

Power Middle School Family Team Meeting

Positive Football Experience

- Handout information for the 2016 season
- Dates for 2016 Physicals (Must be dated April 15, 2016 or later)
- Uniform distribution dates (Week of August 30 through September 1, 2016) Anyone signing up after Sept 1, 2016 will be given their equipment after the 3 days of mandatory Conditioning.

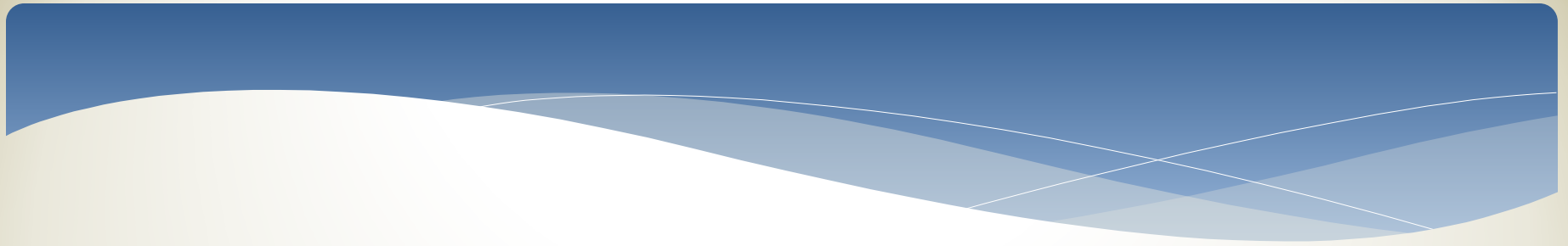
Conditioning practices Dates and Times

(Starting August 30 through September 1, 2016 from 5:30 to 7:00 pm)

- Pay to Play form (Turned in as soon as possible) If your son or daughter are part of the free to reduced free lunch program, please contact the school and fill out the 2016/17 necessary paperwork.
(You have to reapply each year for this program)

Benefits of Playing Football for Power Middle School

- Practice immediately after school
- Football practice ends by 5:15 pm. Please pick up your athlete no later than 5:30 pm
Tuesday and Thursdays will be Team Academic practice days, practice will end at 5:20 pm
“On Tutoring Practice Nights” please pick up your athlete by 5:30 pm
- Tutoring will start the first full week of school (the week of September 12th)
- Coaches will monitor grades



Achievement the 2016 team will work towards

- Better grades
- Goal setting
- Importance of grades monitored by coaching staff
- Positive attitude to school, team, classmates, teachers and family
- Positive environment
- Sense of accomplishment: teamwork, team goal, personal goals
- Time Management: family, school, sports
- Determination
- Improved skills both in the classroom and on the football field
- Improved ability to deal with stress
- Social skills • Leadership/role model skills
- Nutritional awareness • Endurance • Healthy habits
- Confidence
- Pride in yourself and in your school/ Team school spirit

Each team member will work to be the best that they can be and will work to help their fellow teammates to reach their full potential also... Hard work and helping others is what will lead to a winning season both on the field and in the classroom.

Power Middle School Football

RULES, REGULATIONS, CHECKLISTS AND REMINDERS

Attendance on a daily basis is mandatory. If you are in school, you are expected to be at practice. Absences must be excused prior to practice via parent phone call/note/email. Unexcused absences will result in non-participation in that week's game and/or possible exclusion from the team.

Practice Procedures

- You will wear your helmet at all times. Do NOT remove your helmet unless directed to do so by a coach.
- You will always have your mouth guard in place at all times during all phases of practice.
- Practice begins promptly at 2:40 pm, and all team members are expected to be on the field ready for warm ups.
- The Locker Room will stay CLEAN at all times. A LOCK is required for all lockers. **A locker and lock will be provided by the school.** Athletes are expected to lock up their own equipment at all times. They are also responsible to lock up their personal belongings in their football locker. All clothing/school materials must be locked up during practice. All football equipment and clothing must be locked up following practice.

