 2023						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		30	31 Quarterback and Running Back Camp @ Lenape Valley H.S 5:30-8:00pm	1 Quarterback and Running Back Camp @ Lenape Valley H.S 5:30-8:00pm	2	3
4	5 Offensive Line and Tight End Camp @ Lenape Valley H.S 5:30 - 8:00pm	6 Offensive Line and Tight End Camp @ Lenape Valley H.S 5:30 - 8:00pm	7 Offensive Line and Tight End Camp @ Lenape Valley H.S 5:30 - 8:00pm	8	9	10
11	12 Weight Lifting Afterschool	13 Weight Lifting Afterschool	14 Weight Lifting Afterschool	15 Weight Lifting Afterschool	16 Weight Lifting Afterschool	17
18	19 OFF	20 Weight Room Practice 7:00 - 10:00am Team Meeting 10:15-11am	21 Weight Room Practice 7:00 - 10:00am	22 Weight Room Practice 7:00 - 10:00am	23 Weight Room Practice 7:00 - 10:00	24
25 Team Camp @ West Deptford H.S Arrival 5pm @ Best Western	26 Team Camp @ West Deptford H.S	27 Team Camp @ West Deptford H.S	28 Team Camp @ West Deptford H.S Pick up 12:00 @ West Deptford H.S	29 OFF	30 OFF	OFF

July 2023						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 OFF
2 OFF	3 OFF	4 OFF	5 OFF	6 OFF	7 OFF	8 OFF
9 OFF	10 Weight Room Practice 7:00 - 10:00am	11 Weight Room Practice 7:00 - 10:00am	12 Weight Room Practice 7:00 - 10:00am	13 Weight Room Practice 7:00 - 10:00am	14	15
16	17 Weight Room Practice 7:00 - 10:00am	18 Weight Room Practice 7:00 - 10:00am	19 Weight Room Practice 7:00 - 10:00am	20 Weight Room Practice 7:00 - 10:00am	21	22
23	24 Weight Room Youth Camp 7:00 - 12:00pm	25 Weight Room Youth Camp 7:00 - 12:00pm	26 Weight Room Youth Camp 7:00 - 12:00pm	27 Weight Room Youth Camp 7:00 - 12:00pm	28	29

August 2023						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1	2	3	4	5
	Weight Room 7:00 - 9:00am	Weight Room 7:00 - 9:00am	Weight Room 7:00 - 9:00am	Weight Room 7:00 - 9:00am	Weight Room 7:00 - 9:00	OFF
6	7	8	9	10	11	12
OFF	Weight Room Practice 5:00 - 8:00pm	Weight Room Practice 5:00 - 8:00pm	Weight Room Practice 7:00 - 10:30am	Weight Room Practice 7:00 - 10:30am	Weight Room Practice 7:00 - 10:30am	Practice 7:00-10:00am
13	14	15	16	17	18	19
OFF	Weight Room Practice 7:00 - 10:30am	Weight Room Practice 7:00- 10:30am	<i>Quad Scrimmage @ Mount Olive</i> vs. Mount Olive, Par Hills, Caldwell	Weight Room Practice 7:00 - 10:30am	Weight Room Practice 7:00 - 10:30am	Practice Scrimmage @ Mt. Olive Fr. 8-10 am V 8-2 pm
20	21	22	23	24	25	26
OFF	Weight Room Practice 7:00 - 10:30am	Weight Room Practice 7:00 - 10:30am	<i>Scrimmage Home vs. High Point 9:00am</i>	Weight Room Practice 7:00 10:30am	Weight Room Practice 7:00 10:30am	Practice 7:00 - 10:00am
27	28	29	30	31		
OFF	Practice 2:30 - 5:00pm	Practice 2:30-5:00pm	Practice 2:30-5:00pm	Practice 2:30-5:00pm		

September 2023						
◀ July						September ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat

