

## 2017 8th Grade Middle School Football

Parents and Players,

We're already looking forward to the start of football next season. Please pay attention to the information below and make sure all of the "housekeeping" stuff is taken care of prior to or at the Parent-Player meeting on the 28th. (information for the meeting is on the back)

Please check to see what physical card you need before you leave at the end of the year. The office will have a record of this. Please make your appointment for a physical ASAP as the clinics are usually really busy in August.

**Green Physical Card** needed if you need an actual physical. (Every other year)

**Yellow Alternate Year Card** needed in the off year.

**Athletic Fee** This needs to be paid- \$50 per sport, cap of \$100 per athlete/\$300 per family

You can register your athlete(s) at the following link: <https://saintcroixcentral-ar.rschooldtoday.com/>

**\*\*These need to be on file in the middle school office before you can practice\*\***

### **Impact Concussion testing**

All *athletes* at St. Croix Central need to have a baseline concussion test (Impact Test.) This is a computer based test that creates a baseline of brain activity. This baseline can then be used by our training staff and doctors to evaluate a player after a hit to a head or suspected concussion. It also allows us to best treat and evaluate a player before allowing them to return to the field.

**Testing will be set up prior to the season at the Middle School. Please watch for updates for scheduled tests. Most of the 8th graders should have taken one last year.**

### **Equipment needed.**

- Players can purchase a **practice jersey** from the MS office or use an old one
- **5 pocket girdles** can be purchased from Mr. Disalvo or any sports store. These replace the schools hips, thigh, and tail pads. (They are NOT required but are better than using the old snap-in pants)
- **Cleats**- I recommend asking an older player if they have a pair laying around. If not, a basic pair of cleats will work. No need to spend \$100 on a pair of shoes.
- **Compression Shorts**. Please have one if not two pairs of compression shorts to wear during practice and games, along with a practice shirt and socks. These will need to be washed at home often!
- Helmets, shoulder pads, pants, pads, and mouthguards will be provided by the school. *Helmets and shoulder pads from home cannot be used.*

**Practices:**

August 28th	6:00-6:30	Mandatory Parent Information Meeting We will answer questions and handout final schedules at this time.
	6:30-7:00	Equipment handout for 8th graders
August 29-31	4:00-5:30	Practice Please be at the MS at 3:30
Sept. 1		No Practice LABOR DAY WEEKEND
Sept 5th	3:30-5:30	Practice EVERYDAY after school with the exception of game days

**Games:**

Sept 9th	4:15	Home vs. Amery
Sept 12th	5:30	@ New Richmond
Sept 14th	4:15/5:15	@ Woodville
Sept 21st	5:45	Home vs. Somerset
Sept 26th	5:45	Home vs. Ellsworth
Sept 28th	5:45	Home vs. Prescott
Oct 3rd	4:15/5:15	@ Osceola

**REMIND text service.**

I like to use a texting/email service to keep in contact with parents. Please click on the link below to download the instructions for the service.

<https://drive.google.com/open?id=0BzdCvMMO4YM1YW5IMnVpMUJCT1E&authuser=0>

I've also attached a hard copy of this invite.

I can be reached at [bholzer@scc.k12.wi.us](mailto:bholzer@scc.k12.wi.us) or at 715-977-0203 for questions

Thanks,  
Coach Holzer