

# 2011 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 2011.

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

tflaherty76@gmail.com

978-356-9443

Th 9/8 @ Newburyport 3:30



Th 9/15 @ Marblehead 3:30



Th 9/22 Triton 3:30



Th 9/29 Pentucket 3:30



Th 10/6 Amesbury 3:30



Th 10/13 Newburyport 3:30



Th 10/20 @ Manchester/Essex 3:30



Th 10/27 Georgetown 3:30



Th 11/3 Manchester/Essex 3:30



Th 11/10 @ N. Reading 3:00



**11/19 @ GENERALS  
10:00 With JV's**



**Varsity Head Coach**  
Ted Flaherty

**JV Head Coach**  
Anthony Callahan

**Freshman Head Coaches**  
Steve Hopping & Dave Drown



**2011 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 21 7:30-11:30 Freshman Car Wash-Pancake Breakfast** at High School
- **June 13 Freshman Parent Orientation Night** 6:30-7:30pm in pod near HS office
- **June 15 Team Meeting** 3:30 Lower gym
- **June 27 Summer Workouts Begin** Mon-Wed-Thur AM & PM
- **August (TBA) Equipment Hand Out**
- **August 22 First Day of Practice**

## WEIGHT ROOM

Starting June 27st through Aug 18 the weight room will be open M-W-Th from 10-11:30 & 5:30-7:30.

## Camp Week

The week of August 22-26th the players start practice and begin the process of becoming a TEAM. They spend a lot of time together to bond through team building & leadership activities and a few days of double sessions. Please make sure players are available; **so vacations and work commitments need to be completed by 8/22.**

# Students...

## Why should YOU participate in TIGER FOOTBALL?

- Will develop personal strength, speed and size
- Participate in the ultimate 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
- Professional leadership & conditioning training (Grid Iron Training LLC)
- 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 6 certified coaches with over 80 years experience between them (& 2 alumni volunteer coaches)
- Perform better academically– grade and behavior checks done with teachers weekly
- Improved citizenship– good classroom behavior and performance are acknowledged at practice & functions
- Have a group of 60 friends on the first day of school
- Will improve work ethic
- Learn the importance of good nutrition
- Develop valuable leadership and team skills
- Continually establish and set personal goals
- Increases your son's self worth & self esteem
- Learn unity and teamwork
- Learn respect for others and the value of community service
- Self discovery