

# ERIE HIGH SCHOOL



3180 County Road 5  
Erie, Colorado 80516  
(303) 828-4213 phone  
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GoErieTigers.com

Principal: Matt Buchler  
Assistant Principals: Kim Stalcup & Elizabeth Russell  
Ath Dir/Asst Principal: Justin Carpenter  
Dean of Students: Paul Stecina  
Head Secretary: Loretta Hardin  
Counselors: Julie Pohlman, Molly Creek,  
Richard Schroeder, & Kately Mosher  
Registrar: Leticia Tapia | Counseling Secretary: Amber Cowley  
Athletic Secretary: Courtney Stanesa | Attendance: Marta Quandt

Greetings Future Erie High School Parents and Players:

My name is Chad Cooper and I am the head varsity football coach at Erie High School. I would like to be the first to welcome you to the Erie High School Football Program! I believe that high school athletics teaches and develops many great personal qualities that impact our student-athletes long after graduation. The Erie Football Program is based on a level of excellence and tradition. We expect our players to always strive and perform to the best of their abilities both on and off the field. We are excited that you want to be a part of our program and a part of the Erie Football Tradition.

With the start of the football season less than five months away, I would like to invite the parents and players of our incoming freshman class to an informational meeting on **Tuesday April 2nd at 5:30 p.m. in the High School Cafeteria.** I do expect that at least one parent to be present at this meeting. If you cannot make this meeting please contact me, so I can get you the information. Also, future players are highly encouraged to attend because everything that we will be discussing will concern them. In addition to the meeting, we will have our freshman staff in attendance so you can meet the coaches that will be interacting with your kids this summer and fall. During this meeting we will discuss the following information:

- offseason schedule
- offseason expectations for freshman football
- summer weight room
- summer camps
- player and parent expectations
- overall philosophy of our program
- questions

If you have any questions please feel free to contact me. Again, we are excited to have you a part of our football family and look forward to seeing you on April 2nd!

Go Tigers!

Chad Cooper  
Erie High School  
Head Football Coach  
cooper\_chad@svvvsd.org

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## Important Announcements

### [7th & 8th Grade Training Prep Program](#)

Erie Football has teamed with Cutthroat Athletics to provide personal training this spring in preparation for our summer program. I highly recommend this program to any current 7th & 8th graders looking to get a head start on summer training. Brian Bender and Dave Hageman, who ran our training sessions last summer, will run the program. Please click on the above link for more information.

### [4:00PM SIGN UP](#)

### [6:00PM SIGN UP](#)

### **Spring Mini-Camp: May 6th & 8th**

We will be holding a mini-camp for all incoming freshmen on May 6th & 8th from 4:00pm-6:00pm. There is no cost to attend and all participants will receive a t-shirt if they attend both days. The camp will be run by the EHS freshman football staff and current players of the program. Activities of the camp include:

- Introduction to the weight room and training of proper technique and safety
- A tour of EHS athletic facility and campus
- Non-contact football drill work and training
- Competition and drills

Only equipment needed for the camp will be proper athletic attire (Erie Tiger gear if possible), cleats, and tennis shoes.

### **Summer Weight Room**

Our weightlifting schedule runs four days per week starting on May 29th. Specific weight room session times will be available by our April meeting. I expect our Varsity football players to attend all four days per week of these morning workouts, unless they are on vacation with their families. I expect our Freshman football players to attend as many of these workouts per week as possible, unless on a family vacation. Our weight and conditioning program is designed to develop speed, strength, and agility in our athletes. Even more importantly, team camaraderie and competitive spirit is developed during these sessions and is vital to our program success.

### **Summer Football Camps**

It is my expectation that all members (Freshman-Varsity) attend our football camp. These camps serve as a foundation for our football program and will help our players develop an understanding of our schemes, fundamentals, and overall operation of our football program. These camps will help your athlete develop and refine their individual skills and master team concepts. When scheduling vacations or other commitments, please try to avoid the following dates.

- **Freshman Team Camp: June 12th-21st. More details at our April Meeting.**
- **The camp will consist of 7 sessions during these dates.**
- **Click on this [Calendar](#) to see all Erie High School Football events.**