

# Randolph-Macon Academy

200 Academy Drive ♦ Front Royal, Virginia 22630

SINCE 1892



To: R-MA Parents and Prospective Football Players  
From: Frank Sullivan, Head Football Coach and Athletic Director  
Subject: Pre-Season Football for Rising Eighth Through Twelfth Grade Students

Dear Parents:

Greetings from the R-MA football program! This package provides you with all of the information you will need should your child wish to participate in the football program. Included is registration information, a copy of our summer workout program, the regular season schedule, camp rules and a list of items you should bring to camp.

The season will begin with our camp, which will begin on Monday, August 14, 2017, and will continue until school begins. Camp is run with the intention of getting our athletes physically prepared to play safely and to learn the fundamentals of R-MA football. All returning R-MA students interested in playing football are required to attend camp and new students are strongly encouraged to attend. All players will need to attend the entire session and will board during the entire camp. ***Failure to attend camp could result in your child not being able to participate in football this year.***

The cost of the camp is only \$400.00. This fee will defray the cost of food, housing, and supervision during the two weeks of camp. Also included in this fee is a spirit pack that includes T-shirts, shorts and other items. To enroll for camp, please return the bottom portion of the "Football Camp Rules" letter to the Finance Office, along with your fee for camp, your 2017-18 enrollment contract and your 2017-18 enrollment deposit. You can also pay the football camp fee online at <https://rma.schoolforms.org/footballcamp>.

Once this is completed, please email [fsullivan@rma.edu](mailto:fsullivan@rma.edu) to confirm your child's attendance. Please complete this process no later than **Friday, July 28, 2017**. No student will be allowed to participate in camp until this information is complete.

**Registration will take place at 10:00 a.m. on Monday, August 14, 2017, in the Upper School Gymnasium.** When the students register for football camp they are also registering for the regular academic term. Please complete all necessary admission paperwork prior to this date. All necessary medical forms must be uploaded to Magnus Health prior to arrival as well. Contact Amy Harriman at [amharriman@rma.edu](mailto:amharriman@rma.edu) or 540-636-5202 if you have any questions.

I hope that this package will provide you with all of the information you need to prepare for the upcoming football camp and the regular season. If you have any questions, feel free to contact me.

Sincerely,

Frank J. Sullivan

Office (540) 631-3831

Cell (813) 843-8295

Email: [fsullivan@rma.edu](mailto:fsullivan@rma.edu)

## Football Camp Daily Schedule

5:40 a.m.	Wake Up
6:10 a.m.	Morning Walk thru / Group Lift
6:45 a.m.	End Walk Through
7:45 a.m.	Breakfast
8:15 a.m.	Treatment and Taping
9:30 a.m.	Morning Practice
11:30 a.m.	Morning Practice Ends
12:00 noon	Lunch
12:30 p.m.	Free Time
2:00 p.m.	Team Activity / Guest Speakers
3:00 p.m.	Treatment and Taping
4:00 p.m.	Afternoon Practice
6:15 p.m.	Afternoon Practice Ends
7:00 p.m.	Dinner
8:00 p.m.	Position Group Meetings / Guest Speakers
11:00 p.m.	Lights Out

**\*\* This schedule is subject to change. Parents will be notified of any major changes.**

**\*\* We only do two practices on the 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> days (August 19, 21, 23) once the athletes are acclimated to the heat.**

### ***R-MA FOOTBALL CHECKLIST***

_____	Alarm clock
_____	Linens
_____	Soap
_____	Towels
_____	Sneakers
_____	T-shirts & shorts
_____	Underwear
_____	Shaving kit
_____	Black or white football cleats
	<b><u>(If you choose to wear pink cleats in honor of Breast Cancer Awareness Month they will only be worn during our October games.)</u></b>
_____	Any extra practice gear you may need (Socks, jocks, brace, etc.)
_____	Activity uniform (Khakis, belt, shoes, socks and R-MA polo)

\*\*\* You will need supplies for two weeks. The R-MA activity uniform will be worn for all meals. If you do not have any activity uniforms, they will be available for purchase at camp. All casual garments must meet R-MA specifications. ***Please keep in mind that the room that you have for football camp will not be your dorm room for the regular school year. Please do not bring all of your extra personal items for the school year with you to camp unless absolutely necessary.***

On Friday, August 25th there will be a scrimmage scheduled on campus. On Saturday, August 26th we will practice in the morning. After lunch you will be able to leave for the remainder of that weekend and retrieve additional items that you will need for the regular school year from your home. If this is not possible, then please plan on your parents bringing those items to you on the weekend of August 26<sup>th</sup>.

