

January 27, 2010

Dear UC Football Parents,

I trust that your new year is off to a great start! As we begin our preparation for next season, I wanted to take a moment and bring you up to date on some exciting events that are taking place in our football program. It is hard to believe that spring practice is only a few short months away and there is much work to be done between now and then!

Currently, our young men are working hard in the weight room both during and after school. Please begin to have regular conversations at home with your son discussing their progress and work ethic in the weight room. The easiest thing for them to do at this point will be to give up when they are tired and sore, looking for something else that does not require as much time, effort commitment or energy. However, you can help us by letting your child know that he is winning games right now with his hard work!

We utilize a four day work week in the weight room in which our athletes lift Monday, Tuesday, Wednesday and Friday. Each young man is expected to participate in our off-season program each day. Furthermore, every player is asked to go above and beyond by doing extras after school if he is not involved in another sport that is "in-season". For a complete off-season schedule, please click on the monthly calendar on the football page of the UC Website. Here you will find a detailed description of every off-season event that will be taking place between now and April.

Our coaching staff believes that keeping our student-athletes active and involved in other sports will produce structure, which every teenager desperately needs. If your son is not currently involved in a spring sport, I would like to request that you allow Coach Balom to work with him as part of our track team. This will allow him to not only work on his speed, but will also assist in providing the structure he needs throughout the spring months. Please contact Coach Balom via email at tommy.balom@ucschool.org for more information on the track team.

There are also several upcoming combines which our athletes have the opportunity to be involved in. Each combine will place the athletes through a battery of tests and their results will be sent out to college recruiters across the country. If your son has any desire to play football at the collegiate level, he should be in attendance at a minimum of one off-season combine. Please see the attached combine information sheet for further details and registration instructions.

In closing, I want to let you know how much we value the opportunity to work with your son. This off-season is not designed for his comfort, but to make him a champion! We have raised the bar for our football program and want to see your son enjoy one of the most successful years on the gridiron in recent history!

Yours In UC Pride:

Heath Nivens

Head Football Coach

2010 COMBINE CHOICES

NIKE SPARQ COMBINE

DATE & TIME: Saturday, February 27th, Depart from UCS at 6:30 a.m.

LOCATION: Orlando, FL (Disney's Wide World of Sports)

COST: FREE (Players will need money for breakfast and lunch)

NATIONAL UNDERCLASSMEN COMBINE

DATE & TIME: 9th Graders – February 27th at 8 a.m.

10th Graders – February 27th at 1 p.m.

11th Graders – February 28th at 1 p.m.

LOCATION: Raines High School, Jacksonville, FL

COST: \$85 (must pre-register online at www.nationalunderclassmen.com)