

## *BRUIN FOOTBALL 2018 INFORMATION*

Welcome to the Bruin Football Family! This handout is for information regarding practices for Ballou football. All our practices will be held at Ballou Junior High. Please be sure to note they are a few days where transportation is not provided. Please plan and make sure your student-athlete has a ride. 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 or absent you are hurting the team. Please make sure you are only late or absent in a real emergency. Plan ahead!!!

### IMPORTANT NOTES

- Big change this year, we no longer start 2 weeks before school, but we do have practice the first 2 Saturdays.
- All games start at 3:30 unless otherwise noted
- 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 and games, so drink plenty of clear fluids throughout the day. Players should drink approximately 1 GALLON of water during the day before they come to the field.
- You must be cleared by the Athletics Office to participate in practice in any way.
  - Clearance dates are:
    - August 22-8 AM to noon
    - August 23-8 AM to noon and 1 PM to 3 PM
    - August 24 9 AM to noon
- 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.

### WIAA RULES SET BY THE STATE OF WASHINGTON

- All athletes must have 3 non-contact practices before they are allowed contact practices (No shoulder pads)
- All athletes must have 12 practices prior to competing against another school
- All athletes must maintain a minimum 2.0 GPA

Here are the first 4 weeks of the season. If there are any changes in the schedule we will send home an update. Please note we start the day before school starts!!! Please be cleared the athletic office prior to September 4<sup>th</sup>!!!

### September 2018

Sunday	Monday	Tuesday	Wed.	Thurs.	Friday	Saturday
2	3 Labor Day	4 Gear Check out 2-3 Practice 3-5	5 Practice 2:30-4:15 <b>School Starts</b>	6 Practice 2:30-4:15	7 Practice 2:30-4:15 <b>No Activity Bus</b>	8 Practice 9:30-11:30 <b>No Activity Bus</b>
9 No Practice	10 Practice 2:30-4:15	11 Practice 2:30-4:15	12 Practice 11-1 Fair Day	13 Practice 2:30-4:15	14 Practice 2:30-4:15 <b>No Activity Bus</b>	15 Practice 9:30-11:30 <b>No Activity Bus</b>
16 No Practice	17 Practice 2:30-4:15	18 Practice 2:30-4:15	19 Practice 2:30-4:15	20 JV @ Ferrucci-3:30 V-Practice 2:30-4:15	21 V- Home vs Ferrucci 3:30 JV- No Practice <b>No Activity Bus</b>	22 No Practice
23 No Practice	24 Practice 2:30-4:15	25 Practice 2:30-4:15	26 Practice 2:30-4:15	27 JV Home vs Stahl- 3:30 V-Practice 2:30-4:15	28 V- @ Stahl- 3:30 JV- No Practice <b>No Activity Bus</b>	29 No Practice