## R-MA FOOTBALL CAMP RULES 2017

1. Be on time to meetings, meals and practices.
2. Stay out of all unauthorized areas.
3. Keep all areas clean. Rooms will be inspected daily. All football equipment should remain in the locker room, unless you have permission from a coach to bring it in the dorm.
4. Do not leave campus for any reason unless you have permission from Coach Sullivan or Colonel Link. If you have permission to leave, you still must sign out and sign in.
5. Remain in your assigned room unless you are specifically invited to another person's room.
6. Wear shoes at all times. No cleats in the buildings or locker room.
7. Be in proper dress at all times. When off the hall you must be in activity uniform. To and from practice you may wear R-MA athletic gear with shoes or sandals. (Sandals are not allowed in the dining hall.) All meals are in activity uniform.
8. All car keys must be turned in to Student Services.
9. While other teams / groups are here, stay off of their halls unless given permission by the head coach of each team. You may socialize outside the locker room and in the cross-hall areas. The activity room will be shared. Remember any visitors on campus are considered our guests and will be shown proper hospitality.

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*Please return this form, along with the \$400.00 camp fee to the Finance Office. You can also pay the football camp fee online at <https://rma.schoolforms.org/footballcamp>.*

Student's Name: \_\_\_\_\_

We understand the rules and expectations of R-MA's football camp. My student will be attending.

\_\_\_\_ Enclosed is the \$400 camp fee.

\_\_\_\_ I have paid the fee online at <https://rma.schoolforms.org/footballcamp>

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

## R-MA Football Schedule 2017

<u>Date</u>	<u>Game</u>	<u>Place</u>	<u>Time</u>
<i>Mon, Aug 14</i>	<i>First Day of Football Practice / Camp</i>		<i>10:00</i>
<b>Fri, Aug 25</b>	<b>Scrimmage – Potomac School</b>	<b>Home</b>	<b>4:00</b>
Fri, Sept 1	Massanutten Military Academy	Away	4:00
<b>Sat, Sept 9</b>	<b>St. Anne's-Belfield School</b>	<b>Home</b>	<b>1:00</b>
Sat, Sept 16	Christchurch School	Away	2:00
Fri, Sept 22	Hargrave Military Academy	Away	1:00
<b>Fri, Sept 29</b>	<b>Fishburne Military School</b>	<b>Home</b>	<b>4:00</b>
<i>Sat, Sept 30</i>	<i>S.A.T. Test Date</i>	<i>R-MA</i>	
<b>Sat, Oct 7</b>	<b>Homecoming Fredericksburg Christian School</b>	<b>Home</b>	<b>2:00</b>
Sat, Oct 14	Blue Ridge School	Away	2:00
Fri, Oct 20	Bye Week		
<i>Sat, Oct 21</i>	<i>A.C.T. Test Date</i>	<i>R-MA</i>	
<b>Sat, Oct 28</b>	<b>Norfolk Christian School</b>	<b>Home</b>	<b>1:00</b>
Fri, Nov 3	The Covenant School	Away	3:00
<i>Sat, Nov 4</i>	<i>S.A.T. Test Date</i>		
Nov 11-12	VISAA Semi-finals	TBA	TBA
Nov 12-19	VISAA Final	TBA	TBA

Football dates and times are subject to change. Please be sure to check the football schedule at [www.rma.edu/varsity-football](http://www.rma.edu/varsity-football) periodically for updates.

## **R-MA SUMMER FOOTBALL MANUAL**

The basis of any good team is a strong work ethic through the summer months. It is imperative that you train with intensity and a purpose. It is a fact that your opponents are working hard and doing other things to make themselves better this summer. The following pages contain a workout schedule that will take you through the summer and prepare you for the season.

**The workout schedule begins on June 12th.** In order for you to become stronger and faster it is imperative that you stay on track with your workouts throughout the summer.

All sessions should begin and end with stretching or an active warm up / cool down.

This is a three-day per-week workout. Days 1 & 3 will include running and lifting. **Try to arrange your schedule to run before you lift.**

I have included a sheet to explain the running portion of our program.

If you are unsure of how to do a certain lift, **DON'T DO IT** until you are taught properly!

