

## Oakes Jr. High Football --- Pre-Season Info Sheet

### Coaching Staff

- Ryan Schneider [ryan.schneider1@k12.nd.us](mailto:ryan.schneider1@k12.nd.us)
  - HS Math and Computer Science teacher at Oakes High School

### First Practice – Thursday, August 8<sup>th</sup> at 9:00 AM - East Entrance

*We are excited to start the 2024 football season! Coaches will hold practices for the players to learn more about the game of football and give them an atmosphere to excel. Requirements for players are to show up, participate, and meet the expectations of the coaches.*

### Needed before athletes are allowed to practice

- Physical dated after April 15, 2024
- Current Impact Test (good for two school years)
  - 7<sup>th</sup> graders will be required to complete the impact test after the 1<sup>st</sup> practice on August 8<sup>th</sup> at about 11am.
  - 8<sup>th</sup> graders are not required to take the Impact unless they are new to the school or did not take it last year.
- OPS Activity Handbook signed and returned to Cari Haugen in the office (before 1<sup>st</sup> game)
- \$40 Activity Fee

### Equipment

- **Mouth Guard, Practice Jersey, Girdle (Needs Hip Pads and Tail Bone Pad), Cleats**

### Practice Info (all practices posted on school calendar)

- *Athletes will receive their helmet, pants, and shoulder pads at the first practice.*
- **All athletes need 9 practices** before they can participate in their first game (per NDHSAA policy)
- Normal weekday practice length: approximately 1 hour 30 minutes
- 1<sup>st</sup> week of practice: 1 hour 30 minutes – 2 hours
- Friday practices will be shorter due to JH coaching staff helping at varsity games.

### Game Info

- Games are usually on Mondays or Tuesdays
- Will possibly play two separate games (7<sup>th</sup> and 8<sup>th</sup> games) or just one combined game
  - Coaches will do their best to get all players in (as long as it is safe to do so)
- Playing time will be determined by the following three criteria:
  - Expectations: Coaches will set clear expectations for the team (performance, behavior, attitude, effort, etc.) Athletes unable to meet these expectations may see field time reduced.
  - Safety: We, as coaches, will do our best to put each athlete in the best position for them. Their safety and well-being will be a factor in positional decisions.
  - Eligibility: If an athlete is ineligible, they simply won't play until they are in good standing with the academic requirements set forth by the school.
- HELP NEEDED: Each home game we will need people for chain gang (4) and score clock (1-2)
  - Please contact athletic director, Robin Paul, if you're able to help.

***Football is a team game involving more than just the athletes. You, as parents, play a part in our success as well. Please be a positive influence in the stands!***