

# Mohave Flag Football '25 Season

Hello everybody! My name is Gavin Anderson and I am thrilled to be coaching football at Mohave Middle School! Our program is aimed to build our players into having strong characteristics such as: a positive attitude on and off the field, teamwork, integrity, respect and perseverance! We create an environment that promotes sportsmanship, education and personal growth for our student athletes to thrive! Let's strive for greatness together and continue to build our love for the game of football! Remember we are student athletes, school comes first! I look forward to a great season with a lot of growth!

## Sports Physical

**PHYSICALS MUST BE IN AND APPROVED BEFORE ATTENDING PRACTICE!**

**Practice - Mon - Thurs @ 2:30 pm - 4 pm**

## Equipment & Gear

→ Appropriate clothing / footwear

- ◆ Shorts, pants, shirt, long sleeve, etc.
- ◆ Cleats and socks (no metal spikes)
- ◆ No headgear or eyewear (unless doctor prescribed)
- ◆ Mouthguard and football gloves (optional but recommended)
- ◆ Jeans ARE NOT acceptable!
- ◆ NO CLEATS / NO WATER BOTTLE = NO participation in practice!
- ◆ Water Bottles ARE mandatory!

## End of Practice / Pick Up

- Front office of Mohave Middle School
- Practice pick up ideally will be at 3:55 pm

## **Game Day**

- Parents will have to sign out their child if not returning with team on school bus (Away Games ONLY)