

Dear Roughnecks and Roughettes,

I hope you are having a great summer! I know the coaches are, as we make plans and prepare for our upcoming season. The summer is a busy time for many, but it is important that we stay focused and committed to the things that will make us successful. Many championships are won during the summer months, as the great programs excel and improve during this time. I hope you have and are continuing to take advantage of all the opportunities available to you this summer to make you better and more prepared for the upcoming year. Over the next several weeks, coaches will be calling and talking to all returning Roughnecks and Roughettes about specific dates and required paperwork prior to August 1<sup>st</sup>.

Below are some dates and information for you and your parents as we approach the upcoming school year. All schedules, dates and times can be found on the Sundown ISD website at [www.sundownisd.com](http://www.sundownisd.com) under Athletics. You can also keep up with events and activities using Remind. Simply text "@sunrou" to 81010, and you will join our *Roughneck Athletics* class for the latest updates and information.

**Sports Fit** – Strength & Speed Development / M, T, W, TH now through August 2<sup>nd</sup> / 7:30-9:00 AM session and 7:30-9:00 PM session (pick one). No workouts July 23<sup>rd</sup> through 25<sup>th</sup>.

**High School Football** – Begin practices on Monday, August 6<sup>th</sup> at 8:00 AM

**Cross Country** – Begin practices on Wednesday, August 1<sup>st</sup>.

**Medical Physicals** – All athletes must have one on file prior to the start of the first practice. If you did not get one in May or have not done so this summer, **this is a must**. All medical paperwork and physical forms can be found online at [www.sundownisd.com](http://www.sundownisd.com) under Athletics. You can also pick a packet up at Sports Fit.

**All-Sport Parent Meeting** – Tuesday, July 31<sup>st</sup> at 6:30 PM in the SISD Auditorium.

**Meet the Roughnecks** – Friday, August 24<sup>th</sup> after the High School Football Scrimmage at Slaughter Field. The scrimmage starts at 6:00 pm.

**7<sup>th</sup> & 8<sup>th</sup> Grade Football** – Begin practices on Monday, August 20<sup>th</sup> (first day of school).

If you have any questions, please feel free to contact us. We look forward to seeing you and starting the new season. Go Roughnecks and Roughettes!

Sincerely,

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