



## Last chance to weigh-in and pick up equipment

Any player who didn't make it to one of the June pickup dates, **must attend the final session on Saturday, July 18<sup>th</sup>**. This will be held in the WPD Community Center from 9 to 11 am.

Please come prepared with the following items:

- Copy of player's Birth Certificate
- \$150 Equipment Deposit Check (this will not be cashed and will be destroyed when equipment is returned)
- \$50 Gold Card Fund-raiser Check
- Check for purchase of "Rams Practice Wear" (i.e. pants, practice jersey, girdle, 7 piece pad set)
- Check for purchase of "Rams Spirit Wear"

## It's not too late to join the fun!

Register today at [www.wheatonparkdistrict.com](http://www.wheatonparkdistrict.com), call (630) 690-4880 or stop by the park district.

### Wheaton Park District Community Center

1777 S. Blanchard Road

Monday-Friday, 5:00am to 10:00pm

Saturday, 7:00am to 7:00pm

Sunday, 8:00am to 6:00pm

## Email addresses needed

We are still collecting email addresses to allow electronic distribution of this newsletter. Please help us in our efforts to *save* some green (and some trees) by *going* green. Simply send an email, containing your name and email address to [ramsnews@yahoo.com](mailto:ramsnews@yahoo.com). All contact information gathered here will be used solely for the dissemination of the newsletter. Sign up today!

## Summer Football Camps

There are still several opportunities for Rams players to hone their football skill this summer. Visit our website – [www.wheatonrams.com](http://www.wheatonrams.com) – or the respective school websites for more details.

### Don Beebe's Summer National Camp

[www.houseofspeed.com/donbeebecamps\\_football.html](http://www.houseofspeed.com/donbeebecamps_football.html)

10 – 14 year olds

7/20 – 7/23

### St. Francis

[www.sfhsnet.org](http://www.sfhsnet.org)

3<sup>rd</sup> - 6<sup>th</sup> Grades

7/13 – 7/16

7<sup>th</sup> - 8<sup>th</sup> Grades

7/13 – 7/16

### Wheaton Academy

[www.warriorsac.com](http://www.warriorsac.com)

6<sup>th</sup> - 7<sup>th</sup> - 8<sup>th</sup> Grade Skills Camps

7/7 – 7/30

### Wheaton North

[www.wnhs.org](http://www.wnhs.org)

5<sup>th</sup> - 6<sup>th</sup> Grades

7/13 – 7/17

7<sup>th</sup> - 8<sup>th</sup> Grades

7/20 – 7/24

## Mark your calendar

Evaluation week for tackle players will begin on **August 3<sup>rd</sup>\***. All players, including Head and Assistant Coaches' sons, must be present for evaluations.

*\*Please note: this is a change from the information on the registration site.*

## Speaking of Evaluation Week...

All the action starts on August 3<sup>rd</sup> with Evaluation Week. That may seem like a long way off, but players should be preparing for it now.

First, it's a good idea to work on physical conditioning. Of course, summer is about relaxing and taking a break from the rigors of school. But anyone intending to play football should devote some of their break to exercise and staying in shape. Running is best, but anything is good, as long as it is supervised by a parent or guardian.

Second, players are required to have all of their protective equipment in order to fully participate. That equipment includes, helmet, mouth guard (of color, no clear mouth guards allowed), shoulder pads, rib guard, knee, thigh, hip and tailbone pads, as well as protective cup.

Third - hydrate, hydrate, hydrate. It will be HOT, but there will be plenty of water breaks. Players should bring a jug of cold water with them. (*On the field, water is better than sports drinks as they often attract bees.*) Also, it is advisable for players to drink plenty of fluids one hour prior to taking the field.

## Message to Rams Families:

As the 2009 Wheaton Rams football season approaches, we want to inform you about game scheduling for Gold and Silver teams. As was the case last season, the growth in the number of teams in the Bill George Youth Football League (BGYFL), of which the Rams is a member, at each weight level and the availability of referees and fields for games necessitates that both Gold and Silver teams will have to play on Saturdays and Sundays. Please understand that this is a league-wide necessity, not a Wheaton Rams or Wheaton Park District decision. All scheduling is handled at the BGYFL level. If you anticipate any conflict with your player's ability to participate, please notify the Coaches Committee member as listed below for your player's weight class by 07/27/09. This information will be

shared with all head coaches during evaluation week, prior to the draft. We also ask that if your player will be unable to attend any part of evaluation week – and we stress that attending evaluation week is very important -- you notify the Committee member for your player's weight class so we can make certain they are considered by all coaches in the draft. If you have any other questions or concerns leading up to evaluation week and the draft, please feel free to contact your corresponding Committee member.

Thank you,

2009 Wheaton Rams Coaches Committee

70lbs – John Herrera – [jherrera@visionps.com](mailto:jherrera@visionps.com)  
80lbs –Chris Calloway - [ccallowa@sbcglobal.net](mailto:ccallowa@sbcglobal.net)  
90lbs –Brian Moberg -  
[brian.moberg@sbcglobal.net](mailto:brian.moberg@sbcglobal.net)  
100lbs –Troy Westerman -  
[troy.e.westerman@exxonmobil.com](mailto:troy.e.westerman@exxonmobil.com)  
115lbs - Jeremy Taylor -  
[jeremymtaylor@comcast.net](mailto:jeremymtaylor@comcast.net)  
130lbs –John Herrera – [jherrera@visionps.com](mailto:jherrera@visionps.com)  
Varsity –Dan Robbins -  
[coachrob92@hotmail.com](mailto:coachrob92@hotmail.com)