

BRUIN FOOTBALL 2017 INFORMATION

This handout is for information regarding the first 4 weeks of practice for Ballou football. All of our practices will be held at Ballou Junior High and there will be no transportation service until the first day of school. Players are expected to be ready and on the field when practice starts, so please arrive early and be suited. The locker room is typically open 30 minutes before practice starts. Football is a team sport that requires dedication, if you are late you are hurting the team. Please make sure you are only late in a real emergency. Plan ahead!!!

SCHEDULE:

Wed	Aug 23	2-5:30pm	2-3 Gear Handout followed by 3-5:30 practice in helmets, mouth piece & practice jersey with shorts, and cleats.
Thur	Aug 24	3-5:30pm	Helmets, mouth piece & practice jersey with shorts, and cleats.
Fri	Aug 25	3-5:30pm	Helmets, mouth piece & practice jersey with shorts, and cleats.
Mon	Aug 28	3-5:30pm	First day of pads and full contact. You must have 3 practices completed in your helmet before you wear full pads with your team.
Tues	Aug 29	3-5:30pm	Regular full contact practice day.
Wed	Aug 30	3-5:30pm	Regular full contact practice day.
Thur	Aug 31	3-5:30pm	Regular full contact practice day.
Fri	Sept 1	N/A	No practice as many families leave early for Labor Day weekend!
Mon	Sept 4	N/A	LABOR DAY- No Practice
Tues	Sept 5	2:30-4:15pm	First day of school- Regular full contact practice day.
Wed	Sept 6	2:30-4:15pm	Regular full contact practice day.
Thur	Sept 7	2:30-4:15pm	Regular full contact practice day.
Fri	Sept 8	2:30-4:15pm	Regular full contact practice day. (No activity bus will need to plan ahead for a ride home)
Mon	Sept 11	2:30-4:15pm	Regular full contact practice day.
Tues	Sept 12	2:30-4:15pm	Regular full contact practice day.
Wed	Sept 13	11-1pm	Fair Day. Activity bus will depart at 1:10pm
Thur	Sept 14	JV Game @ Aylen @ 3:30	Varsity will have regular practice 2:30-4:15
Fri	Sept 15	Varsity Game Home vs Aylen @ 3:30	NO JV practice

IMPORTANT NOTES

- Parents are not allowed on the field during our practices. You are welcome to be a spectator in the stands during practices and games, but that is the extent of involvement that we allow in our program.
- Proper hydration is a must for practice, so drink plenty of clear fluids throughout the day leading up to practice. Players should drink approximately 1 GALLON of water during the day before they come to practice.
- You must be cleared by the Athletics Office to participate in practice in any way.
- Make sure you take the time to form your mouth piece. This is important for injury prevention.
- Take care of any injuries and let your coaches know whenever an injury occurs during practice or games.