

May 2010

Dear Parents,

Welcome to Lorena Middle School Athletics 2010. I hope this letter finds you and your child anticipating a great 2010-2011 school year. We will be competing in District 19AAA and fielding four football teams: 7A, 7B, 8A, 8B. We will also be competing in cross-country with a combined 7th and 8th grade team.

Please remember that August is typically one of the hottest months of the year, and it is important for your child to be prepared for football and cross-country practice. The most effective way to prevent heat illness is to acclimate your child before practice begins. This means that your child needs to exercise over the summer at least 1 hour outside during the time that they will be practicing or playing so that they can be ready for the heat of the season.

Hydration also plays a key role in your child's health during those long workouts. We provide water during all practices, but the athlete needs to make sure that they are drinking plenty of water or sports drinks before and after each workout. It is recommended that an individual needs at least 8 glasses of water each day. Even more is required when you are exercising.

I look forward to a healthy and successful year in football and all of our sports.

**BOYS IN GRADE 6 PASSING TO 7TH**

**\*\*\*MUST HAVE A COMPLETED PHYSICAL BY AUGUST 24, 2010**

**BOYS IN GRADE 7 PASSING TO 8TH**

**\*\*\*MUST HAVE A COMPLETED PHYSICAL BY AUGUST 24, 2010**

\*\*\*New students to Lorena Middle School have until September 6, 2010 to turn in a completed physical and consent to treat form. Each athlete has until September 6, 2010 to decide whether to remain in Athletics or move to a Physical Education class. Once this decision is made, they are locked in for the semester.

All equipment and clothing will be supplied by the school except for shoes.

Football cleats should be black for football, (please no baseball or soccer cleats). We do have some used cleats donated by past players if you wish to use them. Each player will be issued one mouthpiece; a replacement, if needed, will cost \$1. Players with braces will have to purchase their own mouthpiece. Cross-country and Basketball Off-season need some type of running shoe to be used just for Athletics.

Each player will have his own locker and a personal combination. It is his responsibility to keep his equipment and personal items locked up.

We require that all players take showers after practice, especially the 7th graders who practice before school. The 8<sup>th</sup> graders who practice after school have the option to shower at school or wait until they get home. Towels and soap will be provided for the athletes.

The Football, Cross-country and Basketball Off-season practice schedule is as follows:  
7th grade- Football: must be dressed and on practice field ready to go at 7:00A.M.

**(Athletes should not be at the back door until 6:35A.M.)**

Cross-country and Basketball Off-season: must be dressed and on Practice field ready to go by 7:55A.M.

\*\*\* normal school hours for 7<sup>th</sup> grade Athletics 7:55AM-8:45AM  
(Athletes must be dressed out and ready by start time)

8<sup>th</sup> grade- Football: will be off the practice field at 5:00P.M. and should be picked up no later than 5:30P.M.

Cross-country and Basketball Off-season: will workout during normal School hours.

\*\*\*normal school hours for 8<sup>th</sup> grade Athletics 2:40PM-3:20PM  
(8<sup>th</sup> graders who have after school practice need to be picked up by 5:30PM)

September 6<sup>th</sup> - Labor Day Holiday

Football practice

7<sup>th</sup> grade- 7:00A.M.-9:00A.M.

8<sup>th</sup> grade- 9:30A.M.-11:30A.M.

October 11<sup>th</sup> - Teacher work day (no practice)

Sincerely,

O. C. Pierce  
Lorena Middle School  
Boys Athletic Coordinator

**NOTE:** A cross-country schedule will be filled out as soon as possible and sent home. We will have five non-district meets on Saturdays, and a district meet at the end of the season (this meet will be during the week, after school).