

May 16, 2023

Greetings Incoming Prep Families,

We wanted to send a note to inform you of an opportunity for your son to get a jump start on the Georgetown Prep experience through Freshman Football. Freshman Football has been an iconic experience for so many at Prep. For the last 17 years, that was mostly because of the leader Coach Pete White. Coach White is a legend whose old school toughness and tender heart touched the lives of so many Prep students over the years. Coach White has decided to hang up the whistle and retire. We are still hopeful that Coach will be around to impart wisdom and share stories throughout the season and want to thank him for all he has done for the Prep community. His legacy will carry on. Coach Long and Coach Kirk are ready to carry the torch. Along with help from some familiar faces on campus, Coach Knott and Coach Furnary, who have agreed to help us out this season, we are excited to continue the tradition.

Athletes, please take a moment and fill out this [GP Freshman Football Questionnaire](#) to let us know your experience level.

What is Freshman Football?

Freshman Football provides so many great things to incoming freshman at Georgetown Prep. For many young men it is their first real campus experience. It is the first opportunity to meet the boys who they will be spending the next four years with. It is open to all whether you have played football for years or have never thrown a pass. It is basic instruction on, attention to detail, self-discipline, hard work, proper form, athletic skills, getting back up after being knocked down, and so much more. If you plan to be a part of the football program at Prep for years or just want to try football out for a year, Freshman Football is a great option.

We will begin our summer workouts on June 20 at 7:30 a.m. on the football field and continue every Tuesday and Thursday for six weeks. Athletes will spend the first hour with the coaches working on learning, as Coach White would say, "The Prep Way!" Emphasis will be on fundamentals such as, stance, starts, acceleration, deceleration, directional running, throwing, catching, positions, and formations. From 8:30–9:00 a.m. athletes will head to the weight room for instruction on proper form in all lifts and a brief workout led by Strength Coach O'Liddy. No equipment is needed but if you have cleats, they could help. Your son just needs a water bottle and a positive attitude. We would love to have as many kids out and as often as they can make it. It is a great way to start your Prep experience.

If you have any questions, please feel free to reach out.

Jim Long - alongsummer1@gmail.com

Paul Kirk - pbkirk21@yahoo.com

Easton Knott - eknott@gprep.org

Josh Furnary - jfurnary@gprep.org