HIGHLAND 7TH & 8TH GRADE FOOTBALL

Hello and Welcome to Highland Middle School Football!
We are excited to start our season on **Monday**, **Aug. 24th!**

In order to be eligible for sports, you must complete the following 3 items:

1. **REGISTER** for your sport using Final Forms.
   - **Parents** AND **Students** must login to sign forms in Final Forms in order to be eligible to participate.
2. Have a **CURRENT PHYSICAL** uploaded to Final Forms or on file with the Athletic Office - sports physicals are good for two years.
   - WIAA Preparticipation Physical Form
3. **PAY YOUR FEES**: MMS students-athletes are required to pay a one-time $35 Participation Fee and $25 ASB Fee
   - Fees can be PAID ONLINE HERE or you can pay at our Business Office.

Practices:

Practices will begin two days before school starts. Coaches will email specific practice schedules soon via Final Forms soon! **Make sure you are registered in Final Forms in order to receive communication from Coaches!**
Football gear handout (pads & helmets) is August 25th from 2:30-4:30!

1. Once school is in session, practice will take place 5 days a week- **Monday - Friday.**
   - **Practices** typically run Monday-Thursday in addition to a couple of Friday practices. **Please note, the Activity Bus does NOT operate on Fridays. Students who attend Friday practices need to have their own transportation.**
   - Practice takes place right after school at 2:30. Players will change in the locker room and head out to the football field or meet wherever the coaches designate.
   - Practice ends at 4:45
   - Students need to participate in **12 practices** in order to be eligible to play in games.

After practices, students need to have:

1. a ride available to pick them up at 5:00, *or*
2. permission to walk or ride their bike home, *or*
3. signed up to take the **Activity Bus.** Activity buses are available after Monday-Thursday practices (no buses on Fridays.) The first bus leaves the school at 5:00 and the second bus leaves at 5:10 (depending on where you live)
   - **Please make sure your child is registered to ride the late activity buses after practices. Your child will not be allowed to board the activity bus if you have not registered for the 2026/27 school year.**
   - [Click Here] to register. **You only need to do this once for the whole school year!**
   - [Click Here] to see which bus your child needs to ride. It's important your child knows which **route color** (ex: red, blue, yellow, or green) to get on. They also need to know their stop. *Activity buses do not stop at regular after-school bus stops.*
   - If you are not sure if you have registered, please contact the transportation department at: transportation@mead354.org

After Games:

- Games will end after the 5:00 activity buses leave, so please have transportation available at Highland after each home game or after the bus returns to the school after an away game.
- You may also take your student home straight from a game if you sign them out with their coach

*In the event of school being canceled, all practices and games will be canceled.

Schedules:

Coaches will hand out team specific schedules after the first week of practice.

Click Here for Game Schedules on Arbiter Sports

- Click on the opponent to see the addresses of the school
- If you are viewing the Arbiter Sports site on your phone, download the Arbiter Sports app for a more reader friendly version!

Athletic Eligibility:

Students need to participate in 12 practices in order to be eligible to play in games.
Grade checks will be conducted every two weeks.

- Students are required to be passing a minimum of five (5) full-time subjects in order to be eligible for participation in sports.
- In addition, an athlete must achieve either a 2.0 GPA or be earning at least a "C" in four (4) full-time subjects, or be placed on academic **probation** for the next grading period. If, at the end of the probationary period, the athlete is still not achieving a 2.0 GPA or earning at least a "C" in four (4) full-time subjects, that athlete is placed on academic **suspension**.
    - While on **probation** student athletes will not be limited in participating in a sport. During this time student athletes should work with their teachers and coaches to improve grades in those classes that are deficient.
    - While on academic **suspension** student athletes will **not** be allowed to participate in activities, suit up for games, or travel with the team.
- Click [here] for our more information on athletic eligibility including attendance, travel, and our athletic code of conduct

Uniforms:

Highland will provide a game day **uniform (**jersey & pants), practice jersey, helmet & shoulder pads. Uniforms will be returned and inventoried at the end of the season.

Athletes need to provide their own mouth guard and football cleats
Additional Highland Middle School gear is available [here]

Other general athletics information can be found [Here]

If you have any other questions please feel free to reach out to our athletic director, marcy.gallinger@mead354.org (Marcy Gallinger) , or any of the Football coaches.

- 8th Head Coach nathan.overbay@mead354.org (Nate OVerbay)
- 7th Head Coach casey.dietz@mead354.org (Casey Dietz)
- Combo Head Coach leonard.vargas@mead354.org (Leonard Vargas)