JUNIOR HIGH Football Information 2019
(Grades 7 & 8)

Weight Lifting will be held at the Field House all summer starting Wednesday, June 12\(^{th}\). Lifting for students entering grades 7 & 8 will be every Monday through Thursday from 9-10:30am.

Physicals are on Friday June 14\(^{th}\) @ the Field House, 10am.

Thursday, August 8\(^{th}\) is Equipment Day at the Field House. NO EQUIPMENT WILL BE DISTRIBUTED unless a physical is on file in the nurse’s office. There is no early equipment distribution, regardless of your summer schedule.

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<th>8(^{th}) Grade – 9am</th>
<th>7(^{th}) Grade – 10am</th>
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The following items are to be turned in on Monday August 12\(^{th}\):

- Student code of conduct
- Drug and Alcohol form
- Parental consent form
- $26 cash for Ranger T-shirt and shorts

Practice Times:

- August 12-16: Arrive at 8:15am. Practice runs from 8:30-11am and 12:30-2:30pm. Bring your lunch and drink each day. There is a possibility to purchase a lunch at the cafeteria for $3.50. We will provide water. Rides must pick-up promptly at 2:30.
- August 19-21: Same as Week #1.
- August 22: Teachers In-Service. Arrive at 3pm. Rides pick-up promptly at 5:15pm.
- August 23 – No practice (Varsity game)
- August 26: 1st day of school, practice after school

There WILL NOT be practice cancellations due to inclement weather. Show up prepared to practice each day. Bring gym appropriate shoes each day.

Parent meeting will be held at 3pm on Wednesday, August 21\(^{st}\) in the Junior-Senior High School LGI room.