

## 2019 8<sup>th</sup> Grade Red Pride Football

### "Crossing The Bridge"

#### Meet the Coaches:

- Josh Estridge-Head Coach-Offensive Coordinator  
jestrIDGE@plainfield.k12.in.us
- Carl Hessler-Assistant Coach-Defensive Coordinator
- Nick Collier, Chris Parker, & Brayton Vayhinger-Assistant Coach



**Remind 101:** Please sign up for this as soon as possible.

*Text: @8thredp TO: 81010*

Where the phone number goes, you will need to type 81010. Where the message goes you will type @8thredp. Then, you will press send. You will then be signed up for Remind 101.

**\*\*Any parent interested in helping with the 8th Grade Football Parent Club, email me for more info.**

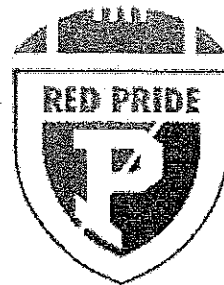
jestrIDGE@plainfield.k12.in.us

#### Important Dates and Info:

1. **Each player needs to have or do the following to participate:**
  - a. Registered in PRIVIT, 5 updated online forms, and physical dated after April 1 (uploaded or brought into school).
2. **Wednesday, May 22nd** – Any player who has pre-registered for Red Pride Camp should stay after school and pick up their shoulder pads and helmet.
  - a. 3:00 – 3:45 Mud Room (meet in East Gym)
3. **Middle School Strength and Speed Camp**—Every Monday, Tuesday, and Thursday in the summer.
  - a. The first day is Thursday, May 30th from 8 to 9 in the PHS fieldhouse.
  - b. The cost is \$50 and that covers all 24 sessions.
4. **Monday, July 8th**—Helmet and shoulder pad distribution for anyone needing camp pads or adjustments.
  - a. 5:00 – 6:00p at **PCMS**.
5. **Monday-Thursday, July 8-11** – Red Pride Football Camp
  - a. 6:00 – 7:30p at **PCMS**.
6. **Offensive and Defensive Installs**  
Monday, July 22 6-7 PM @ PHS  
Tuesday, July 23 6-7 PM @ Hummel Park--Enter the backside by Amphitheatre  
Thursday, July 25 6-7 PM @ Hummel Park--Enter the backside by Amphitheatre  
Friday, July 26 6-7 PM @ PHS
7. **Bishop Dullaghan Camp at the University of Indianapolis June 24th-27th**  
[www.bishopdullaghan.com](http://www.bishopdullaghan.com)

# RED PRIDE YOUTH FOOTBALL CAMP

## Players in grades 3–8 (Fall of 2019)



Dates: July 8-11<sup>th</sup>

TIME: 6-7:30pm

NEW Location: PLAINFIELD  
MIDDLE SCHOOL (709 Stafford)

Cost: \$50

Each camper will need:

- Cleats, Gym shoes in case of rain
- Helmet, Shoulder Pads, Mouth Guard

### 2019 CAMP SPONSORS:



# SHIRT TALES

For the 24<sup>th</sup> summer, Red Pride Football offers Plainfield students the opportunity to learn football skills from the Varsity Football Staff, led by Head Coach Brian Woodard.

Offensive, Defensive & Kicking skills will be taught to players.

Competition and games are the focus of the last two camp days.

#RedPrideFbFuture

### Camp Registration

You may sign up by mail or the first evening of camp. Please arrive at the PCMS main ticket gate (game field) no later than 5:45p for player grouping & jersey distribution (1<sup>st</sup> come, 1<sup>st</sup> serve on jersey sizing). Please make checks payable to Brian Woodard. If registering by mail, send the registration form on the back of this flyer and check to the following address: 740 Viewpoint Drive, Plainfield 46168, ATTN: Red Pride Camp.

