

Highland Football

Summer 2010

Freshman



IDAHO 5A CHAMPIONS

72, 73, 84, 87, 93, 95,

97, 98, 00, 02, 08

Last 9 seasons

81-22

Where Winning is a Tradition

Freshman Football 2010

Physicals Free physicals will be given @ Century High School on Tuesday, May 18 from 6:30-8:30PM. Students must have a valid physical on file with the school to participate in any sport or activity.

All 9th grade athletes must have new physicals for the next school year. Physicals are good for two years.

Eligibility: All incoming freshman are eligible to participate in sports. Once established in high school student/athletes must maintain a 2.0 GPA from the previous semester and have no F's for eligibility.

Insurance: Each student must be covered by an insurance policy. Students may purchase insurance through the school which is offered at the beginning of each school year. Applications can be picked up from the main office or the coaches.

Name _____
Grade Next Year 9 10 11 12 Cost \$60.00
Position _____ Ht _____ Wt _____
Address _____
City _____ Zip _____
Phone _____
Parent's Name _____

Consent Form

I hereby consent to the above athlete to participate in the Highland High School football camp and voluntarily assume all risks associated with the participation and agree to exonerate and save harmless the coaches and trainers from any and all liability claims, causer of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the contact football camp. Highland High School will not provide any medical insurance so that the cost of the camp can be held as low as possible. Therefore, I feel my insurance will cover any said liability.

Participant (Print) _____

Participant (Signature) _____

Date _____

Parent/Legal Guardian (Print) _____

Parent/Legal Guardian (Signature) _____

Date _____

Send application and check to: (Make Checks to Highland Football Camp)

Gino Mariani
359 Arabian Ave.
Pocatello, Id 83201

Any questions please do not
hesitate to call me.
238-0387

Highland Football Camp 2010

- **Camp Dates:** June 7, 8, 9
- **Times:** 9:00-11:00AM & 2:00-4:00PM
- **Cost:** \$60.00
- **Directors:** Highland High School football coaches
- **Features:** Opportunity to receive individual instruction by position and prepare for the 2010 season in the Highland High School team system.
- This will be a full-contact football camp. Equipment can be picked up June 1-3 from 8:00am -12:00 noon in the weight room.
- Camp T-shirt

Highland Football Summer 2010

June 1-3: Weight Room will open daily for freshman from 9-10AM. Freshman orientation to weights will run all week.

June 2: Summer Pass Skeleton for skilled positions will run twice a week on Monday's and Wednesday's from 11:00AM-12:00PM. We encourage all new 9th graders to participate and learn the Highland football systems.

June 2: Lineman Agility and Speed work will run twice a week on Monday's and Wednesday's from 11:00-12:00PM. All linemen are encouraged to participate.

June 7-9 Football Camp for all freshman will be on these dates running from 9-11AM and 2-4PM. It is important to try and make both sessions for all three days. The camp is not mandatory, but it is highly recommended. This camp will be a full-contact camp. Cost of the camp is \$60.00. Applications are in this booklet.

August 9 Practice will start on Monday, August 9 for freshman. There will be a general meeting for all football players the morning of the 9th. Practice will begin in the afternoon.

Highland Motto

Right....What is right with Highland? We are the only 5A school in Pocatello that plays Idaho's best large school competition. Our football team has been in the state championship game 13 of the last 17 years. We have recently won state championships in 2002 and 2008.

Attitude....It all starts with attitude. We instill a positive atmosphere at Highland that not only affects our teams and what they do on the field but also what they do in the classroom and in everyday life. You are only as successful as the person next to you.

Means....By what means do we achieve our goals? We are a school who wants to play for conference and state championships every year. Through tremendous work ethic and dedication on the part of the coaching staff and the players of each individual program, we achieve our aim and goals.

Success....There are no shortcuts to success. Our tradition of winning has been built on hard work, dedication, and determination on the part of many. We hope that our future RAMS have the discipline and character to continue what has taken years to build. A family atmosphere is important to our program and diligently promoted.

2010 Freshman Football Schedule

Date	Opponent	Site	Time
Wed. Aug. 25	Burley	Home	4:00PM
Wed. Sept. 1	Riverton	Away	4:00PM
Wed. Sept. 8	Blackfoot	Away	4:00PM
Wed. Sept. 15	Minico	Home	4:00PM
Wed. Sept. 22	Bye		
Wed. Sept. 29	Skyline	Away	4:00PM
Wed. Oct. 6	Bonneville	Home	4:00PM
Wed. Oct. 13	Century	Home	4:00PM
Wed. Oct. 20	Pocatello	Away	4:00PM
Wed. Oct. 27	Idaho Falls	Home	4:00PM

Highland Football Focus

- State Football Academic Champions 99, 01, 07
- Consistently achieving team 3.0 GPA or better
- Played on National Television past two years on Altitude TV in the Rocky Mountain Rumble.
- Competed against two nationally ranked teams in 08, 09 in Grant Union (4), Sacramento and Timpview (32), Provo.
- 2010 –nonconference schedule includes -Timpview (Utah), Bear Creek (Colorado), Eagle (Idaho), Riverton (Utah), Centennial (Idaho)
- Take our football program to the next level academically and athletically – playing the best in the country.
- 13 State championship games the past 17 years
- 19 football scholarships offered in past 9 years to play NAIA, D3, D2, D1-AA, D-1 divisions.
- Students to graduate – enjoy their experience – family atmosphere.