



Monday Night Gridiron Club Newsletter

P.O. Box 1382
Attleboro Falls, MA

"Message from the Gridiron Club"

Welcome to Big Red Football 2015!

I hope everyone is enjoying the summer. Before you know it, we will be spending our Friday nights at Community Field cheering on Head Coach Don Johnson and the 2015 Red Rocketeers as they embark on the new season. This newsletter will hopefully provide you with some useful information concerning both the team and the Gridiron Club. If you are new to the football program please check out our website at www.redrocketeers.com. Each week during the season it is updated with news, important dates, game scores, game photos, and much more. We look forward to seeing you all at the field!

The Monday Night Gridiron Club

Tradition

North Attleboro takes great pride in our football program. For decades the Red Rocketeers have been one of Massachusetts' premiere interscholastic football programs. As part of Big Red Football, your sons will be asked to maintain a very high standard on and off the field. The lessons they learn relative to dedication, sacrifice, and being part of a team will serve them well the rest of their lives. Success will be derived from a commitment to preparation and hard work. Your sons will be challenged physically and mentally.

Three New Leaders

This season's tri-captains are **#3 Connor Flynn, #39 Nick Morrison & #69 Josh Morrison**. All three have distinguished themselves in the eyes of their teammates and they are charged with continuing North's dedication to LTD. (Loyalty, Toughness, and Discipline).

Preparation for a successful season starts long before August. The off-season weight training/strengthening program, a foundation for success on the field, has been in full swing since the end of school in June and varsity skilled position players have been working on offensive and defensive passing skills in the Bridgewater-Raynham Passing League.

To further prepare themselves for the challenges of the season ahead, captains' practice, a rigorous routine of fitness drills, will begin **Monday, Aug. 3rd** and continue three days per week until the start of official coaches' practices.

Parent's Meeting

This year's Pre-Season Parent's Meeting is scheduled for **Sunday, August 23rd at 6:00 pm**. **Parents of all players are encouraged to attend**. Head Coach Johnson and the entire coaching staff will discuss this year's program and their expectations. This meeting will be especially informative, as the schedules and practice routines for the season will be explained in detail. Incoming freshman parents, in particular, are strongly encouraged to attend. **The Monday Night Gridiron Club will be set up at the entrance to the auditorium with information on becoming a member of the Gridiron, as well as selling apparel and providing details for listing personal player messages in this year's ad book.**

Schedule

The first varsity coaches' practice of the season is currently scheduled for Monday August 24th. The entire pre-season and game schedules follow. Please be aware all dates and times are subject to change due to weather conditions, field conditions, gym availability, and/or other factors. **Attendance is absolutely mandatory** for all official team practices and activities.

Scrimmages

Scrimmages are currently scheduled for:

- **Saturday August 29th v. Milford HS at NAHS 10 a.m.** Varsity Only (Gridiron Cookout to Follow)
- **Wednesday, Sept. 2nd v. Braintree/Natick at Braintree at 4 p.m.** (Varsity + Freshmen)
- **Saturday, Sept. 5th v. Dartmouth at Dartmouth at 10 a.m.** (Varsity + Freshmen)

If a scrimmage is cancelled due to weather, it would most likely be played the next day, including Sundays.

Pre-Season Cookout

Immediately following the August 29th scrimmage, the Monday Night Gridiron Club will be hosting our annual pre-season cookout for all players and their families: freshmen, JV, and varsity. We encourage everyone to attend and get to know the players, families, and coaches. Food is supplied by the Gridiron Club but we do ask that you supply your own beverages (non-alcoholic).

