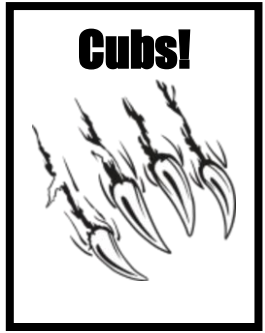




Moscow Middle School 7th & 8th Grade Football



*Welcome to Moscow Middle School Football!
Season Starts: 8/24/20 for 8th and 8/25/20 for 7th
Meet at the MMS Field House @ 3:15 p.m.*

MMS Coaching Staff:

8th Grade Head Coach – John Thill
208-882-3577 or thillj@msd281.org

7th Grade Head Coach – Nate Hespelt
208-882-3577 or hespeltn@msd281.org

Fees and Forms: All athletes need to create an online account at: <http://registermyathlete.com> to pay fees and upload required forms. If you already have an account, you only need to add a new sport (7th or 8th Football), complete the required forms, and pay fees. Look for instructions on the MMS website: https://mms.msd281.org/sports_activities/sports_forms_and_registrations If you need help with your account or uploading forms, please contact the MMS Office at: 208-882-3577.

- **School ASB Card:** \$26.00 (allows free admittance to all MMS and MHS sports all year).
- **Activity Fee:** \$35.00.
(*If money is an issue, please contact us privately to make other arrangements, we want kids to be able to play).
- **Physicals:** All players are required to have a physical exam. Physicals are only valid for two years...so **be sure to schedule an appointment for this summer if you need to update.** Signed forms can be uploaded to your account at: <http://registermyathlete.com>.
- **Substance Abuse, Interim Questionnaire, and Concussion Forms:** All of these forms (and the **Physical Form**) must be completed and turned in **BEFORE** you can practice. Make sure to complete and sign all parts of these forms. They can be filled out and uploaded to your account at: <http://registermyathlete.com>.
- **Optional:** We will have a gear order form available during the first week of practice. Items available for order may include: Shorts, T-Shirts, and Sweatshirts...all with the MMS Football Logo.

Coaching Staff Goals: 7th and 8th Grade football is meant to be a **safe and fun** learning experience for all players, both on and off the field. We will learn the fundamentals of football, safe tackling techniques, good sportsmanship, and how to be part of a team. In addition to creating young athletes, we want to assist them in understanding their responsibilities to their school, teammates, and community.

Playing Time: We are pleased to run a no-cut program that allows all students to participate in a positive team experience. We will do our best to make sure everyone gets some quality playing time, but some players may play more than others. Playing time will be based in part, on practice attendance, school performance, attitude, work ethic, and player health and preparedness. **Prior to each game there may be a “5th Quarter”** to allow players with developing skills to have extra playing time.

What you need to get started: All participants will need to have a workout T-shirt, shorts, cleats, and practice jersey. Practice jerseys and mouthpieces will be issued to players with the rest of the equipment. If you choose to use your own mouthpiece, we prefer **black or red, and with a strap** to connect to the facemask. If anyone is unable to obtain any of these items please notify the coaching staff ASAP, so we can find these items for you. We do have a selection of cleats to loan out for those who need them. All pads, helmets, practice jerseys, and game uniforms will be issued by the coaching staff.

Practice: Normally, practice will run from 3:15 to 5:45 p.m. Players should be ready for pick up no later than 6:00 p.m. After school starts on September 2nd, there will be no practice on days that school is not in session. We practice in all types of weather, except when there is imminent danger of a lightning strike, or when there are severe atmospheric smoke conditions due to regional wildfires. Announcements regarding cancelled practices will be made in advance whenever possible.

School work comes first! If a player needs to work with a teacher after school to improve a grade, they just need to bring a note from the teacher when they arrive at practice. An optional study table will be available at 7:15 a.m. every morning to help students keep up with their grades. We will let players know the location of the study table.

Grades: Grades will be checked every week. Any athlete who has a poor grade in any class may be temporarily ineligible to participate in football; this includes traveling with the team and game participation. Players with poor grades may be required to attend study table or work with a teacher before or after school to improve their grades.

