

Welcome to the Pembroke JR Spartans Football Program. This page includes all important contact information and dates. Any further questions contact either coach listed below.

Varsity Head Coach: Len Poole  
Email: [LPOOLE@pembrokefootball.org](mailto:LPOOLE@pembrokefootball.org)  
Phone: 491-5934 (cell)  
Website: [www.pembrokejrspartans.com](http://www.pembrokejrspartans.com)

Jr. Varsity Head Coach: Carl Schaefer  
Email: [cschaefer@golder.com](mailto:cschaefer@golder.com)  
Phone: 892-0547 (cell) / 485-3859 (home)  
Website: [www.pembrokejrspartans.com](http://www.pembrokejrspartans.com)

Paperwork requirements:

A copy of the players PHYSICAL signed and dated 2008\*\*  
Completed Registration Form  
Complete Weight Room Form (if needed)\*\*\*

Weight room times:

Tuesday and Thursday 7 PM to 8 PM  
Saturday 1030 AM to noon

Equipment handout:

August 2<sup>nd</sup> 11 AM at the equipment house in front of PA

Equipment Requirements:

Mouth guard – with string that attaches to helmet  
Girdle – 5 or 6 pocket under shorts that hold the lower body pads  
Cleats – plastic/hard rubber

Camp:

Run by Dave Tremblay – cost 75  
Information will be available shortly – check website for updates

Practice:

Starts August 13 at 530 at Three Rivers School – more details to follow.

\*\* Must be complete before the player can take the field – (camp or practice)

\*\*\* Must be complete before the player can use the weight room at PA