

Palmer Football Practice Schedule Week One 2011

Monday 8/1

Noon – 1:00 registration and gear (\$150, Registration form, and Physical Insurance Company & number, Parent Sig.)
1:00 – 2:00 meeting
2:00 – 4:00 first practice
4:00 – 5:00 snack break and meeting
5:00- 7:00 second practice
7:00 – 7:30 parent & player meeting PARENTS NEED TO ATTEND AND WATCH DRUG / ALCOHOL VIDEO

Tuesday Morning 8/2 tme TBA MANDATORY HEAD TRAUMA BASELINE EVALUATION.

Tuesday 8/2 thru Thursday 8/4

12:00- 1:00 gear needs
1:00 – 2:00 meeting (lowers on)
2:00 – 4:00 first practice
4:00 – 5:00 snack break and meeting
5:00 – 7:00 second practice
7:00 – 7:15 Gold Card: Kick-off Tuesday. Rewards Wednesday & Thursday

Friday 8/5

12:00- 1:00 meeting
1:00 – 4:00 practice
4:00 – 8:30 Gold Card Blitz

Saturday 8/6 Scrimmage Day This is a Practice

8:00 taping and dress
9:00 team meeting
9:45 Bus leaves for Chugiak
11:00- 2:00 scrimmage (this is a practice)
2:00- 2:30 Bus returns to Palmer

Practice Needs

Water bottle
Light snack
Indoor shoes
Football shoes (labeled with your name)
Padlock
Dry socks
Work out clothes
Formed mouthguard

Do Not Bring

Expensive Items (like ipods)
large amounts of money

Coach Christiansen 746-0938 home

354-5963 cell