

PREPARE YOURSELF

Get in shape **BEFORE** the season begins. The weight room is open for all incoming freshman football players during the school year and summer. The schedule is posted on our website. Check: <http://twhsfootball.com>



COMMIT YOURSELF

Please make every effort to attend each scheduled practice and/or team event. We will not only be conditioning for the upcoming season, but we will be teaching our offensive and defensive systems as well.

2009 FRESHMAN SUMMER DATES



August 3rd / M-F
Freshman "2-A-Day"
Practices Begins
8am - 10:30am
11:30am - 1:00pm

Friday, August 7th
Freshman Team Cookout
@ Coach Armstrong's
5pm-7pm

CARDINAL FOOTBALL



2009 Freshman

*It's not the Cougar Way...
It's not the Wildcat Way...*

IT'S THE CARDINAL WAY!



COMMITMENT

Cardinals commit themselves to the team throughout the entire season. We are united through strong, committed players!

ATTITUDE

Cardinals honor our team through a positive attitude that is brought onto the field and into the classroom each and every day.

EFFORT

Cardinals give 100% effort, 100% of the time! That is the Thomas Worthington way!



-Schedule below is Tentative-
Subject to change!

Freshman Football Schedule

8/29 vs Jonathan Alder @ 12noon
9/3 vs Olentangy Liberty - 5pm
9/10 @ Hilliard Bradley - 5pm
9/17 @ Upper Arlington - 7pm
9/24 vs Hilliard Davidson - 5pm
10/1 @ Dublin Coffman - 5pm
10/8 @ Westland - 5pm
10/15 vs Hilliard Darby - 5pm
10/22 @ Central Crossing -5pm
10/29 vs Worthington Kilbourne-5pm

Athlete Physicals & Em. Med Cards

Athletes **MUST** have a **current physical** on file at Thomas Worthington and an **Emergency Medical Card** turned in to the coaches to practice. Physical forms go to Pat Stegman at Thomas Worthington AD's office.



QUESTIONS?

**Coach Armstrong - Head Freshmen
Coach**

Home Phone: 336-0544

Summer Email:

rlarmstrong@mac.com

School Email:

rarmstrong@worthington.k12.oh.us