

To: Parents/Guardians of Sequoit Football
Date: January 12, 2026
RE: Changes in Summer Football Schedule

There has been some significant changes in the traditional summer football schedule for the first time in over 30 years that will really affect all high school sports this summer. Here are the bullet points you should be aware of:

- Dead week. Dead week has been the first week in August for decades. Now dead week for ALL sports in the week of July 4th. This year falls on Monday, June 29th-Friday, July 3rd. All sports are off, no open gyms or weight training are even allowed. It is a genuine week off in the summer. This is a great week for summer vacation!!!!
- The football season starts one week earlier! Week 1 (vs. Schaumburg) is now Friday, August 21st.
- The first official day of football is Monday, August 10th.
- Football camp will officially run from Monday, July 6th all the way up through the official start of the season...Monday, August 10th. (See attached calendar). We will stay Monday-Thursday in the mornings.

Varsity Rank Insignias will continue on the back of Varsity Helmets



Chevron 1- 100% attendance to football camp
Chevron 2- 90% or better off season weightdeck attendance (participation is an ACHS sport counts if in Physical Best course this semester)
Chevron 3- Participated in another ACHS sport
Bar 1- No referrals or suspensions at ACHS
Bar 2- Cumulative GPA of 3.0 or higher
Bar 3- Participated in the Sequoit Gridiron Team fundraiser

More information to come later!

Looking forward to a great 2026! Go Sequoits! Go Bears!
Email Coach Glashagel with any questions!

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