



August 2017

Dear 7th and 8th Grade Football Players,

We hope that you had a safe summer and enjoyed your time off. The school year and football season is only a few days away. We want to remind you about a few important dates:

Wednesday, August 23 –1st day FOOTBALL EQUIPMENT ISSUE & PRACTICE w/ helmets for 8th grade & 7th grade practice

Thursday, August 24 - FOOTBALL EQUIPMENT ISSUE & PRACTICE w/ helmets for 7th grade & 8th grade practice

Friday, Monday & Tuesday – FOOTBALL PRACTICE w/ helmets and shoulder pads

Wednesday, August 30 - FOOTBALL PRACTICE w/ Full Pads

Practice is from 3:15 – 4:50 pm (Monday thru Friday)

ACTIVITY BUS WILL DEPART AT 5:00

A CURRENT PHYSICAL FORM & A SIGNED CONCUSSION FACT SHEET NEEDS TO BE ON FILE AT THE JUNIOR HIGH IN ORDER TO PARTICIPATE IN AFTERSCHOOL ACTIVITIES

Questions Concerning the possibility of concussions in football please read:

<http://www.pleasval.k12.ia.us/juniorhigh/concussionsinfootball.pdf>

Bring in the following items to practice:

T-Shirt or practice jersey

Shorts

White socks

Shoes (preferably cleats)

Temple's Sporting Goods (Moline, IL) and Dick's Sporting Goods usually provide a discount to students

We are looking forward to working with your athletes!
GO SPARTANS !!!!!!!

The PVJH Football Coaching Staff