

# Football Registration – 2009

What is needed to play football for the fall of 2009?

- 1) **You need a physical on file that is less than 3 years old.** If you had a physical on file at one of the Junior High's in district 622 it probably will get sent over to the North High Activity Office. HOWEVER, sometimes physical forms are lost. It is important that **YOU** make sure that North High has your physical on file before August 10. If you do not have a physical on file, you will not get equipment and you will not be able to practice.
- 2) **You need to fill out the eligibility packet.** These forms must be filled out every year. Make sure you return ALL FORMS. Equipment will not be issued until these forms are signed. These forms are available at the North High Activities website ([http://northhighschool.webaloo.com/athletic\\_eligibility.aspx](http://northhighschool.webaloo.com/athletic_eligibility.aspx)). There is a link at [www.polarfootball.com](http://www.polarfootball.com)
- 3) **You must pay the activity fee.** The 2009 fee is \$225. Arrangements due to financial difficulty can be made in the activity office. ***If you are eligible for free or reduced lunch, there is a reduced rate available.*** If you have made financial arrangements with the activities office, you are able to practice. If you have questions regarding this matter, please contact the activities office or Coach Longtin. The activity office is open the week of August 10<sup>th</sup> OR you may pay when you pick up equipment on August 14<sup>th</sup>.
- 4) **EQUIPMENT ISSUE.** If you have completed steps 1, 2, and 3, you may pick up your equipment on August 14<sup>th</sup>. If this time does not work equipment will be issued on August 17<sup>th</sup> at 7:00 AM. Please note that August 17<sup>th</sup> is also the first day of practice.

### August 14<sup>th</sup> Schedule

Seniors	8:00 – 8:30 AM
Juniors	8:30 – 9:00
Sophomores	9:00 – 9:30
Freshmen	9:30 – 11:00

**Please bring a lock for your locker!**

5) **FIRST DAY OF PRACTICE.** Here is a list of items needed for the first day of practice.

**2 T-shirts**

**Shorts**

**Socks**

**Towel**

**Football Cleats**

**Tennis Shoes**

**Sack Lunch** – No refrigeration or microwaves will be available (Students will not be able to leave for lunch)

6) **FIRST WEEK SCHEDULE – VARSITY/JV/Sophomores.**

**Freshmen times will differ slightly. Freshmen should be off the field at approximately 12:00 Noon**

All times are estimates and are subject to change.

**Monday August 17th**

7:00 – 8:00	Equipment issue for those who have not received equipment
8:00 – 9:00	Team Meeting
9:00 – 10:30	Practice 1 (18 periods) – ALL LEVELS
10:30 – 12:30	Break /Lunch/Weights/Meeting– PLAYERS CANNOT LEAVE CAMPUS
12:45 – 3:00	Practice #2 (24 periods) – ALL LEVELS

**Tuesday, August 18th**

7:00 – 8:00	Equipment issue for those who have not received equipment
8:00 – 8:30	Position Meetings
8:30 – 11:00	Practice #3 (24) – ALL LEVELS
11:00 – 1:00	Break /Lunch/Weights/Meeting – PLAYERS CANNOT LEAVE CAMPUS
1:00 – 3:00	Practice #4 (20) – ALL LEVELS

**Wednesday, August 19<sup>th</sup> BACK TO FOOTBALL DAY!**

8:00 – 11:00	Practice #5 (24) – ALL LEVELS
11:00 – 12:30	Break /Lunch/ /Meeting– PLAYERS CANNOT LEAVE CAMPUS
12:30 – 2:30	Practice #6 (20) – ALL LEVELS
2:30 – 4:00	Players are off
4:00 – 5:30	TEAM PICTURES – ALL LEVELS
5:30 – 7:00	PARENT/PLAYER PICNIC – ALL LEVELS - Required

**Thursday , August 20<sup>th</sup> – First Day with Pads**

8:00 – 8:30	Position Meetings
8:30 – 11:00	Practice #7 (24) – ALL LEVELS
11:00 – 1:00	Break /Lunch/ /Meeting– PLAYERS CANNOT LEAVE CAMPUS
1:00 – 3:00	Practice #8 (20) – ALL LEVELS

**Friday, August 21<sup>st</sup>**

8:00 – 10:00	Practice #9 (24)
10:00 – 11:00	Break
11:00-1:00	Practice #10 (18)

**Saturday August 22<sup>th</sup>**

Polar Card Blitz – Details TBA

**Sunday August 23<sup>rd</sup>**

OFF

IF YOU HAVE QUESTIONS CONTACT COACH LONGTIN [elongtin@isd622.org](mailto:elongtin@isd622.org)

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