



Midlothian Football  
Home of the Panthers

*Superintendent*  
Dr. JD Kennedy  
*Principal*  
Dr. Al Hemmle  
*Athletic Director*  
Steve Keasler  
*Head Football Coach*  
Robby Clark

Tuesday, January 13, 2009

Re: Phase II Out of School Training

Parent(s),

There are some folks that were unable to attend the parent meeting that may have questions regarding our decision to move strength and conditioning outside the school day. The purpose of this letter is to inform you and give you the correct information as it pertains to this situation.

The reason for moving strength and conditioning to before and after school is that we now can practice football drills, skills, schemes, etc. during the daily athletic period. We feel like this will give us a competitive advantage during the season. UIL rules specify that during the athletic period is the only time to do such activities other than spring football and during football season.

UIL rules also prohibit coaches from working football athletes out before and after school when football is not in season. It is within rule to open the facilities and post a suggested workout for the players to follow, but we are not allowed to be actively involved in the workout. Because of this rule Athletes Enhancement is offering to partnership with our program and lead the players in the area of strength and conditioning. Athletes Enhancement is offering a low rate to train anyone in our 4<sup>th</sup> period off-season for the duration of Phase II (phase II ends when spring ball begins).

Football is a contact sport; it is critical to the success and the safety of the team that our players are in peak condition to handle the demands the game places on their bodies. It is my recommendation that no football player goes twelve weeks without strength and conditioning, but it is not a requirement to participate in football. Our procedures for selecting players for positions and playing time dictate that the best player plays. It is not likely that a player can forgo twelve weeks of strength and speed development and be the best at his position, or have his body in condition to stay injury free during a football season.

If a parent or athlete elects not to take training offered by Athletes Enhancement they need to have a great alternative plan. Having an athlete do the work on their own typically results in less than desirable results. Seeking a company other than Athletes Enhancement is an option. Similar companies include Velocity Sports and Performance Course.

Please call my office or e-mail me with questions or concerns that you have regarding Phase II. We are excited about this approach and I know it will make your athlete a more productive player!

*Robby L. Clark*

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