

# SHAKER



# BLUE BISON

[WWW.SHAKER-FOOTBALL.COM](http://WWW.SHAKER-FOOTBALL.COM)

Dear North Colonie Parent/Guardian:

I would like to take this opportunity to convey our coaching staff's enthusiasm for the fast-approaching 2011 football season. Our off-season has been a great success so far due largely to the support from our parents and the commitment from our student athletes. With that being said, as the summer approaches it is now the most critical portion of our off-season.

Football is a demanding sport both during and in the off-season. At Shaker, we will expect the best from your child in preparation for this upcoming season. Strength training, conditioning sessions and football camps are all ways that we can improve both individually and as a team. Our strength training sessions benefit far more than just physical strength gains. We feel the greater outcomes are developing the mental toughness of our athletes and the building of their self-confidence. To build a strong team concept, we expect our players to train at the high school fitness center over the summer with their teammates. They may work out at public gyms on days where they do not have an obligation to their teammates.

Our coaching staff understands that the summer is not a time to focus exclusively on football. We know your child has family obligations, vacations and involvement in other sports. These are all very much encouraged by our program. When a conflict arises, please contact your son's coach to let them know that he will be missing a designated event. Communication is a critical component of our program and it cannot start early enough.

If you have any questions regarding football at Shaker please do not hesitate to contact me. Please refer to our website, [www.shaker-football.com](http://www.shaker-football.com), for additional information. We are here for your child and will do anything in our power to make his football experience a positive and memorable one.

Sincerely,

Greg Sheeler  
Head Football Coach and PE  
Shaker High School  
[gsheeler@ncolonie.org](mailto:gsheeler@ncolonie.org)  
(518)785-5511 ext. 3666

**PLEASE READ PAGE 2 & 3 FOR IMPORTANT SUMMER DATES**  
**ALL LEVELS COACHING STAFF PAGE 3**

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## **Important Summer Dates:**

**June 11<sup>th</sup>** Free Physical Day, Community Care Physicians. 711 Troy Schenectady Rd. Latham, NY 8-10AM

**June 22<sup>nd</sup>** Meet the Coaches Night, 7pm - 7:45 pm LaFollette Cafeteria

- This is an opportunity **for parents at every level** of the football program to meet the our coaching staff. A presentation will be given on the expectations and priorities of Shaker football and parents will have an opportunity to ask questions. Attendance is strongly encouraged.

**June 27<sup>th</sup> – August 11<sup>th</sup>** “The 4<sup>th</sup> Quarter” of the Off Season.

- This is the final tune-up for the 2011 football season.
- **All varsity candidates will train Monday, Tuesday, and Thursday 8am-10am.** We will start promptly each session at 8am. During these sessions we will be doing team building activities to build team cohesiveness. This is the ONLY time varsity players may workout.
- All **modified, freshmen, and junior varsity** players will have the following options for training:
  - Monday – Thursday **6:00-8am OR 4:30-6pm.** 3 days a week is recommended.
  - The players are expected to arrive as close to the starting time as possible.
- All attendance leaders will receive a tee shirt at the conclusion of the summer and also will have first pick of jersey numbers.
- Attendance does not guarantee your child will make the team. Their dedication will help them to improve and become a member of the team.
- We will be doing football related activities after training sessions. This will be communicated to your son at the start of our training.

**July 10<sup>th</sup>** Cohoes 7 on 7 Shootout

- This is a 7 on 7 tournament for all **VARSITY** skill players at Cohoes HS, no cost to attend.

**July 15<sup>th</sup>** Re Check forms may be submitted to the nurse's office. All modified players should submit to the junior high nurse. All players grades 9-12 to the high school nurse.

**July 22<sup>nd</sup>** Varsity candidates will be issued equipment and lockers after morning workouts.

**July 25<sup>th</sup> – July 29<sup>th</sup>** ESA Modified Camp 5:00-7:30 pm at Shaker HS

- All 2011 7<sup>th</sup> and 8<sup>th</sup> graders playing pop warner or modified football.
- Cost is \$75 to attend.
- Registration forms can be accessed at [www.shaker-football.com](http://www.shaker-football.com)
- Pop warner players will get their equipment from Pop Warner. Modified players will be issued equipment on July 25<sup>th</sup> either 10am-12pm or 2-4pm. Must be registered for camp to be issued equipment. The equipment will be collected on the last day of camp and re-issued on September 1<sup>st</sup>.

**August 1<sup>st</sup> – August 5<sup>th</sup>** ESA High School Camp 5-7:30 pm at Shaker HS

- All 2011 students in grades 9-12.
- Cost is \$60 to attend. If a family has more two sons at ANY level participating in an ESA camp the cost for the two is \$100, if three participants \$140.
- JV and Freshmen players will be issued their equipment and lockers on August 1<sup>st</sup> 9am-11am or 3-4:00pm.
- Attending the camp does not guarantee your son a spot on the team. It is strictly a camp for improvement and fun.
- 4 schools will attend: Shaker, Watervliet, Mohonasen, and Ichabod Crane.
- Registration forms can be obtained from Coach Sheeler, the weight room in the summer, or [www.shaker-football.com](http://www.shaker-football.com)

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**August 8<sup>th</sup> – August 11<sup>th</sup> GUT Camp at Shaker HS**

- This is a 4 day conditioning camp held at the HS. There is no cost to attend and it is open to ALL players. It is our final tune up before doubles and is critical in injury prevention for the preseason.

**August 12<sup>th</sup>** All varsity and junior varsity candidates must be cleared with the Shaker HS nurse. Physicals and re-check forms must be turned in or players will NOT be eligible for practice.

**August 15<sup>th</sup>** First Day of Varsity and Junior Varsity Practice

- **Players who are not eligible for practices because they have not been cleared by the nurse will be charged with an unexcused absence.**
- Players report at 8:45am and will be dismissed at 4pm.
- Players should pack a lunch and be sure to eat breakfast prior to reporting to practice.
- A full schedule of pre-season will be available on our website over the summer.

**August 17<sup>th</sup>** First Day of Freshmen Practice – time 4-8pm

**September 1<sup>st</sup>** First Day of Modified Practice – time 3:30 – 5:30 pm

**August 27<sup>th</sup>** Varsity and JV Scrimmage @ Scotia HS, 10am Scotia-Glenville HS

## **2011 Shaker Football Staff:**

### **Varsity Staff :**

Greg Sheeler – Head Coach, Varsity Offensive Coordinator, QB coach. [gsheeler@ncolonie.org](mailto:gsheeler@ncolonie.org)

Mike Grimes – Varsity Defensive Coordinator, LB and TE coach.

Garrett Couture – Varsity Offensive and Defensive Line coach [garrettcouture@ncolonie.org](mailto:garrettcouture@ncolonie.org)

Zach Tacelli – Varsity Defensive Backs and Running Back coach

Gabe Young – Varsity Split Ends coach

### **Junior Varsity Staff:**

Bob Treacy – JV Head Coach and JV Offensive Coordinator [btrace@nycap.rr.com](mailto:btrace@nycap.rr.com)

Joe Landers – JV Defensive Coordinator

Andrew Brassard – JV line coach

Brian Tusch – JV assistant

### **Freshmen Staff:**

Mike Michela – Head Coach and Offensive Coordinator [mmichela20@gmail.com](mailto:mmichela20@gmail.com)

Jerry Lawton – Defensive Coordinator

Rob Massie – Freshmen line coach

### **Modified Staff:**

Will Salvi – Head Coach, Offense [wsalvi@ncolonie.org](mailto:wsalvi@ncolonie.org)

Dan Gibson - Defense

Shawn Hennessey – modified assistant