

# **ATTENTION INCOMING Grade 9 STUDENTS!**



**What better way to learn about your new school and make new friends than to join the Bay Path Football Team?**

**We are looking for a few athletes who exhibit a positive attitude and are willing to make a season long commitment. A strong desire and willingness to succeed are more important than size, experience, and game knowledge.**



**Come out and be part of the team.**

**Questions?**

**Email Coach:**

**[cgiampa@baypath.net](mailto:cgiampa@baypath.net)**

**Coach Giampa**

1. Please do some conditioning during the summer. It is your responsibility to report to practice in good shape. There is a weight training/conditioning program offered during the summer in the school gym, on Monday, Tuesday and Thursday mornings beginning June 24<sup>th</sup> from 6:00am to 7:00am, to help prepare you for the season. For workout gear, you should bring a shirt, shorts, sneakers, water, towel, etc.
2. Our football team will attend the Blackstone Football Clinic in Auburn during the week of August 16<sup>th</sup> (Monday(17<sup>th</sup>)-Wednesday(19<sup>th</sup>)), 5:00 to 7:30 P.M. The cost is \$110, and you are welcome to attend. Equipment will be provided by us the week of Aug 9th.
3. A Physical from your family physician is needed to participate in the summer weight training/conditioning program (6/29/26), Football Camp (8/17/26), and practice on August 24th. All sign ups and forms must be submitted through FamilyID.
4. Practice begins August 24th, 4:00 -6:00 p.m. at the school.
  - a. Please report to all practice sessions at least 30 minutes before the scheduled time.
  - b. Equipment will be issued August 11<sup>th</sup> for Freshmen after lifting. Or for camps as needed.
  - c. A schedule of pre-season practice will be handed out at this time.



d. Car-pooling may be an option.

5. If you have any questions, please email me at [cgiampa@baypath.net](mailto:cgiampa@baypath.net)

**GO BAY PATH!**