



FOOTBALL

MIDDLE SCHOOL

EASTON FOOTBALL IMPORTANT DATES 2021

(subject to change)

- **Monday May 24th** – Mandatory sign up meeting for current 6th, and 7th grade students and parents at 6:00 PM in the main gym at EAHS. Please limit attendance to the player and 1 parent to adhere to indoor gathering limits.
- **Saturday June 5th** – Physicals in the high school gym lobby by St. Luke's doctors from 8:00 - 12:00. The cost is \$20. A check can be made payable to EASD.
- **If you decide to get a physical from a private physician or elsewhere, it needs to be on, or after June 1st.**

***Summer workouts for anyone going into grades 7 and 8 will begin the week of June 14th.** Although these workouts are not mandatory, we will be teaching and installing almost our entire offense and defense throughout the summer. It will be very difficult for you to catch up and understand things if you don't show up consistently in the summer.

- **Tuesdays and Thursdays 5:00PM – 7:30PM** - Summer workouts for anyone going into grades 7 & 8 will take place at the high school. We will lift for approximately an hour in the weight room (5:00PM – 6:00PM) and we will do on-field drills/work and install for approximately an hour and a half on the varsity football practice field/turf (6:00PM – 7:30PM). Please drop off at weight room and pick up at practice field.
- **FRIDAY JUNE 25TH - Easton Football Golf Tournament - spread the word!!!**
8:00 Registration at Green Pond Country Club - see www.eastonfootball.org for more information.

Equipment will be handed out at some point in August during our workouts. You must have your paperwork turned in in order to get equipment.

- Players will no longer be using the locker room for practice and should come to practice dressed in uniform. Following practice, they will go immediately to their parent/guardian's car. The only time we will be using the locker room will be before/after games. They will not be taking their game uniforms home with them.
- Please Note: We will continually send reminders throughout the season about the importance of disinfecting practice gear. Try to clean helmet/shoulder pads daily with wipes or spray and wash practice attire daily (take pads out before washing).

*****Everything listed below is mandatory for all Middle School Players*****

- **August 16th - 27th Practice**
 - Monday-Friday: Practice 5:00PM-7:00PM
 - Saturday: Practice 9:00AM-11:00AM
 - Sunday: Off
- **August 28th - Saturday - Scrimmage away vs. Parkland: Time TBD**
- **Practice During the School Year**
 - **WE WILL CONTINUE TO PRACTICE FROM 5:00PM-7:00PM**
- **Saturday September 4th - Opening game vs. Broughal @ Easton**
- **Plan Ahead: Parents, PLEASE be prompt with pickup. PRACTICE IS NEVER CANCELLED!**
 - Always have shorts and sneakers in case we practice inside.

*****Please keep in touch by checking your Remind app, google classroom and also by following our twitter page @EastonFootball. All important events, changes, activities, etc. will be posted on google classroom. There should be no excuse as to not knowing what is going on and where you have to be. We will also post things on our website...www.eastonfootball.org.**