



## R&L Fusion



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Football season is here! Hope to see you at practice on Friday the 16<sup>th</sup> in Lambert at 6:00 am, this will be an early practice do to PIR day for staff. Saturday the 17<sup>th</sup> we can practice at 8:00 am.

Be sure you bring your physical forms to practice with you, no physical no practice. Other things you will need is shorts and cleats.

Coach Day Rider and myself are very excited to see all of you and ready to get back to where we left off a season ago, let's have some fun and contend for the final prize. Our first game will be Friday August 30<sup>th</sup> at home against Geraldine/Highwood, rematch of last season's quarter final playoff game, should be fun.

Our first three practices will be without pads, then we will be able to dress out and really get things under way, so be ready to play, our numbers are down a little so everyone will need to be ready at all times, you never know when your number may be called into action.

Let's set our goals high and go after them.

Coach: Shawn Lien