PRE-SEASON SCHEDULE

DATE	VARSITY	FRESHMEN
Tues. Aug. 18	9 am <i>Team Meeting – PAPERWORK DUE</i> (Copy of Physical + Weight lifting sheets), lockers assigned, helmets/shoulder pads fitted, etc.	12 pm <i>Team Meeting-PAPERWORK DUE</i> (Copy of Physical + Weight lifting sheets), lockers assigned, helmets/shoulder pads fitted, etc.
Sun. Aug. 23	4 pm <i>Final Captains Practice</i> (Fitness Testing Part 1) 6 pm Parents' Night -NAHS Theater	6 pm Parents' Night -NAHS Theater
Mon. Aug. 24	9 am <i>Fitness Testing Part 2 & ImPACT Testing</i> 5 pm <i>Practice</i> (helmets only)	TBA <i>ImPACT Testing</i> 4 pm <i>Practice</i> (helmets only)
Tues. Aug. 25	9 am <i>Equipment Distribution & ImPACT Testing</i> 5 pm <i>Practice</i> (helmets only)	TBA <i>Equipment Distribution & Fitness Testing Part 1</i> 4 pm <i>Practice</i> (helmets only)
Wed. Aug. 26	9 am <i>1,000 lb. Club Testing</i> 5 pm <i>Practice</i> (helmets only)	TBA <i>Fitness Testing Part 2</i> 4 pm <i>Practice</i> (helmets only)
Thurs. Aug. 27	9 am <i>Practice</i> (full pads) 5 pm <i>Practice</i> (full pads)	9 am <i>Practice</i> (full pads) 4 pm <i>Practice</i> (helmets only)
Fri. Aug. 28	9 am <i>Practice</i> (full pads) 4 pm <i>Practice</i> (full pads)	9 am <i>Practice</i> (full pads) 4 pm <i>Practice</i> (full pads)
Sat. Aug. 29	10 am Scrimmage v. Milford (Home) 12 pm <i>Gridiron Cookout</i>	8 am <i>Practice</i> (Full Pads) 10 am Varsity Scrimmage v. Milford 12 pm <i>Gridiron Cookout</i>
Sun. Aug. 30	OFF	OFF
Mon. Aug. 31	8 am <i>Team Pictures</i> 9 am <i>Film/Walk-Thru</i> 5 pm <i>Practice</i> (full pads)	9 am <i>Practice</i> (Full Pads) 4 pm <i>Practice</i> (Full Pads)
Tues. Sept. 1 (Teachers- School)	9 am <i>Offensive Walk-Thru</i> 5 pm <i>Practice</i> (full pads)	4 pm <i>Practice</i> (Full Pads)
Wed. Sept. 2 (Teachers- School)	9 am <i>Offensive Walk-Thru</i> 4 pm Scrimmage v. Natick/Braintree @	4 pm Freshman Scrimmage v. Braintree @ Braintree (Bus @ 2 p.m.)

	(Bus @ 2pm)	Braintree		
Thurs. Sept. 3 (1 st Day of School)	3 pm	<i>Practice</i> (full pads)	3 pm	<i>Practice</i> (Full Pads)
Fri. Sept. 4	3 pm	<i>Practice</i> (full pads)	3 pm	<i>Practice</i> (Full Pads)
Sat. Sept. 5	10 am	Scrimmage v. Dartmouth (Away)	10 am	Freshman Scrimmage v. Dartmouth (Away)
Sun. Sept. 6		OFF		OFF
Mon. Sept. 7 (Labor Day)	3 pm 5 pm	<i>Film/Meetings</i> <i>Practice</i>	5 pm	<i>Practice</i> (Full Pads)
Tues. Sept. 8	3 pm	<i>Practice</i>	3 pm	<i>Practice</i> (Full Pads)
Wed. Sept. 9	3 pm	<i>Practice</i>	3 pm	<i>Practice</i> (Full Pads)
Thurs. Sept. 10	3 pm	<i>Practice</i>	3 pm	<i>Practice</i> (Full Pads)
Fri. Sept. 11	7 pm	Game #1 at Stoughton	3 pm	<i>Practice</i> (Full Pads)
Sat. Sept. 12	11 am	JV Game vs. Stoughton – Home	9 am	Game #1 vs. Stoughton-Home

Monday Night Gridiron Club Membership

In addition to presentations by the coaches on August 23rd, you will have the opportunity to learn more about the **Monday Night Gridiron Club**. The Gridiron Club is the non-profit booster club founded to provide the team and coaches with the tools and support they need to run a successful program. For many years the school's budget has not been able to provide the football program with everything needed. This is where the **Monday Night Gridiron Club** steps in. Through fundraising, the club is able to provide the team with items that they would otherwise have to go without. Out of necessity, in recent years the Gridiron Club has purchased helmets, game pants, game jerseys, practice jerseys, sideline headphones, rib pads, chin straps, and blocking pads. The Gridiron Club also funds a scholarship awarded annually to a graduating senior and provides stipends for volunteer coaches. The ongoing needs of a successful program with over a hundred players are substantial and more than the town is currently able to provide.