If you have questions, feel free to contact Coach Sullivan at the following numbers:

Office (540) 631-3831

Cell (813) 843-8295

**Take your time to read through the manual before starting.** I look forward to seeing you in great shape on August 14th!

## **BURST Days Explanation**

### **Day 1**

#### **Form Sprints**

Run from a consistent football stance.

Burst out full speed for 10 yards and then run the rest of the sprint at 90%.

Stay relaxed in your face and arms.

Run through the finish – no let up.

Rest 1 minute between each run.

#### **Agility 1**

This is a burst drill. Do the assigned run (they will change) as follows:

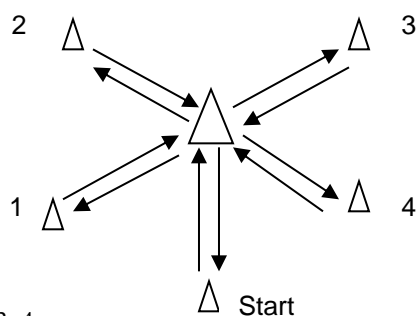
Example: s10/b5/s5/b10 - Sprint 10 yards forward; back pedal 5 yards; sprint 5 yards; back pedal 10 yards.

#### **5 Cone Drill (you can use something for marks instead of cones)**

Set up a “5 yard square” and put a fifth mark in the center.

Always start directly in front of the center cone.

Follow the runs in your workout manual – touch the cone with your hands on every cut.



This example would be 1, 2, 3, 4:

Sprint to touch center cone, then sprint to and touch cone 1, then back to center cone, then sprint and touch cone 2, then back to center cone, then cone 3, center, cone 4, center and back out to the starting position.

### **Day 3**

#### **Build-ups**

Gradually increase speed, focusing on being at full speed after 30 yards.

After the 30-yard build up, sprint for 20 yards.

After the 20-yard sprint, slow down for 20 yards.

#### **Flying 10's**

Gradually increase speed, focusing on being at full speed after 30 yards.

For the next 10 yards, sprint at full speed.

Gradually decelerate for 10 yards to prevent injury.

#### **Flying 20's**

Gradually increase speed, focusing on being at full speed after 30 yards.

For the next 20 yards, sprint at full speed.

Gradually decelerate for 10 yards to prevent injury.

#### **Flying 30's**

Gradually increase speed, focusing on being at full speed after 30 yards.

For the next 30 yards, sprint at full speed.

Gradually decelerate for 10 yards to prevent injury.

#### **Flying 40's**

Gradually increase speed, focusing on being at full speed after 30 yards.

For the next 40 yards, sprint at full speed.

Gradually decelerate for 10 yards to prevent injury.

