



ATHENS CHRISTIAN GOLDEN EAGLES

College Prep School
K-3 through Grade 12
1270 Hwy. 29 North
Athens, Georgia 30601
Phone 706.549.7586
Fax 706.549.2899
www.athenschristian.com

FALL

Football

Women's Volleyball

Fastpitch Softball

Men's Cross Country

Women's Cross Country

Cheerleading

Marching Band

Flag Corps

WINTER

Men's Basketball

Women's Basketball

Cheerleading

Wrestling

SPRING

Men's Tennis

Women's Tennis

Men's Track & Field

Women's Track & Field

Baseball

YEAR ROUND

Bible Quiz

Chorus

Band

Drama

Yearbook

MIDDLE SCHOOL

ATHLETICS

Football

Cheerleading

Cross Country

Softball

Basketball

Track

YOUTH FOOTBALL

Ages 5 - 12

YOUTH CHEERLEADING

Ages 5-12

May 20, 2009

Dear ACS Football Family,

I know you are relieved that the school year is coming to a close. I hope that each of you have finished the school year on a positive note and fully applied yourself for the final "push". I will be checking grades and following up with each of you the first week of summer workouts. Remember, our priorities will always be in this order: God, Family, Academics, Athletics, and then Everything Else. These priorities will serve you not only as a student and an athlete, but most importantly, as a man.

Summer preseason conditioning will begin on Monday, June 1. 9-12 graders will be training from 7am until 9am, and 7-8 graders will be training from 9am until 11am. The reasons for working so early in the day are simple; we get done during the cool of the day, we get everything done early so the you've got time to enjoy your summer (Go be a kid, get a job, enjoy family time, etc) and we train all together as a unified team. Be on time, we will begin promptly and finish on time. I ask that every player be present a minimum of 80% of all workouts. That gives you an opportunity take one entire week off (Which means that you will get two entire weeks off when including the July 4th holiday). Your attendance is vital, because we will be strength training, speed & agility training, as well as installing your new offensive and defensive schemes.

Corinthians 12:12-27 speaks to us about being one unified body as Believers in Christ. We must also commit to this as a football program, no one player is more important than the other. We will commit the 2009-2010 football season to this scripture and our motto will be "One heartbeat".

I am excited about our future together and I cannot wait to get to know each and every one of you better. Please do not hesitate to contact me if you have any questions or concerns. I have temporarily set up an Email on yahoo until I can get settled in at ACS, this Email is Coach_Forman@yahoo.com.

In Christ,

Coach Bill Forman
Athens Christian School
Head Football Coach