

Friday -- May 13, 2022

## **All 7<sup>th</sup> and 8<sup>th</sup> Grade Football Candidates:**

Welcome to Bear Football! We hope you are as excited about the upcoming season as we are. The intent of this letter is to inform you of some important dates regarding North Royalton football this year.

There is a participation fee currently of \$75 which is subject to change.

### **North Royalton Football Skills Camp**

When: June 13th - 16th Time: 9:00 A.M.-Noon

Place: High School Football Stadium

Cost: \$75

Summer Camp registration forms are available online at Flyer Central. It is recommended that you attend to learn skills and terminology related to North Royalton Football. **Walk-ups are welcome!**

**Friday, July 29, 2022** Time: **8<sup>th</sup> Grade: 8:00 A.M.-9:00 A.M.**  
**7<sup>th</sup> Grade: 9:00 A.M.-10:30A.M. (Purple Gym)**

Form collection and equipment handout. Your son is free to leave once he has turned in his physical form and received all of his equipment. **All forms need to be completed online through final forms.** NOTE: **Physicals can now be uploaded into Final Forms.**

<https://northroyalton-oh.finalforms.com/>

<https://www.northroyaltonsd.org/Links1.aspx>

We will be collecting **the physical form only (should you choose not to upload in Final Forms)** as well as handing out our equipment in the Middle School Purple (small) Gym (Bring a **BIG** bag (Ex. garbage bag) to carry your equipment home in.

***You must have your physical completed in order to practice or get equipment!***

### **Monday, August 1, 2022**

First Day of Practice

Time: 8:00 A.M.-10:30 A.M. We will practice at the same time Monday - Friday. The first **two** days you will wear your helmets **with your mouthpiece (provided)**, t-shirts (preferably a NR Football Camp Shirt!), athletic (gym) shorts or sweatpants and football spikes.

Bring a **combination lock** so you can keep your equipment at school. **You will be responsible for any lost/"stolen"/ missing equipment! -OVER PLEASE**

**\*\*\*Please Note\*\*\*:**

Times listed are those times that we are **on the field**. You need to get here early to get ready (dressed, taped, etc.) and plan on staying after if you have clean-up duty. Everyone will be responsible for clean-up this year. **If you are on time, you are late!**

**Thursday, August 4, 2022**

Parent Meeting

Place: ZOOM ( link to be given on final forms at a later date).

Time: 6:00

We will discuss our rules, philosophy, and expectations and discuss any concerns that you may have. It usually takes about 45 minutes, but we will stay until each and every question is answered to your satisfaction. It's a great time to meet your sons' coaches.

Make sure that you **run** and do some sort of **physical conditioning** such as weight lifting, push-ups, sit-ups and aerobics **before** our first practice. You need to be **ready to go the first day!** We plan on working hard to be successful.

Enjoy your summer. Remember, only 79 more days until practice starts and **161 more days till BRECKSVILLE!!** *Will you be ready?*

Sincerely,

Coaches: Vadini, Colabianchi, , Krause, Glaser