



MILFORD FOOTBALL NEWSLETTER
Volume 1 Issue 3 March 2010



Milford Parents and Coaches Plan for the Future

The monthly Touchdown Club meeting is taking place on Wednesday, March 24th at 7:00 p.m. It will be held in the Eagle Room at the High School. The 2010 budget will be discussed. Remember parents, you provide the foundation and support for our Eagles so get involved!

**SEE YOU ON THE 24th
 GET INVOLVED!**

Friends of the MHS Football/Program Donations!

- Jon Bruce (MHS Alumni)
- Airplane tires for the weight room
- The Storey Family
- Stereo receiver for the weight room
- The Stofko Family
- Lat Pull/Tricep Ext machine for the weight room

MHS Players Earn Post Season Honors

Andrew Bugajski was nominated for the 2010 Old Spice Red Zone Player of the Year!

Brandon Fulton was selected to represent the Eagles in the 2010 SWOFCA/Ron Woyan East-West All Star Game! The game will be played at Kings High School on Thursday, June 10th at 7:30 p.m.

Weight Room Update

With exactly half of the winter workouts completed, the 2010 Eagles are showing promise. The players have been learning new lifts, working on improving their form, and becoming both physically and mentally tougher. We have also seen an increase in participation with attendance averaging 48 athletes each workout.

Remember that the weight room is open both before school and after school on scheduled workout days. If after school workouts are a problem, Coach Elkin is opening the weight room for morning workouts at 5:45 a.m.

If you are not in a school sponsored sport, you need to be in the weight room. No excuses!

“Teamwork is absolutely essential to winning football games. Football is not a one-man game, but a team undertaking a team endeavor. Each man must be willing to sacrifice personal ambition for the good of the team.”

-Bert Jones

Next Touchdown Club Meeting

Wednesday, March 24th

March 2010						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight Lifting 2:40pm – 4:15pm Workout #15	2	3 Weight Lifting 2:40pm – 4:15pm Workout #16	4	5 Weight Lifting 2:40pm – 4:15pm Workout #17	6
7	8 Weight Lifting 2:40pm – 4:15pm Workout #18	9	10 Weight Lifting 2:40pm – 4:15pm Workout #19	11	12 Weight Lifting 2:40pm – 4:15pm Workout #20	13
14	15 Weight Lifting 2:40pm – 4:15pm Workout #21	16	17 Weight Lifting 2:40pm – 4:15pm Workout #22	18	19 End of 3 rd Quarter Weight Lifting 2:40pm – 4:15pm Workout #23	20
21	22 Weight Lifting 2:40pm – 4:15pm Workout #24	23	24 Weight Lifting 2:40pm – 4:15pm Workout #25 TDC Meeting 7:00pm Eagle Room	25	26 Weight Lifting 2:40pm – 4:15pm Workout #26 Last Winter Workout	27
28	29 No School Weight Lifting 7:40am – 9:15am Extra-credit Bank	30 No School	31 No School Weight Lifting 7:40am – 9:15am Extra-credit Bank			