



Kastner T-Birds Football

Summer Schedule

6/28- 7/28



Kastner T-Bird Family,

As you may have heard, we are in the middle of a coaching change at Kastner Intermediate. Coach Francis accepted a position at Selma High School and Coach Brown is going to be taking over the 8th grade team at Kastner, including PE and weightlifting classes. Coach Niedhamer is coaching the 7th grade team and is on campus as well, at Kastner.

We are excited about the upcoming year and must make a change to our schedule to surpass our goals this year. Thursday 6/23 will be our last 6:30 AM practice. Starting on **Tuesday, 6/28**, *no practice 6/27, our practices will move to Clovis West High School starting at **3:00PM**, in the weight room. We will work out from 3:00PM until 3:45PM and then transition to the field for practice from 4:00PM until 5:30PM.

As you all know, Fresno heat is a concern during the summers, so please understand that we will make sure your student-athletes are well hydrated and have ample shade for cool off periods, as advised by our district's protocols. We are hoping that this time not only gives us the necessary time we need for strength and conditioning, but also allows us to grow on the football field. August schedule will be posted as soon as we can.

The summer schedule will be as follows:

6/28-6/30: 3:00PM-5:30PM (CWHS- Start in weight room, move to back field)

7/1-7/8: 4th of July Break- enjoy your time and be safe

7/11: OFF- CWHS Golf Tournament (four 4-somes available)

7/12-7/28: 3:00PM-5:30PM (CWHS- Start in weight room, move to back field [M-Th])

August 6th, 2022: CWHS Football Kickoff Dinner at Clovis Rodeo Grounds

Larry Brown- larrybrown@clovisusd.k12.ca.us

Nick Niedhamer- nickniedhamer@clovisusd.k12.ca.us

Thank you for understanding,
Coach Brown and Coach Niedhamer