### Equipment

Helmet and shoulder pads are required for this camp. Check the Optimist football website for youth football registration & equipment issue dates/times (plainfieldoptimistclub.com/football). Middle school equipment will be available on May 22<sup>nd</sup> (3:00p) at PCMS and at 5p on July 8<sup>th</sup> at PCMS main ticket gate. Questions regarding Optimist football equipment (grades 1-6) should be directed to Randy Vanderbush (rvanderbush@plainfield.k12.in.us). Questions regarding Middle School Football should be directed to Joe Gauck (jguack@plainfield.k12.in.us).

Plainfield Strength  
& Conditioning

# Middle School Strength and Speed Camp 2019

Plainfield High School

Workout Dates and  
Times (All  
workouts 8am-9am)

May

30

June

3, 4, 6, 10, 11, 17, 18,  
20, 24, 25, 27

July

8, 9, 11, 15, 16,  
17, 18, 22, 23, 25, 29,  
30

24 Sessions!

ALL WORKOUTS  
WILL BE AT THE  
HIGH SCHOOL  
FIELD HOUSE.  
ENTER DOOR  
NUMBER 7.

## Summer Performance Camp

Coach Vanderbush is in his 27<sup>TH</sup> year as the head strength and conditioning coach at Plainfield High School. He has run youth strength and conditioning camps for middle school students for over 27 years. He is very involved in youth sports in Plainfield as a coach and a parent.

He is a Certified Strength and Conditioning Specialist with the National and Conditioning

Association. He has been a presenter at the local, state, and national level.

Head Football Coach Brian Woodard will be the co-coordinator.

This camp will focus on age appropriate strength training exercises and speed development techniques.

There will be major emphasis on functional strength exercises, acceleration and dynamic

agility. We will do things such as lunges, push-ups, medicine ball work, speed harnesses, etc... If you have any questions about the camp don't hesitate to contact Mr. Vanderbush at the high school (839-7711).

Open to Next years 6<sup>th</sup>-8<sup>th</sup>

**COST** of Camp-50 dollars (30 for additional children).

Make Checks out to Randy Vanderbush

Mail to him at:

1 Red Pride Drive

Plainfield, IN 46168

## Sign Up Form

Name \_\_\_\_\_

Grade \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Contact Number in Case of Emergency \_\_\_\_\_

I/We do hereby present to the Middle School Speed and Strength Camp this Waiver of Liability and do hereby waive any and all rights and claims against the Middle School Speed and Strength Camp and its instructional staff. I/We do further agree to indemnify and save harmless the Middle School Speed and Strength staff from any liability whatsoever arising from injuries suffered as a participant in this clinic. It is agreed that this Waiver of liability is submitted as an inducement to enroll.

Student Name \_\_\_\_\_

This agreement is signed as a free and voluntary act with full knowledge of the contents thereof.

Parent Signature \_\_\_\_\_

# MAY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
			Red Pride Football Camp Equipment Pick-up 3:00 East Gym @ PCMS			
26	27	28	29	30	31	
				Middle School Strength and Speed Camp 8-9 AM @ PHS		

## NOTES

If you are signed up for Red Pride Football Camp, then you can get your pads on May 22nd.

Middle School Strength and Speed Camp is run by Coach Vanderbush and the cost is \$50 for 24 sessions. This is highly recommended.