					1 Varsity vs. Warren Hills 7:00pm	2 Varsity Lift/Film 9-11am
3 OFF	4 JV @ Warren Hills T.B.D Varsity Practice 8-10	5 Practice 2:40 -5:30	6 Practice 2:40-5:30	7 Practice 2:40 - 5:00	8 Practice 2:40 - 5:00	9 Varsity @ Sussex Tech 1:00pm
10 OFF	11 JV vs. Sussex Tech 3:45PM Varsity Practice 2:40-5:00	12 Practice 2:40 - 5:30	13 Practice 2:40 - 5:30	14 Practice 2:40 - 5:30	15 Varsity vs. Wallkill Valley 7:00pm	16 Varsity Lift/Film 9-11am
17 OFF	18 JV @ WV 3:45PM Varsity Practice 2:40 - 5:00	19 Practice 2:40 - 5:30	20 Practice 2:40 - 5:30	21 Practice 2:40 - 5:00	22 Practice 2:40 - 5:00	23 Varsity @ Kittatinny 1:00pm
24 OFF	25 JV vs. Kitt 3:45 PM Varsity Practice 2:40 -5:00	26 Practice 2:40 - 5:30	27 Practice 2:40 - 5:30	28 Practice 2:40 - 5:00	29 Varsity @ LV 7pm	30 Varsity Lift/Film 9-11am

1	2 JV vs. LV 3:45pm Varsity Practice 2:40 - 5:00	3 Practice 2:40 - 5:30	4 Practice 2:40 - 5:30	5 Practice 2:40 - 5:00	6 Varsity vs. Hackettstown 7:00pm	7 Varsity Lift/Film 9-11am
8 OFF	9 JV @ Hack 3:45pm Varsity Practice 2:40 - 5:00	10 Practice 2:40 - 5:30	11 Practice 2:40 - 5:30	12 Practice 2:40 - 5:00	13 Varsity @ Ramsey 7pm	14 Varsity Lift/Film 9-11am
15 OFF	16 JV vs. Ramsey 4pm Varsity Practice 2:40 -5:00	17 Practice 2:40 - 5:30	18 Practice 2:40 - 5:30	19 Practice 2:40 - 5:00	20 Varsity vs. Sparta 7pm	21 Varsity Lift/Film 9-11am
22 OFF	23 JV @ Ramsey 4pm Varsity Practice 2:40 - 5:00	24 Practice 2:40 - 5:30	25 Practice 2:40 - 5:30	26 Practice 2:40 - 5:00	27 State Sectional Playoffs T.B.D	28 Varsity Lift/Film 9-11am
29 OFF	30 Practice 2:40 - 5:00	31 Practice 2:40 - 5:30				

			1 Practice 2:40 - 5:30	2 Practice 2:40 - 5:00	3 STATE SECTIONAL SEMI-FINAL T.B.D	4 Varsity Lift/Film 9-11am
5 OFF	6 Practice 2:40 - 5:00	7 Practice 2:40 - 5:30	8 Practice 2:40 - 5:30	9 Practice 2:40 - 5:00	10 STATE SECTIONAL FINAL T.B.D	11 Varsity Lift/Film 9-11am
12 OFF	13 Practice 2:40 - 5:00	14 Practice 2:40 - 5:30	15 Practice 2:40 - 5:30	16 Practice 2:40 - 5:00	17 STATE SEMI-FINAL T.B.D	18 Varsity Lift/Film 9-11am
19 OFF	20 Practice 2:40 - 5:00	21 Practice 2:40 - 5:00	22 Practice 12:00 - 2:00	23 OFF	24 Practice 9-11	25 Practice 9-11
26 OFF	27 Practice 2:40 - 5:00	28 Practice 2:40 - 5:30	29 Practice 2:40 - 5:30	30 Practice 2:40 - 5:00	12/1 STATE FINAL T.B.D	12/2 STATE FINAL T.B.D