

To Freshman Football Players and their families:
From: Coach Innocenti

First of all, I would like to take this opportunity to welcome you to the REDHAWK football family. The goal of this note is to dispense some information to try to help make the transition to the high school football program as easy as possible.

1. All freshman football players must do the following:
 - a. Pay Athletic fee of \$100 (This can be paid online)
 - b. Concussion form (This can be done online)
 - c. Parent Permission form (This can be done online)
 - d. A copy of a current physical should not be a problem because all 9th graders must have a physical to begin high school.

NOTE: make sure you make a copy of the physical that is to be turned into the nurse's office for 9th grade registration for school – use the copy for football registration.

2. **Football registration** will begin Monday, July 15th both on line and in the Athletic office. This registration can be done using the account that you set up for summer camp. Please bring the following:
 - a. Copy of completed online registration
 - b. Copy of the current physical

This allows you to receive a **YELLOW CARD**. YOU CANNOT PRACTICE WITHOUT TURNING IN A YELLOW CARD TO THE COACHES.

3. Bring the **YELLOW CARD** to equipment issue and locker assignment on Thursday, August 8th at about 10:15am. Meet in the lower weight room (athletes must provide their own lock for athletic lockers).
4. The first practice will be on August 12th. We will meet at the garden plot fields across from Linden Oaks Hospital on West Street.

NOTE: the first two days of practice August 12th and 13th are helmets only. Then the next three days, August 14th, 15th, and 16th, are helmets and shoulder pads only. The first day of full pads will be Saturday, August 17th.
5. The practice schedule for August 12-14 will be as follows: Practice 3:30pm –6:30pm with pick up at 7:00pm. On Thursday & Friday, August 15th & 16th practice will be from 3:50-6:30 (first day of school is Thursday, August 15th). On Saturday, August 17th we will have pictures(8:30 in the Stadium) and then practice afterwards. Please be flexible on this day, we should be finished by 11:00-11:30 am. The practice schedule for August 19 – 22 will be longer than normal to try to prepare for our season. Practice will run from 3:50 – 6:30 with pick up at 6:45 to 7:00pm. On Friday, August 23rd practice will be from 3:50-5:30.
6. We will have our parent meeting after the RED / WHITE SCRIMMAGE that begins at 9:00am on Saturday, August 24^h in our stadium. The scrimmage will last about an hour with a parent meeting to follow. We would like to have at least one parent at the meeting.
7. Beginning the week of August 26th and all subsequent weeks our practices will be from 3:50 –

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