

FOOTBALL CHECKLIST/BASIC INFO

7TH & 8TH GRADE

FALL 2022

1. We have a 7th and an 8th grade team at MSC. There are no cuts for either team. Everyone who comes out will make their grade level team.
2. Turn in a completed sports physical examination form (*4 pages and is in this packet and completed by a physician*) to MS-C main office before the first practice or to the coaches at the first practice. An athlete cannot participate until it is turned in. The physical form must be signed by a doctor on or after April 15, 2022 for it to be valid.
3. Students who struggle with low academics or citizenship during the 2022-2023 school year potentially face not being able to play in games or may be removed from the team. Please see the Eligibility plan on our school website. Please take the time to reflect on these two items and determine if you can handle being part of the football team.
4. All practices are held in the rear of MS-C by the baseball diamond. Practices will be after school dismissal from 3:00-4:45. August practice time is 3:30-5. Athletes **MUST** be picked up no later than 10 minutes after practices ends. The 7th and 8th grade teams will practice together on the same field. Athletic apparel must be worn during the first week of practice (shorts, t-shirt, gym attire). We are only allowed 15 practices before our first game, which includes a scrimmage.
5. We currently have no district calendar for the 2022-2023 school year so there may be some corrections to the practice calendar at some point.
6. Equipment:
 - A mouth guard **must** be purchased
 - Rubber/molded plastic cleats **must** be purchased. Metal cleats are not allowed.
 - It is **recommended** to purchase your own built in girdle (hip, tailbone, thigh pads all in one \$30-\$50.) but I do have them available.
 - All other equipment will be provided but will be returned at end of season (helmet, shoulder pads, jerseys, pants, practice jerseys, etc)
 - Locker rooms and lockers will be provided that students will also be able to use for Physical Education classes.
 - All football equipment will be handed out following the MHSAA guidelines.

Questions:

Please contact the Athletic Director, Evan Chalk: chalkev@lc-ps.org