

Shawsheen Valley Technical High School

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MELANIE HAGMAN
Interim Superintendent-Director

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Congratulations on your decision to attend Shawsheen Valley Technical High School in the Fall of 2019! I am equally pleased that you have expressed an interest in participating in the Shawsheen Rams Football Program. We are holding our annual football orientation the last week of August. I feel strongly that this program is a rewarding experience for the incoming Freshman Football players.

The criteria for the orientation are as follows:

1. Players will participate in a 2 1/2 hour practices under the guidance of the Shawsheen Freshmen coaches and some of the Varsity Football coaches.
2. Players will be introduced to the Shawsheen Fitness Room. (They will receive instruction on how to use the gym equipment and will try each machine).
3. Players will receive a tour of the entire school.
4. A team meeting will be held to introduce the freshmen players to the entire staff and team. The freshmen will have an opportunity to ask the upper classmen any questions they have about Shawsheen Tech.

I sincerely feel that the program provides you with an opportunity to meet the other incoming players and create a bond that will help with your transition into high school. It's always nice to see a familiar face in the cafeteria at lunchtime during the first few weeks of school. I hope you can come, even if you can't attend all four sessions.

Listed below is other important information:

Dates & Times:	Monday, August 26th	2:30-5:30 p.m.
	Tuesday, August 27th	2:30-5:30 p.m.
	Wednesday, August 28th	2:30-5:30 p.m.
	Thursday, August 29th	2:30-5:30 p.m.

Note: Drop off may begin at 2:00 p.m./Pick up will be 5:30 p.m. outside the gym

Dress: **Sweatshirt or Tee-shirt**
Sweatpants or shorts
Sneakers (for the fitness room)
Football shoes (optional for the football field)

Note: "Dress according to the weather"

Transportation will not be provided. Drop off and pick up will be in the back parking lot outside the entrance to the gym. Supervision will be provided while players are being picked up. If you have any questions or concerns please call me at:

Cell: (339)-368-4777
Football office: (978)-671-3632
Home: (617)-489-4809
Email: acostabile@shawtech.org

Have a great summer!

Coach Al Costabile

NOTE: In the past freshman parents have been a huge help volunteering to work the concession stand during home Friday night varsity football games (9/13, 9/27, 10/11, 11/28-Thanksgiving). If there are 1 or 2 games in which you can help out; please contact Jaime Lee at jlee@shawtech.org. Your help would be greatly appreciated!!!