

2020 FIRST WEEK PRACTICE REMINDERS

(Week of 9/14 - 9/18)

- We will wear black shorts and uppers (helmets/shoulder pads) for Monday and Tuesday. We will wear full gear after that.
- 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.
- 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 patio.
No one should be hanging out in the equipment room for any reason.
- BE ON TIME!!!
- Anyone who is in school will need to be dressed and out of the locker room no later than 2:45. Anyone coming from home should be in the locker room by 2:45 and dressed and out of the locker room by 3:00. We will have a 15 minute pre-practice on the field starting at 3:15.
- Wednesdays when we do not have in-school learning:
Group 1 - OL/TE/HB - in locker room no later than 2:45 and out of locker room by 3:00.
Group 2 - QB/K/WR/RB - in locker room no later than 3:00 and out of locker room by 3:15.
- Leaving the locker room: Group 1 - OL Group 2 - TE/HB/QB/K Group 3 - WR/RB. We will rotate each day and each group will have 10 minutes to get in and out of the locker room.
- All JV and first year players, regardless of grade, will be responsible for taking bags out of the shed and putting them away each day. Please get to the field at least 5 minutes early.