

### IMPORTANT

If you have not signed up for Remind updates, please do so ASAP – Text **@redhawkmo** to this number **81010**

2023

## MODIFIED FOOTBALL



Dear Athletes & Parents:

As the new season grows closer, there are a few things you need to be aware of:

1) **It is imperative that athletes have their sports physical prior to the start of the season.**

- No student will be allowed to participate without a current sports physical.
- If your child has a sports physical dated September 1st, 2021 or later – all they will need to do is sign up on **FamilyID** (link on school district's athletic home page).
- If you did not participate in modified sports last year (esp. 6<sup>th</sup> graders), you will need to create an account on **FamilyID** and then sign up for modified football.

Before registering, it would be helpful to have the following information on hand to allow for accurate completion of your online registration:

- Physical information
- Health history information
- Health insurance information
- Student ID

- If you are not sure when your child's last sports physical was, please contact the middle school nurse's office (315-668-4293) prior to the start of summer so that you can plan accordingly.
- Athletes need a specific amount of practice prior to being eligible to participate in a contest (game or scrimmage). Athletes without a sports physical prior to the start of the season risk being ineligible for scrimmages and games.

Monday August 28 <sup>th</sup>	Tuesday August 29 <sup>th</sup>	Wednesday August 30 <sup>st</sup>	Thursday August 31 <sup>st</sup>	Friday September 1 <sup>st</sup>	Saturday September 2 <sup>nd</sup>
PRACTICE 7:45a – 10:30a *PARENT PICK UP	PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 7:45a – 9:30a *PARENT PICK UP
Monday September 4 <sup>th</sup>	Tuesday September 5 <sup>th</sup>	Wednesday September 6 <sup>th</sup>	Thursday September 7 <sup>th</sup>	Friday September 8 <sup>th</sup>	Saturday September 9 <sup>th</sup>
NO PRACTICE LABOR DAY	PRACTICE 3:30 – 5:00 *PARENT PICK UP <b>**PARENT MEETING** 5pm on Tennis Courts</b>	PRACTICE 2:45 – 5:00 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 2:45 – 5:00 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 2:45 – 5:00 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 7:45a – 9:30a *PARENT PICK UP

### FIRST 2 WEEKS PRACTICE SCHEDULE

**All practices will be held at the middle school – back football field – Meet by tennis courts**

- What to bring to first practice: *Shorts / Tee-Shirt / Cleats or Sneakers / Personal Water Bottle* (more water will be provided)  
We strongly encourage athletes to wear an athletic supporter! All other equipment will be provided, including mouth guards.
- Athletes should begin stretching & working on conditioning now – prior to the start of the season!
- Season schedule can be found at: <https://www.schedulegalaxy.com/schools/22/teams/6569>  
➔ Sign up for updates like game changes (location / start time) & cancellations.
- Again, please sign up for the Remind Updates above. This is how we will be communicating before and during the season.  
We hope you enjoy the rest of your summer. We are looking forward to the upcoming season & working with your child!

Respectfully,

Coach Pettit([wpettit@cssdapps.org](mailto:wpettit@cssdapps.org)) / Coach Spreter / Coach LaValley

Summer Sports Camp Information from the hub on the back.