



Dear Madison Football Families:

I would like to take this opportunity to convey our coaching staff's enthusiasm for the 2023 football season. Our off-season has been a great success so far, due largely to the support from our parents and the commitment of 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 the season and in the off season. We will expect the best from your student athlete in preparation for this upcoming season. Strength & conditioning sessions plus skill work 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 greater achievements are developing the mental toughness of our athletes and the building of their self-confidence. We **expect** our players to make the commitment to train together, building team chemistry that transcends the X's and O's.

The summer is not a time to focus exclusively on football, we understand that. We know your athlete has family obligations, vacations, and involvement in other sports. These are all very much encouraged by our coaching staff and I would just ask that you let me know if your athlete will be missing for an extended period of time. Communication is a critical component of our program and important in our accountability to each other. If you have any questions regarding football at Madison, please do not hesitate to contact myself or one of the other coaches on staff. We are here for your athlete and will do anything in our power to make their football experience a positive and a memorable one. I have included our summer calendar. Please understand, times and dates could be subject to change.

Sincerely,

Coach Gallagher

scott.gallagher@madisonk12.us

2023

CALENDAR YEAR

JUNE

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|--|--|---|----------|
| 28 | 29 | 30 | 31 | 01 | 02 | 03 |
| 04 | 05 | 06 | 07 | 08 | 09 Last day of school Physicals @ Adrian College 2:30-4 \$15 | 10 |
| 11 | 12 | 13 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 14 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 15 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 16 | 17 |
| 18 | 19 | 20 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 21 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 22 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 23 Lenawee County All-Star Game @ Adrian College 7pm | 24 |
| 25 | 26 | 27 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 28 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 29 Weight Room 8:30-10:00 am for bball players 4-5:30pm for non bball | 30 | 01 |
| 02 | 03 | 04 | 05 | 06 | 07 | 08 |

2023

JULY

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|------------------------------------|--|---|---|--|---|
| 25 | 26 | 27 | 28 | 29 | 30 | 01 |
| 02 | 03 Dead Week → | 04 | 05 | 06 | 07 | 08 Dead Week |
| 09 | 10 7 on 7 @ Home 6pm JV/Varsity | 11 Weight Room 4-5:30pm | 12 Weight Room 9:30-10:30am 7 on 7 @ Tecumseh 1130am JV/Varsity | 13 Weight Room 4-5:30pm | 14 Faster Horses Coaches Fundraiser | 15 Faster Horses Coaches Fundraiser |
| 16 Faster Horses Coaches Fundraiser | 17 7 on 7 @ SC 6pm JV/Varsity | 18 Weight Room 4-5:30pm | 19 Weight Room 9:30-10:30am 7 on 7 @ Tecumseh 1130am JV/Varsity | 20 Weight Room Varsity 2:30-3:30pm / JV 4-5:30pm 7 on 7 @ Ann Arbor Gabriel Richard Varsity 5:30-7:30pm | 21 | 22 Madison Youth Football Camp 1st-4th grade 9-11am 5th-8th grade 12-2pm |
| 23 | 24 | 25 Weight Room 2-3pm 7 on 7 @ Stockbridge JV 4:30pm Varsity 6pm | 26 Weight Room 9:30-10:30am 7 on 7 @ Tecumseh 1130am JV/Varsity | 27 Weight Room 4-5:30pm | 28 | 29 |
| 30 | 31 Down Week → | 01 | 02 | 03 | 04 | 05 |

2023


CALENDAR YEAR

AUGUST

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------|---|--|-------------------------------------|---|--|--------------|
| 30 | 31 | 01 | 02 | 03 | 04 | 05 |
| | | Down Week  | | | | Down Week |
| 06 | 07 | 08 | 09 | 10 | 11 | 12 |
| Equipment issue 4-6pm | Mandatory first day of practice Must have physical complete Weight Room 3-4pm Practice 5-8pm | Meetings 3-4pm Practice 5-8pm | Weight Room 3-4pm Practice 5-8pm | Meetings 3-4pm Practice 5-8pm | Weight Room 3-4pm Practice 5-8pm | Practice TBD |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| | Weight Room 3-4pm Practice 5-8pm | Meetings 3-4pm Practice 5-8pm | Weight Room 3-4pm Practice 5-8pm | 4 way team scrimmage @ Blissfield JV 4pm Varsity 6pm | Weight Room 3-4pm Film/Practice 4-6pm | Practice TBD |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| | | | | Game - Home vs. Columbia Central 7pm | | |
| 27 | 28 | 29 | 30 | 31 | 01 | 02 |
| | | | | Game - Away @ Jackson Northwest 7pm | | |
| 03 | 04 | 05 | 06 | 07 | 08 | 09 |

SPORTS PHYSICALS

\$15

Proceeds are used to benefit school sports programs

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FRIDAY,
JUNE 9, 2023

1:00 PM - 2:30 PM SCHOOLS -
ADRIAN, LCS, SAND CREEK, WHITEFORD, & MISCELLANEOUS
(REGISTRATION BEGINS AT 12:30)

2:30 PM - 4:00 PM SCHOOLS -
MADISON, BRITTON DEERFIELD, TECUMSEH & MISCELLANEOUS



**MERRILLAT SPORTS
AND FITNESS CENTER**

ADRIAN COLLEGE
176 S CHARLES STREET
ADRIAN, MI. 49221

*\$15 PER STUDENT ATHLETE GOES TO THE ATHLETIC TRAINING DEPARTMENT
OF THE ATHLETE'S SCHOOL

MADISON HIGH SCHOOL

STRENGTH & CONDITIONING

**June 12th- 30th
Tuesday, Wednesday, Thursday
JULY 10TH- 28TH**

TIME:

**8:30-10:00 AM (JUNE ONLY if playting bball)
4:00-5:30 PM**

WHO:

**ALL INCOMING
7TH, 8TH, 9TH, 10TH, 11TH AND
12TH GRADERS**

WHERE:

**MADISON HIGH SCHOOL GYM
ENTRANCE**

MADISON TROJANS

I BELIEVE



**ANY QUESTIONS CONTACT COACH GALLAGHER
517-270-2781
scott.gallagher@madisonk12.us**

