



NORTHWOOD MIDDLE SCHOOL FOOTBALL

MONDAY AUGUST 1ST – 9:00AM – 12:00PM

EQUIPMENT PASS OUT, SET UP LOCKER ROOM, COLLECT PAPERWORK, DISCUSS EXPECTATIONS (THE NORTHWOOD WAY!). Bring football cleats (tennis shoes also), and wear shorts/t-shirt. Doors will open at 8:30AM. Please enter the locker room on the West Side of the building.

- All players **MUST** have a fitted mouthpiece the first day of practice!
- All players **MUST** have a physical and the physical form from the doctor **MUST** be turned in to the NorthWood MS office before they can practice. **No Physical = No Football!**
- Please notify the coaches prior to the first day of practice of any medical conditions we need to know about. (Allergies, asthma, diabetes, etc.)

PRACTICE SCHEDULE

AUGUST 1ST – 5TH & AUGUST 8TH – 12TH - Practices will be from 9:00AM – 12:00PM. Doors will open at 8:30AM. It is very important that players be at practices in order to learn and build teamwork.

Starting Monday August 15th, practices will be held after school from 3:00 – 5:00pm every day, except on game days.

There will be a shuttle bus available to transport players to Nappanee after practices. If your child is not riding the Shuttle Bus to Nappanee, please have a ride here at 5:15PM.

*Your school work comes before football! If a player has an **F** the second semester of the school year, the player may practice with the team but will not be allowed to compete in a game until mid-term grades are out and the player has **NO F's!**

*If players are at school, they are expected to be at practice! If an emergency arises where the player must leave school, **the coaches must be notified by the player**, not one of their friends. Please inform the coaches if there is any situation as to where the player will be missing practice (a written note will be fine).

*Football shoes -There are many different types of football shoes available to middle school players. NorthWood does not require a particular type, just make sure the shoe is comfortable and fits! Also, **players should wear socks that come up over the ankle**, so the shoe does not rub against the skin!

*A mesh practice jersey is necessary to wear over the shoulder pads. The practice jerseys can be ordered in the practice packs. Please do not cut the sleeves or the bottom of the jersey! A t-shirt should be worn under the shoulder pads. Please make sure the t-shirt covers enough of the skin so the shoulder pads do not rub and cause a rash. In cooler weather, it is okay to wear a long sleeve shirt, but no hooded sweatshirts! Football clothing (pants, practice jersey, shirts, etc. should be taken home often to have washed). Game jerseys will be washed at school & should never be taken home.

***Practices** - Players will be sore the first few days of practice. Please make sure that you are getting enough rest, eating well, and drinking water! Water will be provided at practices and games, please do not bring other drinks. If there are any injuries that have occurred during practice or a game, the coaching staff needs to know immediately! There will be bumps, bruises, and soreness along the way, but if something arises that needs attention, please let the coaches know.

*It is highly recommended that players are active during the spring & summer. Players will need to be in shape and ready when practices start, if you are not in shape, it will take weeks of important practice time to get you into shape and you will be behind! Please, prepare by running and exercising. Do push-ups and sit-ups each day, eat the right foods, and drink plenty of water! Cut out the junk food and pop!

*Locker room - Players should not bring any valuables into the locker room! We do not have lockers to store things! Players need to stay out of other's things...be respectful and trustworthy! You are a team, you should not mess with other's belongings! The locker room needs to be clean every day before leaving! This means that all clothes, books, trash, and football equipment are picked up off the floor and taken care of. Nothing is left on the floor!

*Players need to take care of their football equipment; all of the equipment is very expensive! Helmets and shoulder pads should never be taken home. Do not mess with or take another players equipment...Never! All equipment should be on a hangar before leaving, not on the floor. Players are responsible to turn in all of their equipment at the end of the season.

We, the coaching staff and NorthWood Middle School, are looking forward to another great season of Panther Football! Please do your best to make that happen!

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