



# **BEDFORD BUCCANEER FOOTBALL**

## **Important Information for 2017 Season**

---

**Team Website** BedfordFootball.com

- Important Dates & Information will be posted and updated regularly here

### **Contact Information**

- Coach Tone
  - 978-987-6293
  - [TTone2210@yahoo.com](mailto:TTone2210@yahoo.com)

**Equipment Fitting & Handout:** Time & Dates will be posted.

**Optional Team Activities:** We will offer many off-season activities that will help players to improve their skills. We expect players to make some effort to attend.

### **Summer Strength Program**

- Mon, Tues, Thurs (4<sup>th</sup> of July week = Wed / Thurs)
  - 2 sessions per day **3 pm and 4pm**
    - The 4 pm will be geared more towards incoming freshman and younger players
- All high school athletes of any gender, any sport, should strength train. We expect players to make an effort to attend. Those who regularly attend WILL get stronger and faster will become better athletes!

### **Summer Passing League**

- Tuesday nights @ Chelmsford High School
  - Begins Tuesday June 27<sup>th</sup>. **Times will be posted to the website when I have them.**
  - Expect two 40 min games, generally back to back (somewhere in the 5:30 – 8:30 timeframe)
  - Geared towards 10 – 12<sup>th</sup> graders. Everybody will play.

### **Passing Tournaments**

- Under Armour 7v7 @ Exeter July 15<sup>th</sup>
- Under Armour 7v7 @ Bishop Fenwick July 22<sup>nd</sup>
  - There is a roster limit. Players who wish to attend must ask Coach the week before the event. We want to bring the maximum # of players allowed. Rides / carpools can be arranged.

### **FSU Spread Camp: Tues Aug 1<sup>st</sup> , Wed Aug 2<sup>nd</sup> , Thurs Aug 3<sup>rd</sup> , 4 – 8 pm**

- Framingham State University Offensive Coordinator Aynsley Rosenbaum and other FSU staff members will put on a 3-day Spread Offense camp at Bishop Guertin High School Tuesday August 1<sup>st</sup>-Thursday August 3<sup>rd</sup>. Field house is available in the event of rain. Cost is \$75 per player. More info to follow on the website. ALL (grades 9-12) players are welcome to come!

**1<sup>st</sup> Day of Practice:** Friday August 18<sup>th</sup>. ( Practice times will be posted to website when finalized)

**Fundraising:** Raffle Tickets: Each player will get a book of 10 tickets today. They sell for \$10 / each. Players can ask Coach Tone for more. We ask that each player sell at least 10 tickets.