

# Middle School Football Players

Equipment will be issued to all middle school football players on **August 20<sup>th</sup> from 4-6 pm**. Students will be issued a locker, helmet, mouth piece (must be taken home to be molded), shoulder pads, jersey, pants and pads. If you have your own equipment it **must** be checked by a coach before practice begins. Each student will need to provide their own cleats, shorts and shirts (grey, black, white or red) before the first day of practice.

**All students must turn in all paper work (physicals, acknowledgement of rules, etc.) to the trainer before they will be allowed to practice. All players will have to practice four days with helmet only before they can begin wearing pads.**

## What to expect the first day of school

7<sup>th</sup> Grade- Students will complete equipment issue and will go outside for some practice time. Practice will start at the beginning of 1<sup>st</sup> period.

8<sup>th</sup> Grade- Students will complete equipment issue and will go outside for practice.

## What to expect during the season

7<sup>th</sup> Grade- Players must be on the field and ready to practice at 7:05 am sharp (fieldhouse will open at 6:30 am). On game day, students will be expected to be on the field when 1<sup>st</sup> period begins. Days after game day students will lift weights during 1<sup>st</sup> period only.

8<sup>th</sup> Grade- Practice will finish up at 4:45 pm. Days after game day students will lift weights during 8<sup>th</sup> period only. On Fridays practice time will vary depending on Varsity game and scouting schedule. Coaches will notify students in advance, so please check with your child.

## Game Days

**All** students will ride the bus to **all** away games. Actual game times and location can be subject to change. Parents may sign out students after games and take them home (student must leave game jersey with coach). Only students who ride the bus home will be allowed back in the fieldhouse. **NO EXCEPTIONS!** If a student rides home with his parent, then he must bring all items (backpacks, homework, etc.) with him to the game.