

Attention Onalaska Football Families

Mississippi Valley Conference Champions
1996, 1997, 2004, 2006, 2016, 2017
WIAA Playoff Qualifier 8 Consecutive Years

Reminders and Important Dates:

1. We encourage all of our players to take a vacation during the summer. The ideal dates to take a vacation would be the week of the 4th of July or the week before the football season starts. Football starts August 5th with equipment handout (attendance this day is required, even if you have equipment from a camp or other event) and August 6th for the first day of practice.
2. Physicals and ALL other forms must be handed in before your athlete can practice. Physicals must be dated on or after April 1st, 2019 for it to count for this season. Schedule this ASAP to make sure your athlete does not miss any time due to forms not being turned in. If you have a question on whether or not you need a physical for fall of 2019 contact the activities office right now. Missed practice equates to a loss of playing time.
3. May 29th, 6:00pm in OHS commons there will be a parent/ player meeting for all football players including incoming freshmen.
4. By the request of players, we will be having voluntary open gyms on a every other week basis starting April 28th at 5:30pm-7:00pm. Players are invited to come to player led activities to get them back in the football mindset. Must be ok with current sports coach if they are playing a school sport.
5. **Summer Weight Room/ Speed Training** – Monday, Tuesday, Wednesday, Thursday (Starts June 13th)
Register online:
 - a. https://docs.google.com/forms/d/e/1FAIpQLSfpAh-pgOT4X8oJZ1TuCgBpli6j5_eDsQ_00_iOf1B8gF_wSg/viewform
 - b. 6:30-8:00 For older, experienced lifters or anyone with double summer school sessions.
 - c. 8:15-10:00- Incoming freshmen/ sophomores and basketball players
 - d. 10:15-Noon- Anyone with first section summer school and all female athletes
 - e. 11:30-12:15- Middle School Students (incoming 6th-8th) Free lunch in commons following lifting at 12:15.

All players are expected to participate in our summer strength and speed program The best teams in the state lift together. Our intentions are to become one of the best teams in the state, therefore we will lift and condition as a team.
6. Summer Contact Days- July 15th 18th 6:00-8:30pm - Meet in OHS commons.
7. Summer camp options for incoming freshmen and below can be found at:
<https://www.coachyash.com/camps.html>
8. If your son is looking for a camp run by a college I recommend the UW- Oshkosh camp. If your son is looking to play college football at a high level, I recommend the North Dakota State University Camp.
9. Equipment Handout/ Weight room and Speed Testing – Monday August 5th- Time to be announced, but it will be afternoon.
10. Saturday August 10th we will have practice from 7:30-11 and then will have our Gold Card Fundraiser blitz to follow, done by 3:00pm.
11. Varsity/ JV Scrimmage will be August 16th at 10:00am at Carson Park in Eau Claire vs Memorial and Marshfield.
12. First game for both Freshmen and Varsity is August 23rd vs Hudson at Onalaska High School.

13. If you are scheduling Drivers Education please schedule it around our summer weight room times and fall practice times. Attendance at practice is mandatory and missing practice will result in missing games.
14. We will have practice on Labor Day, Monday September 2nd at 3:00pm
15. For summer camp info for football players of all ages please see www.coachyash.com There are camps available for the young football players, as well as the high school athletes.
16. Team Apparel and Shoe orders will be out in late May. Please keep shoes team colors.

Sincerely,
Tom Yashinsky
Head Football Coach