## R-MA Football Burst Days

<b>Day 1 - 4</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>	<b>Day 1 &amp; 3</b>
<b>Week 1 - June 12</b>	<b>Week 2-June 19</b>	<b>Week 3-June 26</b>	<b>Week 4-July 3</b>	<b>Week 5 - July 10</b>	<b>Week 6-July 17</b>	<b>Week 7-July 24</b>	<b>Week 8-July 31</b>
<b>Mile Run -</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>	<b>Day 1</b>
<b>Day 1, 2 &amp; 3</b>							
	<b>Form Sprints</b>	<b>Form Sprints</b>	<b>Form Sprints</b>	<b>Form Sprints</b>	<b>Form Sprints</b>	<b>Form Sprints</b>	<b>Form Sprints</b>
	12 - 10 yd. sprints	12 - 10 yd. sprints	6 - 50 yd. sprints	6 - 60 yd. sprints	8 - 30 yd. sprints	8 - 60 yd. sprints	30 - 10 yd. sprints
	Full workload	Full workload	90% workload	90% workload	90% workload	90% workload	90% workload
	<b>Agility 1</b>	<b>Agility 1</b>	<b>Agility 1</b>	<b>Agility 1</b>	<b>Agility 1</b>	<b>Agility 1</b>	<b>NO AGILITIES</b>
	s10/b5/s10/b5/s5	s10/b5/s10/b5/s5	s10/b5/s10/b5/s5	s10/b5/s10/b5/s5	s10/b5/s10/b5/s5	s10/b5/s10/b5/s5	
	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	
	s5/b5/s10	s5/b5/s10	s5/b5/s10	s5/b5/s10	s5/b5/s10	s5/b5/s10	
	s10/b5/s5	s10/b5/s5	s10/b5/s5	s10/b5/s5	s10/b5/s5	s5/b5/s5/b5/s5	
	s5/b5/s5/b5/s5	s5/b5/s5/b5/s5	s10/b5/s10/b5/s5			s10/b5/s10/b5/s5	
	<b>5 cone drill</b>	<b>5 cone drill</b>	<b>5 cone drill</b>	<b>5 cone drill</b>	<b>5 cone drill</b>	<b>5 cone drill</b>	<b>NO CONES</b>
	1, 2, 3, 4	1, 2, 3, 4	1, 2, 3, 4	1, 2, 3, 4	1, 2, 3, 4	1, 2, 3, 4	
	4, 3, 2, 1	4, 3, 2, 1	4, 3, 2, 1	4, 3, 2, 1	4, 3, 2, 1	4, 3, 2, 1	
	1, 2, 2, 1	1, 2, 2, 1	1, 2, 2, 1	1, 2, 2, 1	1, 2, 2, 1	1, 2, 2, 1	
			4, 4, 1, 4	1, 2, 2, 1	1, 2, 2, 1	4, 3, 3, 4	
	<b>Day 3</b>	<b>Day 3</b>	<b>Day 3</b>	<b>Day 3</b>	<b>Day 3</b>	<b>Day 3</b>	<b>Day 3</b>
	Build-ups (3)	Build-ups (4)	Build-ups (4)	Build-ups (4)	Build-ups (4)	Build-ups (4)	
	Rest 3 minutes	Rest 3 minutes	Rest 3 minutes	Rest 3 minutes	Rest 3 minutes		
	Flying 10's (4)	Flying 10's (5)	Flying 20's (5)	Flying 30's (3)	Flying 10's (3)	Flying 10's (5)	Flying 10's (5)
	Flying 20's (4)	Flying 20's (5)	Flying 30's (4)	Flying 40's (2)	Flying 20's (3)	Flying 30's (5)	Flying 30's (5)
					Flying 40's (3)	Flying 40's (5)	Flying 40's (5)

## R- MA Football 2017 Summer Work-Out Sheet

<b>Day 1</b>	<b>Week 1- June 19</b>	<b>Week 2- June 26</b>	<b>Week 3- July 3</b>	<b>Week 4- July 10</b>	<b>Week 5- July 17</b>	<b>Week 6- July 24</b>	<b>Week 7 - July 31</b>
<b><u>BURST DAY</u></b>							
<b><u>Bench Press</u></b>	4 x 8	4 x 8	4 x 6	4 x 6	3 x 5	3 x 3	3x 3
Lat Pull Downs	2 x 10	2 x 10	3 x 8	3 x 8	3 x 8	3 x 8	3 x 8
Explosive Push Press	2 x 10	2 x 10	2 x 10	2 x 10	3 x 8	2 x 10	2 x 10
Triceps extensions	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2x10	2 x 10
Push-ups	1 to 10	1 to 10	1 to 10	1 to 10	1 to 10	1 to 10	to exhaustion
<b><u>Day 2</u></b>							
Jump Rope	2 SETS OF 50	2 SETS OF 50	2 SETS OF 50	2 SETS OF 50	3 SETS OF 50	3 SETS OF 50	3 SETS OF 50
Abs / Core	Routine	Routine	Routine	Routine	Routine	Routine	Routine
<b><u>Squat</u></b>	5 x 8	5 x 8	4 x 8	4 x 8	5 x 5	3 x 12	3 x 12
Front Squat	10, 8, 6	10, 8, 6	5 x 5	5 x 5	10, 8, 6	5 x 5	5 x 5
Calf Raises	2 x 10	2 x 10	2 x 12	2 x 12	3 x 12	2 x 10	2 x 10
T,Y,I's	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12	2 x 12
<b><u>Day 3</u></b>							
<b><u>BURST DAY</u></b>							
<b><u>Bench Press</u></b>	5 x 5	5 x 5	3 x 3	3 x 3	5 x 5	3 x 3	3 x 3
Shrugs (long bar)	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10
Incline DB BP	2 x 10	2 x 10	2 x 10	2 x 10	3 x 12	3 x 12	3 x 12
Tricep Extension	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10	2 x 10
Bicep Curls	2 x 12	2 x 12	2 x 12	2 x 12	4 x 8	3 x 10	3 x 10