

AYLEN FOOTBALL 2017-2018

INFORMATION

This handout is for information regarding the first two weeks of practice for Aylen football. All of our practices will be held at Aylen and there will be no transportation service during this time. **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.** If you are late to practice and it is unexcused then extra conditioning and/or reduced playing status will result!

SCHEDULE:

Mon Aug 21	3-5pm	This is our combine style physical testing date and introduction to Aylen football (you may want to bring cleats and running shoes!)
Tues Aug 22	3-5pm	Regular practice day with t-shirt, shorts, and cleats.
Wed Aug 23	1-2pm	Eighth grade gear handout.
	2-3pm	Seventh grade gear handout.
	3-5pm	Regular practice day with t-shirt, shorts, and cleats.
Thur Aug 24	3-6pm	First day of pads and full contact. If you have been to every practice this is your first day of contact with all of your gear. <u>MAKE SURE YOU HAVE A MOUTH GUARD!</u>
Fri Aug 25	3-6pm	No practice today.
Mon Aug 28	3-6pm	Regular full contact practice day.
Tues Aug 29	3-6pm	Regular full contact practice day.
Wed Aug 30	3-6pm	Regular full contact practice day.
Thur Aug 31	3-6pm	Regular full contact practice day.
Fri Sept 1	N/A	No practice as many families leave early for Labor Day weekend!

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 1 GALLON of water during the day before they come to practice.
- You must be cleared in order to participate in practice in any way.
- Make sure you don't wait until the last minute to get a mouth piece. Stores routinely sell out of them and they can be hard to find this time of year.
- Take care of any injuries and always let your coaches know whenever an injury occurs during practice or games.

Thanks,
Coach Jones

Questions?
Email Coach Jones at jonesbe@puyallup.k12.wa.us