

Heritage Football 2023



SUCCESS IS PEACE OF MIND
WHICH IS A DIRECT RESULT
OF SELF-SATISFACTION IN
KNOWING YOU DID YOUR
BEST TO BECOME THE BEST
YOU ARE CAPABLE OF
BECOMING

- John Wooden



You are receiving this handout because as a coaching staff we believe you can be a contributing part of our program and we **WANT** you with us. Workouts have been going well (over 70 total players a day between morning and afternoon weight sessions) and we are excited about our upcoming season.

IMPORTANT: Text your first and last name, grade level, and positions to 925-759-5883. Make sure you download the Remind App. Coach Fogie will add you when you send him your name and cell number. **If you are already on REMIND, you are good to go.**

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5 Reasons College Coaches Love to Recruit Multi-Sport Athletes

1. Studies show multisport athletes get injured less often.
2. Multisport athletes are more coachable; see different coaches often
3. D1 coaches have an acronym for them "ABC"- *always be competing.*
4. Have more potential; see specialized athletes as "maxed out" early
5. Can transition to new positions easier; not stuck in one spot only.

Heritage Football – THIS SUMMER GET YOUR
PHYSICAL DONE AS SOON AS POSSIBLE AND
COMPLETE YOUR ATHLETIC CLEARANCE.



YOU MUST GET CLEARED TO PLAY FOOTBALL. GO TO
WWW.ATHLETICCLEARANCE.COM AND COMPLETE
EVERYTHING THERE. YOU WILL UPLOAD YOUR PHYSICAL
THERE LIKE A HOMEWORK ASSIGNMENT IN CANVAS. NO
COACHES WILL BE COLLECTING PHYSICALS. IT IS ALL ONLINE.

ATHLETICCLEARANCE.COM

CLEARANCES INJURIES MY

Login

State:	California ▼
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FAQs

Why isn't my school listed?

Why isn't my student cleared?

Heritage Football: Summer "To Do" List

1. Bring cleats / tennis shoes / water to all workouts. No baseball hats, bandanas, or do-rags in the weight room or on the field. No jewelry in the weight room or on the field. Athletic shorts and a t-shirt, preferably Heritage gear
2. Workouts will be run Monday through Thursday with an occasional varsity passing tournament on a Saturday. Sometimes things get added throughout the summer if an opportunity arises to get into a passing workout with another team. See the attached calendar for times and days.
3. **MOST IMPORTANT:** you can get your physical completed and uploaded starting in June. Go to www.athleticclearance.com and complete all forms there. You will UPLOAD your physical at their website (scan it or take a picture of it and upload). It is like uploading your assignments into Canvas (students know how to do this). **Coaches do not collect physicals.** If you need to get a physical, you can go to a local chiropractor for typically \$30 (Kaiser might make you wait up to 6 weeks if they are booked). **Steen Chiropractic** and **Actus Chiropractic** have both been great for us.
4. Varsity will be wearing black socks at home and white socks away. Frosh/JV will be wearing white socks all year. You may purchase whatever brand of cleats you want, but they must either be black or white as the foundational color and any accent colors must fit the Heritage color scheme (blue/gold – any type of blue works).
5. If you are not on the REMIND, please text Coach Fogelstrom your name and ask to be added and then download the app for your phone. You will be added manually and must then confirm your account. A large amount of communication happens on the REMIND. Coach Fogelstrom 925-759-5883

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12	13	14	June 16 17		
19 JV: 3:30-4:30 Weights 4:30-6:00 Field AR: 5-6 Weights 6-7:30 Field	20 JV: 3:30-4:30 Weights 4:30-6:00 Field VAR: 5-6 Weights 6-7:30 Field	21 VARSITY: 3-4 WEIGHTS 5-7 @CLAYTON VALLEY JV: 3:30-5:00 FIELD 5:00-6:00 WEIGHTS	22 JV: 4:30-5:30 Weights 3:30-4:30 Field VAR: 3:30-4:30-Weights 4:45-6:00 CAL HIGH@ HHS "7 on 7" only	23	24 De La Salle Passing Tournament (we will take all varsity skilled guys to this)
26 JV: 3:30-4:30 Weights 4:30-6:00 Field AR: 5-6 Weights 6-7:30 Field	27 JV: 3:30-4:30 Weights 4:30-6:00 Field VAR: 5-6 Weights 6-7:30 Field	28 VARSITY: 3-4 WEIGHTS 5-7 @CLAYTON VALLEY JV: 3:30-5:00 FIELD 5:00-6:00 WEIGHTS	29 JV: 4-5 Weights 5-6 Field VAR: 3-4 Weights 5:15-6:30 @CALHIGH *all varsity to Cal High	30	1
3	4 July 4 th Holiday	5	6	7	8
10 AR: 5-6 Weights 6-7:30 Field	11 VAR: 5-6 Weights 6-7:30 Field	12 VAR: 3:15-4:15 WEIGHTS 5-7 @CLAYTON VALLEY	July 14 15		
*JV will get their own calendar June 19 th					
17 AR: 5-6 Weights 6-7:30 Field	18 VAR: 5-6 Weights 6-7:30 Field *Hand out helmets	19 VAR: 3:30-4:30 WEIGHTS 5-7 CV@Heritage	20 VAR: 3:30-4:30 WEIGHTS 5:30 HHS@Concord	21	22
24 VAR: 5-6 TESTING 6-7:30 Field	25 VAR: 5-6 TESTING 6-7:30 Field	26 VAR: 5-6 TESTING 6-7:30 Field	27 4:00 Strength Clubs Varsity Gear/Locker Handout 4:30-5:30	28 GOLD CARD KICKOFF 3:30-4:30 JV: GEAR 4:30-5:30 FR: GEAR 5:30-6:30	29
31					

first Day of School
(No Workouts)

Players will get an August through November calendar at the end of summer. We only have one Saturday scheduled at this point (varsity DLS tournament). If things change during the summer, players will get a REMIND notification. All players were on the REMIND at the end of the school year. If your son is not on REMIND, please have him text me his first and last name and I will add him. 925-759-5883 (Coach Fogelstrom) The frosh have not created their REMIND yet. They start June 19th and their handout is on the website.