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University High School Football

Head Coach John W. Kelley

Dear University High Players and Parents/Guardians:

Welcome to the “**2023 SEASON**”. On our web site you will find all of the information and forms necessary to be a part of the UHS Football Team for this season at www.universityhighfootball.com. You will also use this website for adding or changing email addresses, etc. If you know of anyone that might want to play football, please encourage them to go to our website to register, if they have not done so already.

NOTE: The WVSSAC approved Summer Practice Session, in which coaches are permitted to work with athletes, will be held **June 12th through June 29th** from 7:45am to 12:00pm. A calendar of activities for the entire summer session can be found on our website under the MONTHLY PRACTICE SCHEDULES link. Please note that **you MUST have a completed Physical Form AND Proof of Insurance in order to participate in these practice sessions.** These forms will be good for the entire school year. If you have never played a sport at University High School or are an incoming Freshman, we **must** have a copy of your Birth Certificate as well, before you will be permitted to play. (Include your mother’s maiden name)

Please be advised that you must obtain a second semester G.P.A. of 2.0 or better, to be eligible for participation. It is your responsibility to enroll in summer school to correct any deficiency in your G.P.A., in order to gain eligibility. Summer School in Monongalia County this year, is a school based computer credit recovery program. If you are in need of this service, contact the Monongalia County School Board Office, or the school counselor to find out about availability and cost, asap.

We have a mandatory participation fundraiser scheduled for one full day and two partial days for the WVU Hospital Employee Picnic. More details will be forthcoming, but we expect each player to attend and work on these days (subject to change based on the COVID issue). Parents are welcome and badly needed to assist with this. Dates will be announced as soon as we receive them from WVU.

Our season will officially begin with a **check-in, registration, and a mandatory meeting on Sunday, July 30th at 6:00 pm** in the cafeteria/auditorium. **Parents are urged to please attend this meeting!** We will introduce the staff, discuss expectations, requirements, and goals, as well as answer any questions and concerns you may have. You will also hear from our Athletic Boosters and our Athletic Training Staff at this meeting. **Mandatory** daily on-field practices will begin on Monday, July 31st from 7:45am until 12:00pm.

We will hold our summer weightlifting and conditioning program on Mondays, Wednesdays and Thursdays, beginning Monday, July 10th from 9:00am – 10:30am. **ALL SESSIONS WILL BE HELD AT UNIVERSITY HIGH SCHOOL IN THE WEIGHT ROOM AND ARE OPEN TO UNIVERSITY HIGH FOOTBALL PLAYERS AND PLAYERS FROM OUR MIDDLE SCHOOL FEEDER SCHOOLS ONLY!!** This program will be under the supervision and direction of Coach Joshua Gibson, our new strength and conditioning coach.

If you or your parents have any questions or concerns, please do not hesitate to call me at 304-216-8473 or by email at coachjwkelley@universityhighfootball.com. **Also, if for some reason you have decided not to play football since your initial interest, please have the courtesy to notify me, so that we don't prepare any further mailings or handouts for you**

Practice begins in a few short weeks. To be the best player possible, and to guard against costly and damaging injuries, it is to your advantage to be in the best physical condition you can be at that time. If your family has planned a summer vacation during the months of June or July, go and enjoy yourself. However, please

inform me of the dates that you will be out of town. All that we ask is that you maintain some level of fitness (running/flexibility) during your absence. Remember.....”**the true quality of integrity and dedication is measured by how you “lead your life” when no one is looking.”**

Forms on our Web Site that you will want to find and read/use:

- 1) **PHYSICAL EXAM FORM** – You must have a completed physical exam form **before you may practice** (your physical exam **MUST** be obtained May 1, 2021, or after). We do not supply or recommend a physician for this purpose, so please be sure to make an appointment with the physician of your choice between May 1st and June 11th to be eligible for practice on June 12th. Reminder: This physical will be good for ALL athletic participation throughout the 2023-2024 school year. **Special Notice: All Seniors MUST have Tdap and a Meningitis Booster shots prior to the start of the school year. You will receive a letter at your home from our school nurse about this. There will be no exceptions for this. You should either plan to get these during your physical, or call the Monongalia County Health Department for other options.**
- 2) July/August Calendars detailing practice schedule. (Subject to change with notice)
- 3) Schedules – Varsity and Junior Varsity

I would also like to encourage everyone to go to our FaceBook page at <https://www.facebook.com/UHS-Hawks-Football-698581590169142/> and “like” us, so that you will get the informational posts that we make on a fairly regular basis. New this year, we are also broadcasting announcements via Twitter @ theUjwkelly, if you would like to follow us that way.

Please note that this year we will have an away Junior Varsity game at Parkersburg South at 6:00pm, and also Varsity practice on Labor Day, September 4th. Please make note of this for your holiday plans.

To A Successful Season.....

A handwritten signature in black ink, reading "John W. Kelley". The signature is written in a cursive style with a long, sweeping underline that extends to the right.

John W. Kelley
Head Football Coach