

2019 Monroe Middle School Football

ATTENTION: Incoming 7th and 8th Grade Football Players

Welcome to Monroe Middle School Football! We want to share our excitement about the upcoming 2018 Fall Football Season! Below is information about the program and schedule.

In preparation for the season, please make sure that you have your sports physical and the appropriate athletic packet completed before the 1st practice. **Athletic packets are online and available July 29th through your Parent Family Access Account. All athletes must have their athletic packets completed, and have had acquired a sports physical before being allowed to practice.** This also means you need to have your pay to play fee paid before you are allowed to participate in any games. If you have any questions regarding completing the information, please contact the athletic secretary at your middle school.

First practice will start Tuesday, September 3, 2:45pm – 5:00pm at Park Place Middle School. The tentative practice schedule for the first two weeks is on the reverse side of this page.

Each player must have a total of 12 practices (8 practices by the jamboree) before being eligible to play in a game. You will need the proper workout attire for practice;

- Cleats
- shorts and t-shirt
- water bottles/gloves (optional)
- Mouth guard (Not needed during the first three days of practice, but required beginning 8/30)

You may want to purchase a mouth piece early so you can have it molded and formed (I recommend purchasing 2 mouth pieces). Mouth pieces must be able to attach to the face mask. We will provide water during practice, but some players prefer bringing their own water bottle.

Game schedules will be posted on the district website.

I suggest that you start preparing for the season well in advance (3-4 weeks before) by getting into playing shape. Below are some ideas:

- 20 to 40 yard sprints (6 - 10 sets)
- 1 minute plank holds (2 - 3 sets)
- push-ups (3 sets of 10 - 20)
- sit-ups (3 sets of 20 - 30)
- lunges (3 sets of 10, each side)
- air squats and/or jump squats (3 sets of 10)

Add some agility drills and strength training for an added benefit.

With your dedication and hard work, we will see our school program continue to grow not only at the middle school level, but it will also carry up to the high school.

If you have any questions you may contact the athletic secretaries at your respective school.

- Park Place Middle School: Ruby Avalos 360-804-4307; avalosr@monroe.wednet.edu
- Hidden River Middle School: Judy Aaby 360-804-4108; aabyj@monroe.wednet.edu

You may also contact the Athletic Director, Joel Garrison 360-804-4305; garrison@monroe.wednet.edu

We look forward to seeing you soon! Go Monroe!!!

Sincerely,

Coach Bircher – 425-737-1451; bircher@monroe.wednet.edu

Tentative Practice Schedule

All practices will be held at Park Place Middle School.

Please plan on picking your student athlete up from practice within 15 minutes of practice ending. (Gear will be issued during and/or after practice during the first week.)

Tuesday, September 3: 2:45pm – 5:00pm

Wednesday, September 4: 2:45pm – 5:00pm

Thursday, September 5: 2:45pm – 5:00pm

Friday, September 6: 2:45pm – 5:00pm (Practice time may change due to early release)

Monday, September 9: 2:45pm – 5:00pm

Tuesday, September 10: 2:45pm – 5:00pm (Parent meeting at 5:00pm on the field)

Wednesday, September 11: 2:45pm – 5:00pm

Thursday, September 12: 2:45pm – 5:00pm

Friday, September 13: 2:45pm – 5:00pm (Practice time may change due to early release)