Absences: We need to be aware of all absences. If you are not at school, please e-mail your head coach so we know you are out. (8th Grade: thillj@msd281.org; 7th Grade: hespeltn@msd281.org) If you are at school and will miss practice, you need to let Coach Thill or Coach Hespelt know before practice. DO NOT have another student tell us you are going to be gone; this is your responsibility to the team. Any unexcused absence may result in loss of playing time.

Valuables: No watches, jewelry, cell phones, wallets, or other valuable items are allowed unsecured in the locker room. Players may place valuables in their P.E. locker in the locker room BEFORE practice, leave them at home, or in their school locker. Players will not be allowed to wear jewelry to practice or games for safety reasons.

Moscow Cubs 7th/8th Grade Football Start Dates

August – MMS Fall Sports Parent Meeting: Date, Time, and Place TBD.

Monday, August 24th – 8th Grade Football Gear Check-out Day @ MMS Fieldhouse: Gear handout will begin at **3:15 p.m. sharp**. *We will assign groups and move through stations as a team.* (7th Grade: no practice today).

Tuesday, August 25th - 7th Grade Football Gear Check-out **AND PRACTICE** @ MMS Fieldhouse. Gear handout will begin at **3:15 p.m. sharp**. *We will assign groups and move through stations as a team.*
7th Grade come ready to practice with shorts, t-shirt, and cleats (8th Grade: no practice today).

Wednesday, August 26th – Regular practice for both 7th and 8th grade @ 3:15 - 5:45 p.m.

For a full Schedule go to: https://mms.msd281.org/sports_activities/sports_teams_and_schedules. Click on "Sports Master Schedule"

The Athlete's Role

As Moscow athletes, all participants play a vital role in the success of this program. Below are our expectations for every player and/or student manager who participates in this program.

1. All participants are required to attend every practice, game, and any extra events scheduled by the coaching staff, unless otherwise approved by your coach. Failure to do so may result in reduced playing time. Exceptions will be made for family emergencies...and if you are truly sick, please stay home.
2. All athletes are expected to be on time and prepared for every practice and game.
3. All athletes are expected to treat their teammates, coaches, and equipment with respect.
4. All athletes are expected to support and encourage their teammates.
5. All athletes are expected to conduct themselves with honesty and integrity at all times.
6. All athletes are expected to remain in good academic standing. Falling behind in classes may result in a temporary suspension of athletic events, allowing more time to be spent on improving grades.
7. All athletes represent MMS both home and away, and are to do so in a positive manner.
8. We will be following the MMS code of conduct regarding appropriate behavior at school and school sponsored events.
9. All athletes are required: to have a positive attitude, to be willing to participate, to accept constructive criticism, and to work hard to improve every day.

Parent/Guardian(s) Role

At this developmental time in your child's life it is very important for athletes to have the help and support of their parent/guardian(s) at home. Football is a very demanding sport, both physically and mentally. Accordingly, as coaches, we respectfully ask the following of you as parent/guardian(s):

1. Please be supportive of your student athlete and the football program, your *support and encouragement* will be greatly appreciated by all that are involved.
2. Please monitor your athlete's diet. Make sure your athlete is eating healthy foods, drinking plenty of water, and getting enough rest to meet the demands on their active, growing bodies.
3. Please monitor your child's grades regularly on PowerSchool and check their Agendas often to help them keep up with their studies.
4. Please make sure that your athlete has a *timely, safe way to get home* after practices and games.
5. We would like all players to ride to and from games on the bus with the team. However, we understand that special circumstances arise that may require your child to ride home with you. In these cases, please fill out a Parental Release Form and leave it in the MMS office *prior* to the event.
6. If you have any questions or concerns please use us as a resource. We look forward to working with you all. It takes a team effort to help your student athlete succeed both on the field and in the classroom. Thank you for all of your support and the opportunity to work with your athlete.
7. If you notice or have any concern regarding your child's health/academics/etc. please notify us ASAP.