Some individuals have the mistaken impression that the football program is heavily funded and all needs are readily filled. We can assure you that this not the case. The misunderstanding often seems to stem from the belief that the high school football program receives the revenue from gate receipts and concessions. All gate receipts or ticket sales go directly to the school system to support busing costs for all the school funded sports programs. The concession stand is operated by and for the benefit of the North Attleboro Pop Warner Junior Football program. Football is fortunate to be a "school funded" program but the current funding level does not go beyond the most basic needs. The ability of the Monday Night Gridiron Club to provide additional support has never been more important.

Gridiron Club memberships are one of the primary fund raisers. A Gridiron Club membership form is attached for your reference and the Gridiron Club will be set up in the high school lobby on Parents' Night. We invite all parents to become active supporters of the club and the program. Membership is \$25 per family and, although it is not mandatory, we ask that every family contribute if possible. When you sign up you will receive a "Gridiron Gang" logo water bottle to show your support and your name will appear in the program book sold at all home games. To learn more please visit our website,

www.redrocketeers.com.

Enjoy the rest of the summer and get ready for a great fall!

GAME SCHEDULE

2015 Big Red Schedule	2015 JV Schedule	2015 Freshmen Schedule
Fri. 9/11 at Stoughton 7pm	Sat. 9/12 vs. Stoughton 11 am	Sat. 9/12 vs. Stoughton 9am
Fri. 9/18 vs. B.Feehan 7pm	Mon. 9/21 at B.Feehan 330 pm	Sat. 9/19 at B. Feehan 10am
Fri. 9/25 at K. Philip 7pm	Mon. 9/28 vs. K. Philip 330 pm	Sat. 9/26 vs. K. Philip 9am
Fri. 10/2 vs. Franklin 7pm	Mon. 10/5 at Franklin 330 pm	Sat. 10/3 at Franklin 10am
Fri. 10/9 at Attleboro 7pm	Mon. 10/12 vs. Attleboro 10 am	Sat. 10/10 vs. Attleboro 10am
Fri. 10/16 vs. Taunton 7pm	Mon. 10/19 at Taunton 400 pm	Sat. 10/17 at Taunton 9am
Fri. 10/23 at Mansfield 7pm	Mon. 10/26 vs. Mansfield 330 pm	Thu. 10/22 vs. Mansfield 330pm
Fri. 10/30 TBA	Mon. 11/2 at Milford 345 pm	Sat. 10/31 at Milford 9am
Fri. 11/6 TBA	Mon. 11/9 bye	Sat. 11/7 vs. Sharon 9am
Fri. 11/13 TBA	Mon. 11/16 at OA 330 pm	Sat. 11/14 vs. OA 9am
Fri. 11/20 TBA		
Thu.11/26 vs.Attleboro 10am		
Sat. 12/ 5 Super Bowl		



Monday Night Gridiron Club

P.O. Box 1382
Attleboro Falls, MA 02763
www.redrocketeers.com

The Monday Night Gridiron Club strives to provide support and financial assistance to the North Attleboro High School Football Program.

With the current school funding challenges, the need for help has never been greater. All proceeds directly benefit the North Attleboro High School Football Program.

Monday Night Gridiron Club members are proudly listed in the football program ad book and receive a "Gridiron Gang" water mug to show their generous support of their community, neighbors, and the North Football Tradition.

2015 MEMBERSHIP

Name: _____ *As will appear in program*

Please check all that apply:

Address: _____

Friend of the Red Rocketeers

Telephone: _____

Red Rocketeer Alumni – Class of: _____

Email: _____

Parent of Player(s)
Player(s) Name(s): _____

Membership dues: \$25.00 per family - Additional Water Bottles available at \$10 each

Total Amount

Membership: \$25.00

Additional water Bottles:

:

Additional Contribution: _____

TOTAL _____

Please make checks payable to & mail to:

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Attleboro Falls, MA 02763