

### IMPORTANT

Athletes & Parents, please sign up for Remind updates, please do so ASAP – Text **@csqmodfoot** to this number **81010**

*\*Parents please place your child's name in parentheses after your last name*

## **2024 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 August 28<sup>th</sup>, 2023 or later – all they will need to do is sign up on **FamilyID** (link on school district's athletic home page). Signups will open on **July 30<sup>th</sup>**.
- 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 number of practices 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.

### **FIRST 2 WEEKS PRACTICE SCHEDULE**

Monday August 26 <sup>th</sup>	Tuesday August 27 <sup>th</sup>	Wednesday August 28 <sup>th</sup>	Thursday August 29 <sup>th</sup>	Friday August 30 <sup>th</sup>	Saturday August 31 <sup>st</sup>
NO PRACTICE SUMMER VACATION	NO PRACTICE SUMMER VACATION	*FIRST PRACTICE PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 3:15 – 5:15 *PARENT PICK UP	PRACTICE 7:45a – 10:00a *PARENT PICK UP	PRACTICE 7:45a – 9:30a *PARENT PICK UP
Monday September 2 <sup>nd</sup>	Tuesday September 3 <sup>rd</sup>	Wednesday September 4 <sup>th</sup>	Thursday September 5 <sup>th</sup>	Friday September 6 <sup>th</sup>	Saturday September 7 <sup>th</sup>
NO PRACTICE LABOR DAY	PRACTICE 3:15 – 5:15 *PARENT PICK UP <b>**PARENT MEETING** 5pm on Tennis Courts</b>	PRACTICE 3:15 – 5:15 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 3:15 – 5:15 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 3:15 – 5:15 *PARENT PICK UP OR KIDS CAN TAKE SPORTS BUS	PRACTICE 7:45a – 9:30a *PARENT PICK UP

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

- 2) What to bring to first practice: *Shorts / Tee-Shirt / Cleats or Sneakers / Personal Water Bottle WITH NAME ON IT*  
We strongly encourage athletes to wear an athletic supporter! All other equipment will be provided, including mouth guards.

- 3) Athletes should begin stretching & working on conditioning now – prior to the start of the season!

- 4) Season competition schedule can be found at: <https://www.schedulegalaxy.com/>  
➔ Sign up for updates like game changes (location / start time) & cancellations.

- 5) 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 / Coach Ladd / Coach Spreter / Coach LaValley