

# **CV FOOTBALL Jr. High**

## **2018 Summer and Season Info**

---

### **Workouts from May 21<sup>st</sup> to June 14<sup>th</sup>**

Jr. High: Monday, Tuesday and Thursday

Times: TBA – will be sent out through HUDL

---

### **Helmet Fitting:**

Thursday, May 24<sup>th</sup> at 3:20 pm in the DSF Equipment Room.

Helmets will be handed out by grade.

---

**Physicals for 2018 Season:** June 1<sup>st</sup> and 4<sup>th</sup> will be the days that you can get a physical at the school. Physical times will be from 6:00-8:00 pm. Every player must have a completed physical dated after June 1<sup>st</sup> and all other paper work turned into the trainer by Monday, August 14<sup>th</sup>. Physical Forms can be picked up from the trainer, athletic office or download from the school website.

---

### **Summer Workout Days and Times (Start on June 18<sup>th</sup>)**

Monday, Tuesday and Thursday

5:30 to 8:00 pm

**\*Bring Helmets and Cleats on Tuesdays**

---

### **Equipment**

Equipment will be handed out starting on July 25th.

---

### **Summer Testing**

July 30<sup>th</sup> and 31<sup>st</sup>

---

### **Start of Practice**

Jr. High: August 13<sup>th</sup>

---

### **Cleats**

Cleats used in game must be either all Black or Black w/White. I will be handing out an order form if you are interested in ordering through the team. If you are ordering cleats on your own, make sure you check with Coach Whitehead to make sure they meet the specifications.