

“Be Proud to be a Patriot”

Westwood Football 2015

Football season is fast approaching, and I hope you are as excited as I am about Westwood Patriots Football. We have made huge strides in the past few years to establish ourselves as a force to be reckoned with in the Mid-Peninsula Conference. As you may know our conference sends 3 or 4 teams to the playoffs every year, and a couple of years we have sent 5.

As many of you may also know, year round training and athletic participation is at the forefront of my athletic philosophy. I think it is important to have a well-rounded athletic community here at Westwood. With that in mind, I will always encourage our athletes to be involved in whatever competitive sports they can get signed up for. We also have established a suburb inclusive training program in house with Coach Bluhm and Coach Wolf. They have had good numbers in the weight room but we are constantly striving to achieve more. I commend the athletes who have commitment to greatness and believe that we are in a better place athletically than we have been in years.

With that in mind there are many dates to remember leading up to our upcoming season. I have included the detailed summer training sessions with all the pertinent information provided. Please take the time to get your athletes signed up for these trainings. It is extremely important that all football players attend the summer lifting and speed training sessions put on by our coaches. Outside training can be very beneficial but cannot replicate team concepts. In addition to these, we have our football camps fast approaching which gives us a jump start on the season.

I hope everyone enjoys their summer, but don't forget to put a small timeslot aside for training for the upcoming season. Champions are made in the offseason; winning does not happen by accident.

Any questions regarding WHS Football feel free to contact me at 485-1023, 360-1289 or jessenj@nice.k12.mi.us

June 11 – August	10:00am - 11:00am	Patriot Summer Lifting
June 8-10	5:00pm - 7:00pm	Coach Bucks Camp and Gwinn 7-on-7 at Gwinn
July 20-21-22	8:30am - 12:30pm	WHS Football Camp Grades 9-12
July 20-21-22	2:00pm - 4:00pm	Junior Patriots Football Camp