

# ATI United



## Football

Welcome to Abbott Tech!

Under normal circumstances I would meet prospective football players at Open House in May and they would give me their contact information and I would contact only them. The sudden fit of crazy weather that cancelled Open House has made it necessary to contact all incoming freshmen boys to determine their interest in playing football for ATI.

Before I talk about football I want to make it clear that if you are a soccer player or a cross country runner I am not trying to get you to play football instead of those sports. If you are interested in soccer contact Coach Ipkovich at [Andrew.Ipkovich@ct.gov](mailto:Andrew.Ipkovich@ct.gov) and if you wish to run cross-country contact Coach Velez at [Angelo.Velez@ct.gov](mailto:Angelo.Velez@ct.gov). The coaches at Abbott Tech support one another, as do the students, which is a great feature of Abbott Tech.

High School will be a brand new experience and you should take advantage of it. You will make lifelong friends and create lifetime memories. As much as I value what you learn in the classroom or the shop, which I do, the most enduring memories and friendships come from experiences beyond the classroom. At Abbott Tech there are many opportunities for extra-curricular activities and one of the places where bonds are most closely made is in athletics. Many (many) years after my playing days have ended my closest friends from high school are still the guys I played football and baseball with. Football is one of the best places to form bonds and friendships and it is in that in mind that I'd like you to play football

Since 2014 Abbott Tech and Immaculate High School have formed a co-op football team with Abbott Tech as the host school. Practices, however, are held at Immaculate. We have enjoyed a great deal of success since forming the co-op, going 29-12 over the last four years and scoring over 30 points a game. In 2015 we made the state playoffs but were unable to advance past the first round. In short, we have had success and I expect we will continue to have success but we need committed athletes to do so and that is what I am hoping to get from you.

Attached are information sheets that will answer many of your questions. Additionally, There will be a football camp from July 24-July 26 at Immaculate High School. This camp may give you a good idea of what we are about at ATI. I look forward to seeing you and being a part of our program.

**RICH HOLMES**

**Head Football Coach-ATI United**

**(203) 910-7388**

**abbottholmes2013@gmail.com**

# ATI United



## Football

**Practice Location:** Immaculate High School.

**Parent and Player Meeting:** Wednesday, August 15<sup>th</sup>, in Abbott Tech auditorium, 6:00-7:00 PM

**1<sup>st</sup> Day of Practice:** Friday 8/17/16 (3:00-6:30). Parents please try and take your family vacations before this date as your son will be way behind when he gets back to practice.

**Other Items:** Cleats (Black, Silver/Gray, or White only), shorts, t-shirt.

**Transportation to Immaculate:** Leaves Abbott Tech at 2:20 every day, pick up from practice is at Immaculate.

**Practice Length:** Practice starts out long and is reduced by 15 minutes every month (2:30 in August, 2:15 in September, 2:00 in October, 1:45 in November, 1:30 in December).

**Football Camp:** Incoming freshmen are encouraged to attend the 2nd "U" Football Camp in late July. July 24-26, 4:00-6:00 PM. Coach Holmes has the registration forms.

**Practice Days/Week:** We practice or play every day except Sundays.

**RICH HOLMES**

**Head Football Coach-ATI United**

(203) 910-7388

[abbottholmes2013@gmail.com](mailto:abbottholmes2013@gmail.com)

[football@immaculatehs.org](http://football@immaculatehs.org)

# ATI United



## Football Camp

**Location:** Immaculate High School

**Dates:** July 24-July 26 (4:00-6:00)

**Rain Date:** July 27 (4:00-6:00)

**Ages:** 9-14

**Type:** Non-Contact

ATI Incoming Freshmen are welcome and encouraged to attend!

**COST:**

**\$75 pre-registered**

**\$85 at check in**

\*7 on 7 DAILY

\*Fundamentals Instruction

\*Camp T-shirt

\*Lineman's Challenge

\*Punt, Pass & Kick Competition

\* "U" Ball (ultimate Frisbee with a football)

**CAMP DIRECTOR:**

**RICH HOLMES**

Head Football Coach-ATI United

(203) 910-7388

[football@immaculatehs.org](mailto:football@immaculatehs.org)

**WHAT YOU WILL BE TAUGHT:**

- ◆ **Blocking**
- ◆ **Form Tackling**
- ◆ **Position Play**
- ◆ **Weight Lifting Techniques**
- ◆ **Kicking & Punting**
- ◆ **Throwing & Catching**

What to wear:

- shorts & t-shirts
- cleats and/or sneakers
- mouthpiece

What else to bring: (Mark **EVERYTHING** with your name!)

- water or sports drink
- sunscreen

Please return registration form below to Rich Holmes with a check made out to:

**Immaculate High School-Football**

**Send to:**

**Rich Holmes**  
**8 Bear Mountain Road**  
**Danbury, CT 06811**

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Please complete and return the form below:

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_  
Street City Zip Code

Home Phone: \_\_\_\_\_

Phone during camp hours: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

2017-2018 School Attended \_\_\_\_\_

Sessions: (Please check all that apply)

\_\_\_\_\_ Session 1 \_\_\_\_\_ Session 2

Camp Division: (Choose one)

\_\_\_\_\_ Division II (9-11 year olds)

\_\_\_\_\_ Division I (12-14 year olds)

Any physical problems or limitations? (Please specify)

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# ATI United Football Important Items & Dates



## Important Dates:

- **Pre-Season Team Meeting for Parents and Players**
  - Wednesday August 15<sup>th</sup> in Abbott Tech auditorium
- **Non-Padded Practice Dates (8/17-8/22)**
- **Full Pads Practice Dates (8/23-9/1)**
- **Weight Training**
  - Monday through Thursday 4:30-6:00 at Immaculate HS**
  - Mondays and Thursdays 8:00-9:30 in the Abbott Tech Fitness Center beginning Monday 7/16**
- **Paperwork**
  - Physicals and other paperwork
    - Physicals will be cleared by Mrs. Butkus
    - You cannot participate in physical activities without a current physical
    - Physical Form (hard copy)
      - \*go to **Nurse** on school site
      - \*go to **View Assessment Records**
      - \*download and print **Athlete's Physical Form**
    - Other Paperwork
      - \*all forms are to be filled out online
      - \*go to Abbott Tech site
      - \*go to Family ID and register all forms online
- **Contact Information**
  - Coach Holmes: (203) 910-7388
  - [abbottholmes2013@gmail.com](mailto:abbottholmes2013@gmail.com)
  - [football@immaculatehs.org](http://football@immaculatehs.org)