

# 2009 Freshman Schedule

## To Incoming IHS 9th Graders,

Before you know it, high school will be here. You can start high school by having 60 friends on the first day of school!

If you like watching football on TV, I encourage you to come out for the Freshman football team, even if you have never played before. Football is a great team sport in which we expect to have great success in 2009.

Our freshman program has quality, experienced coaches that keep things simple and fun. You only practice and play against other freshman and have most weekends off.

If you are interested in playing next year please e-mail or call Coach Flaherty.

In the mean time, take care of what is important! **GET YOUR GRADES UP!**

Go Tigers!

Coach Flaherty

eflats@comcast.net

978-356-9443

9/10 @ Newburyport 3:30



9/17 @Marblehead 3:30



9/24 Newburyport 3:30



10/1 Triton 3:30



10/8 Pentucket 3:30



10/16 @Manchester-Essex 3:30



10/22 Georgetown 3:30



10/29 Amesbury 3:30



11/5 @ Lynnfield 3:00



11/12 Medford 3:00



11/21 GENERALS 10:00



With JV's

Varsity Head Coach

Ted Flaherty

JV Head Coach

Matt Carpenter

Freshman Head Coach

Steve Hopping



**2009 Freshman Football  
Brochure**

[www.ipswichtigersfootball.com](http://www.ipswichtigersfootball.com)



Tiger Football  
Ipswich High School  
134 High St.  
Ipswich MA 01938  
978-356-3137

## Important Dates

- May 9 Freshman Car Wash
- June 10 Parent Information Night  
7:00 pm @ IHS Cafeteria
- June 22 Weight Room Opens and  
Conditioning Clinic
- August (TBD) Equipment Hand  
Out
- August 24 First Day of Practice
- August 26 Future Tigers Night
- Sept 1 First Day of School

## WEIGHT ROOM

Starting June 22nd the weight room will be open Mon-Fri from 5:30-7:30. Check out the workouts on [www.tigerpower.webs.com](http://www.tigerpower.webs.com)

## Team Camp

The week of August 24-28th the players are participating in our pre-season Camp at IHS. Activities are planned for AM & PM so please keep your son's calendar open. More on that later-

# Students...

## Why should YOU participate in TIGER FOOTBALL?

- Will develop personal strength, speed and size
- Participate in the best team sport in front of our entire community
- Meet and keep lifelong friendships with your teammates
- Receive recognition from the entire school during rallies and games
- Get proper guidance and direction for college
- Wear top of the line football equipment
- Help you to become physically and emotionally tough
- Helps performance in other sports
- The thrill of the game of football



# Parents...

## Why should your son participate in TIGER FOOTBALL?

- Great role modeling– IHS football employs 5 certified coaches with over 80 years experience between them (& 4 alumni volunteer coaches)
- Perform better academically– grade and behavior checks done with teachers
- Improved citizenship– good classroom behavior is rewarded with helmet decals
- Have a group of 60 friends on the first day of school
- Will improve work ethic
- Learn about wise nutritional decision making
- Develop valuable leadership and team skills
- Continually establish and set personal goals
- Have a higher self worth & self esteem
- Learn unity and teamwork
- Learn respect for others and the value of community service
- Self discovery