Equipment Needed

Workout shirt, shorts, pair of socks and football cleats. Extra pads are optional (hand, elbow, rib, etc.) The school will provide helmet, pads (shoulder, thigh, knee), girdle, practice/game jerseys and pants. (Mouth guards are available for purchase from your coach at a cost of \$1.00)

Daily pick up for Practice Days (Monday through Friday) 5:30pm. Adult supervision cannot be provided after 5:30 pm. Thank you for your cooperation on this issue.

Academics/Academic Practice Days (Tuesday and Thursdays) School comes first.

All Football Team Members are required to attend academic practice

Starting right after practice from 4:30-5:20pm academic studies will begin.

Academic failure may result in reduced playing time.

Athletic Code

You must review the athletic code with your parent(s)/guardian(s). Behavior/Discipline issues and consequences are discussed in detail in the code booklet, which is available online. Also, each Power MS student receives a school planner, and the code is in that 2016/17 planner.

Game/practices days:

Check the weather forecast on the morning news. No matter what it says... come prepared. If you are too warm you can always remove items to cool down, but if you are cold and you have nothing to put on you will be uncomfortable.

Beginning & Ending Times for Games:

Each game lasts an average of two hours.

Bus Transportation:

All participants are expected to ride the Bus Transportation provided to and from every away game. If you absolutely must leave after your game with your parent/guardian for family reasons, that must be PRE-ARRANGED between coach/parent. Parent/guardian must check with coach prior to leaving.

Farmington Athletics Promoting Good Sportsmanship Guidelines

Remember – this is MIDDLE SCHOOL ATHLETICS.

We thank you for: applauding good performance and effort of all individuals and teams; respecting the decisions of the officials; showing respect for the opposing team and fans; respecting all persons regardless of gender, ability, cultural background or religion; encouraging those around you to display good sportsmanship; remembering that a ticket is a privilege to observe, not a license to abuse; and CHEERING FOR YOUR TEAM.

We thank you for **not**: cheering against an opponent, team or official or using inappropriate language or cheers. If you fail to follow the above guidelines you may be approached by game management and given a warning, be directed to leave the game by game management, and/or refused admission to further games.

Athletes are expected to be “class acts” at all times, never drawing inappropriate attention to themselves.

PAY TO PLAY OVERVIEW

The High School Fee is set at \$350 for the school year, with a family cap of \$700.

The Middle School Fee is set at \$150 for the school year, with a middle school family cap of \$300.

A combined Middle School/High School cap is set at \$700. No family will pay more than \$700.

The Pay to Participate fee can be paid online through Pay Schools at this link:
http://www.farmington.k12.mi.us/district/athletics/pay_to_participate.php

You can also fill out the form online.

If you pay by check please make the check payable to 'Farmington Public Schools'



ATHLETIC ACTIVITY FEE CONTRACT

Name of Student _____

Address _____ City _____ Zip _____

School _____ Grade _____ School Year _____

Parent/Guardian _____ Day Phone _____

Email _____

Sport(s) _____ Check # (if applicable) _____

I have reviewed the Farmington Public Schools' "Athletic Activity Fee Program" and understand that the fee paid does not guarantee playing time, control over any conditions of the team or Department of Athletics. I also understand that paying the fee does not in any way alter the Farmington Public Schools' Board of Education Student Policies, the Farmington Public Schools' Athletic Code of Conduct, individual team rules and/or the Michigan High School Athletic Association Regulations. The Athletic Code of Conduct is available on the District's website.

There will be no refunds of the participation fee unless the student athlete suffers a season ending injury prior to the mid-point of the season which precludes them from participating in one-half of the regularly scheduled contests. A physician's letter must accompany any such request. Request for refunds must be made to the Director of Athletics, before the mid-point of the season.

An athlete will not be allowed to participate, including practice, unless all signatures are affixed and the fee has been paid.

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or by

Check made payable to 'Farmington Public Schools'

I agree to the Athletic Activity Fee Contract and understand and acknowledge that I have been informed the Code of Conduct is available to me.

Student Signature

Parent/Guardian Signature

Date

POWER MIDDLE SCHOOL ATHLETE EMERGENCY FORM

Name of Student _____

Parent/Guardians _____

Address _____

City _____ Zip _____

School _____ Grade _____ School Year _____

Emergency Number _____

Daytime Phone Number _____

Email _____

Sport _____

Parent / Guardian Signature _____ Date _____