

**2021 – Minuteman Revolution Football – 2021**

**Preparation Guide**

The following information is a guide to help all incoming players prepare for **Football Camp @ Minuteman High School on Monday August 23<sup>rd</sup> 2021**

1. **Stay Active** – Have a set daily routine of basic stretching, running & exercise.

- Stretching should always come before & after exercise.
- Improve on speed w/ short burst wind sprints.
- Improve on endurance w/ longer runs/jogs.
- Improve upper body strength with push-ups & pull-ups.
- Improve lower body strength with squats & lunges.
- Get a Lifting Schedule Now!

2. **Break-In any special equipment.**

Cleats or other equipment should be worn during any pre-running

3. **Start building Team Unity**

- Stay in contact with players on the current roster
- Contact potential teammates with upcoming dates & times of Camp.

4. **Get your Medical Clearance Screens down now.**

- All student athletes will need an updated physical for 8/23/21

**Remember: Get a Head Start Now & Prepare for August the 23<sup>rd</sup>**  
**Have an Active & Safe remainder of the summer.**

*Minuteman Football Coaches*