# JULY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	Moratorium Week No Activities	Moratorium Week No Activities	Moratorium Week No Activities	Moratorium Week No Activities	Moratorium Week No Activities	
7	8	9	10	11	12	13
	Red Pride Football Camp @ PCMS 6:00-7:30 PM Middle School Strength and Speed Camp 8-9 AM @ PHS	Red Pride Football Camp @ PCMS 6:00-7:30 PM Middle School Strength and Speed Camp 8-9 AM @ PHS	Red Pride Football Camp @ PCMS 6:00-7:30 PM	Red Pride Football Camp @ PCMS 6:00-7:30 PM Middle School Strength and Speed Camp 8-9 AM @ PHS		
14	15	16	17	18	19	20
	Middle School Strength and Speed Camp 8-9 AM @ PHS	Middle School Strength and Speed Camp 8-9 AM @ PHS		Middle School Strength and Speed Camp 8-9 AM @ PHS		
21	22	23	24	25	26	27
	Team Conditioning 4: 00-6:00 PM @ PHS Defensive Installs 6: 00-7:00 PM @ PHS (After Team Conditioning) Middle School Strength and Speed Camp 8-9 AM @ PHS	Team Conditioning 4: 00-6:00 PM @ Hummel Park Offensive Installs 6: 00-7:00 PM @ Hummel (After Team Conditioning) Middle School Strength and Speed Camp 8-9 AM @ PHS		Team Conditioning 4: 00-6:00 PM @ Hummel Park Offensive Installs 6: 00-7:00 PM @ Hummel (After Team Conditioning) Middle School Strength and Speed Camp 8-9 AM @ PHS	Team Conditioning @ PHS 4:00-6:00 PM Defensive Installs 6:00-7:00 PM @ PHS (After Team Conditioning)	
28	29	30	31			
	Equipment Distribution Day @ PCMS Door 15 5:00-7:00 PM Middle School Strength and Speed Camp 8-9 AM @ PHS		First Day of Practice 5:00-7:00 PM @ PCMS Dropped off by 4:45			

## NOTES

The Red Pride Football Camp is very important. The camp is at PCMS this year. Please do your best to be there.

Team Conditioning is very important. We do this with the high school coaches and players. Days we are at PHS, bring shoes in the event it rains. On the same days we have team conditioning, we will also have installs at the same location. This is important because we start putting in offense and defense.

When we have team conditioning and installs at Hummel Park, please enter the park on the backside towards the amphitheater.

**Equipment Distribution Day is important for everyone to be there. We will issue lockers and get everything ready for the season. Please make sure you are there.**

OUR FIRST OFFICIAL PRACTICE IS ON WEDNESDAY, JULY 31ST from 5:00 PM to 7:00 PM.

# SEPTEMBER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
LABOR DAY NO PRACTICE	Practice 3:15-5:30 PM	Practice 3:15-5:30 PM	Practice 3:15-6:00 PM	Game 4 AWAY @ Paul Hadley Middle School (MOORESVILLE) 5:30 PM	Practice @ PHS 3:15-4:45 PM Varsity @ Mooresville 7:00 PM	Carwash Practice 11:00-2:00 PM Drop off is at 10:40
8	9	10	11	12	13	14
	Practice 3:15-5:30 PM	Practice 3:15-5:30 PM	Practice 3:15-6:00 PM	Game 5 HOME vs. Perry Meridian Middle School @ PCMS 5:30 PM	Practice @ PHS 3:15-4:45 PM Varsity vs. Perry Meridian @ PHS	
15	16	17	18	19	20	21
	Practice 3:15-5:30 PM	Practice 3:15-5:30 PM	Practice 3:15-6:00 PM	Game 6 HOME vs. Greenwood Middle School @ PCMS 5:30 PM	Practice @ PHS 3:15-4:45 PM Varsity vs. Greenwood @ PHS 7:00 PM	NO PRACTICE
22	23	24	25	26	27	28
	Practice 3:15-5:30 PM	AWAY B Game 7 vs. Cascade Middle School at Cascade High School 6:45 PM	Practice 3:15-6:00 PM	Game 8 HOME vs. Decatur Middle School @ Decatur Central High School 5:30 PM	Practice @ PHS 3:15-4:45 PM Varsity @ Decatur Central 7:00 PM	NO PRACTICE
29	30					
	Practice 3:15-5:30 PM					

## NOTES

We will NOT practice on Labor Day! Have a great weekend!

Our game with Paul Hadley will be at the Mooresville High School Football Field. 550 N Indiana St, Mooresville, IN 46158

Our game with Decatur will be at the Decatur Central High School Football Field. 5251 Kentucky Ave, Indianapolis, IN 46221

On September 24th we will stay after school. We will practice and have a small meal before heading to Cascade. That game is at Cascade High School. 6565 S County Rd 200 W, Clayton, IN 46118