

## **FIRST WEEK PRACTICE REMINDERS**

- If you have not turned in your physical and green parent paper, they must be turned in between 7:00 and 7:30 Monday morning in the trainer's room (August 5th). If not, any missed practices are unexcused.
- If you still need equipment, you can get it at 9:00 on Monday, but will miss the first practice unexcused.
- You are required to wear black shorts for the first week of practice.
- Please re-read all documents on our website (under programs/Varsity or JV) so you know the proper dress requirements, times, rules, etc.
- You will be given one mouthpiece if you need one when you first get your equipment.
- Anyone who dressed varsity last year or anyone who completed the JV season will dress in the Varsity locker room...anyone else will dress in the cage. This includes first year seniors. If you dress in the varsity locker room, please bring a fold-up chair that will be kept inside your locker when you are not using it.
- DO NOT KEEP VALUABLES IN AN UNLOCKED AREA!!! Bring a combination/key lock to put valuables in lockers that we will provide for you. We are not responsible for any missing/lost/stolen items.
- For the first two weeks of practice, a bagged lunch will be provided if you want one in the gym lobby from Monday through Thursday. You can also bring your own lunch.
- Please do not bring glass bottles and no one is allowed to leave the locker room/patio area during lunch...no going to your car, no parents dropping off a lunch, no leaving to get a lunch, etc.
- No one is allowed to "hang out" in the wrestling room, or anywhere upstairs at any time. Please stay in locker rooms, hallways downstairs or out on the turf patio. No one should be hanging out in the equipment room for any reason.
- BE ON TIME!!! All JV and first year players will start walking up at 8:40 on Monday to get bags out of the shed. Everyone else will walk up together at 8:50. Locker rooms will be open by 7:00, so please plan accordingly so you are not late coming onto the field.
- We will only be wearing uppers (shoulder pads/helmet) for the first week.