

July 27, 2017

Welcome Back Guys,

Summer is about over and its time to start thinking of the upcoming season. Here is the practice schedule for August which will be in the **High School Gym**. You will receive the rest of the schedule at a later date.

8/14	15	16	17	18	19
Varsity Practice 8:00-10:00 AM JV Practice 4 – 6 PM	Practice 8:00-10:00 AM - JV and Varsity	Varsity Practice 8:00-10:00 AM JV Practice 4 – 6 PM	Practice 8:00-10:00 AM - JV and Varsity	Practice 8:00-10:00 AM - JV and Varsity	No Practice
21	22	23	24	25	26
Varsity Practice 8:00-10:00 AM JV Practice 4 – 6 PM	Practice Varsity 7:30 – 9:30 AM JV 12 – 2 PM 9 th Grade Orientation	Practice 8:00-10:00 AM - JV and Varsity	Practice 8:00-10:00 AM - JV and Varsity	Practice 8:00-10:00 AM - Varsity Only Orchard Park Tourney JV Only	Clarence Tourney Varsity Only
28	29	30	31	1	2
Practice 8:00-10:00 AM - JV and Varsity	Practice 8:00-10:00 AM - JV and Varsity	Practice 8:00-10:00 AM - JV and Varsity	Practice 3 – 5 PM - JV and Varsity	Practice 8:00-10:00 AM - JV and Varsity	No Practice

Here are a few things to remember:

1. Physicals- **If you do not have a physical you must get one before the first practice.** The school is offering physicals on **Saturday August 12th 8 – 10 AM.** You must have a physical in order to practice. You do not want to miss any scrimmages or practices. If you go to your own doctor please bring in the note to the nurse.
2. **Everyone must complete a new health history form and turn it in to the clinic before the first practice.**
** **Make sure all of the proper forms are completed or you will not be allowed to practice even if you have a physical! Do not forget the health history form or the school's form if you use your own doctor.**

3. Permission Slips- Every player must complete a signed parent permission slip to play. This packet will contain information on the expectations of the school for you to be eligible to participate in sports. We will give you one on the first day practice.

4. Emergency Information Card- This card must be filled out completely and returned to the coaches by Wednesday August 16th. The purpose of this sheet is to give the coaching staff the ability to contact your parents or friend of the family in case of an emergency.

We hope that you are having a good summer and are looking forward to the start of the season. One of the keys to a good season is communication. If you need to reach Coach Marcussen my cell phone number is 984-3812.

Coach Marcussen
Coach Ryan