

Bethlehem Football

2024 Detailed Week One Practice Schedule and Information

Monday, August 19

Arrival Time: 7:45
Practice Starts: 8:00
Location: Lower D Wing Classrooms D104, D105, D107, Followed by Turf
What to Wear/Bring: Helmet, Mouth Guard, Black or Gray Shorts, White, Orange, Black or Gray T-shirt, Cleats, Water
What to Expect: Players will be in classrooms by position to discuss defense techniques and strategies. We will then move to the turf field for a defensive practice session. JV and varsity will work together for some segments.
Practice Ends: 11:00
Pick-Up Location/time: Athletic Entrance, 11:15-11:30

Tuesday, August 20

Arrival Time: 8:45
Practice Starts: 9:00
Location: Turf Field
What to Wear/Bring: Helmet, Mouth Guard, Black or Gray Shorts, White, Orange, Black or Gray T-shirt, Cleats, Water
What to Expect: Players will be put through a series of agility/conditioning drills. Practice will be run by the new Bethlehem Strength and Conditioning Coach, Nate Farley. Players will also be given practice jerseys at the end of practice.
Practice Ends: 10:30
Pick Up Location/Time: Athletic Entrance, 10:45-11:00

Wednesday, August 21

Arrival Time: 2:30
Practice Starts: 3:15
Location: Downstairs Team Room, Followed by Lower D Wing Classrooms D104, D105, D107, Followed by Turf
What to Wear/Bring: Helmet, Mouth Guard, Shoulder Pads and Practice Jersey, Black or Gray Shorts, Cleats, Water
What to Expect: Players will be assigned a locker. Varsity players will be given a lock. *JV players need to provide their own lock. Players are responsible for all equipment as well as all of their own stuff (cell phones, sneakers, etc.).* After the locker room, practice will move to classrooms by position to discuss defense techniques and strategies. We will then move to the turf field for a defensive practice session. JV and varsity will work together for some segments.
Practice Ends: 6:00
Pick Up Location/Time: Athletic Entrance, 6:15-6:30

Thursday, August 22

Arrival Time: 7:45
Practice Starts: 8:00
Location: *Lower D Wing Classrooms D104, D105, D107*, Followed by Practice Field
What to Wear/Bring: Helmet, Shoulder Pads and Practice Jersey, Black or Gray Shorts, Cleats, Water
What to Expect: Players will be in classrooms by position to discuss offense techniques and strategies. We will then move to the practice field for an offensive practice session. JV and varsity will work together for some segments.
Post Practice: Program Fundraiser Meeting. Our Fall fundraiser will be introduced. This is vital to the success of our program. All players should bring their cell phones to this meeting.
Practice Ends: 12:00
Pick-up Location/Time: Athletic Entrance, 12:10-12:25

Friday, August 23

Arrival Time: 7:45
Practice Starts: 8:00
Location: *Lower D Wing Classrooms D104, D105, D107*, Followed by Practice Field
What to Wear/Bring: Helmet, Shoulder Pads and Practice Jersey, Black or Gray Shorts, Cleats, Water
What to Expect: Players will be in classrooms by position to discuss offense techniques and strategies. We will then move to the practice field for an offensive practice session. JV and varsity will work together for some segments.
Post Practice: Game Equipment Distributed. Players will receive game pants and jerseys.
Practice Ends: 12:00
Pick-up Location/Time: Athletic Entrance, 12:10-12:25

Notes: The JV practice might end a little earlier the first week. If that is the case, coaches will wait with players until the end of the pickup time.

We will not practice on Saturday, August 24.

Week Two will start on Sunday, August 25 in the morning. I will send a more detailed plan for that week over the next few days.

Additional Information:

Practice times are subject to change, based on weather and other unforeseen circumstances. We will try to avoid this, and will do our best to give you 24 hours notice if this is a possibility.

The time signifies the start of practice. Players should be ready to go at that time.

Players are responsible for being on time. If an emergency arises, and a player will be late or have to miss practice, he should email his head coach, or provide a note on Google Classroom.

No cleats will be worn in school. Players can bring sneakers, flip flops, etc. if they don't want to walk around the school in socks.

Players should be prepared to move inside in the case of inclement weather. In this case, they must have athletic sneakers in order to practice. They will not be allowed to practice in flip flops or Crocs.

Players are responsible for all equipment and personal belongings. All of this "stuff" should be locked in a locker in the team room. JV players must bring their own locks.

If a player misses any practices during the first two weeks, he may be ineligible for the scrimmage and/or first game. This is based on New York State guidelines.

Players should bring water to practice. In order to stay safe and healthy, the sharing of water bottles is not advised. Starting in the second week, there will be water containers that the players can use to fill their bottles.

Players are responsible for reading all information that has been posted on Google Classroom. Understanding practice times, changes and requirements is the responsibility of the player and not the parent.