

# BROUGHTON FOOTBALL



#### Success is not purchased; it is rented, and the rent is due every day

#### **IMPORTANT DATES** – check **www.broughtonfootball.com** for updates!

April	Parent Meeting on April 23 – 6pm in BHS Cafeteria		
May	Sports Physicals on May 13 – 6pm in BHS Gym. Only \$15! Spirit Pack orders will be taken through our online team store		
June	Mini Camp: June 10 & 11 @ 4-6:30 PM Summer Workouts begin on June 15: Monday, Tuesday, Wednesday: 7:30-11:45am 7-on-7 at Middle Creek: June 18 & 25 Off-Week: June 29-July 3		
July	Workouts resume on July 6: Monday, Tuesday, Wednesday: 7:30-11:45am 7-on-7 at Middle Creek: July 9 Team Camp at Campbell University: July 12-14 Makeup Workouts: 7/15 & 7/16 Off-Week: July 20-24 Mini Camp: July 27-30		

August 1<sup>st</sup> Practice: August 1 (Saturday) and Iron Man & Team Picnic

#### REMINDERS

- Athletes must have a current physical to participate in any workout or practice
- Eligibility Requirements
  - Promotion pass 6 courses (including English) each year
  - $\circ$  GPA cumulative 1.5 GPA for your high school career
  - $\circ$  Semester grades pass 6/8 for spring semester
  - Attendance attend at least 85% of classes (no more than 54 period absences)
- Spring Study Hall Tuesday & Thursday @ 2:30 in Ms. Kinkaid's Room

### SPRING FOOTBALL PRACTICE

The NCHSAA has approved new off-season rules for the 2015 off-season. In May, we will be allowed to have 10 days of full-team practice. Much like the summer, we can work with an unlimited number of players, but we cannot have live contact. However we cannot have organized skill sessions until May.

In order to participate, an athlete must have completed his spring sports season.

Spring Practice Dates: May 18-22 & May 26-30

#### SUMMER INCENTIVE PROGRAM

We will hold 18 days of workouts/practices during June & July:

- 2 days June Mini Camp
- 9 days Summer Practice
- 3 days Team Camp
- 4 days July Mini Camp

We will also hold 2 "makeup" summer workouts on July 15 & 16.

#### <u> 110% Club – 16 summer days</u>

- Varsity players: name on their home jersey and a 110% T-Shirt.
- JV players: NB helmet sticker and a 110% T-Shirt.
- Group picture that will be posted in the weight room.

#### <u> 100% Club – 14 summer days</u>

- Varsity and JV players: 100% T-Shirt.
- Group picture that will be posted in the weight room.

#### LOOKING AHEAD TO 2015

- We will be the most improved team in the Cap-8
- Physically, we will be the strongest Broughton Football team in at least 15 years
- We are installing an offensive scheme that will spread the ball to all skill players and employ simple blocking schemes
- Defensively, we will run simple, yet aggressive schemes that let fast players play fast!

Head Coach: Billy Lane	Cell: 919-247-1334	Email: blane@wcpss.net
Twitter: @capsfootball	Online: www.broughtonfootball.com	

## The Broughton Football Creed

The Interlocking NB is a symbol of honor and heritage. Bestowed upon me by the players that have gone before, it embodies the trust of those I have sworn to compete with. By wearing this symbol, I accept the responsibility of my way of life. It is a privilege that I must earn every day.

Brave men have fought vigorously building the proud tradition and feared reputation that I am bound to uphold. In the worst of conditions, the legacy of my teammates steadies my resolve and silently guides my every deed.

My word is my bond. I will never quit. I am never out of the fight. My training is never complete. I will not fail.

