

THINGS NEEDED FOR THE FIRST DAY OF CONDITIONING

1. A completed physical form signed by a doctor. Without this, your child **WILL NOT** participate in practice.
2. A copy of your child's birth certificate with parent's SSN blackened out. This will not be returned.
3. Players should wear shorts, t-shirt, cleats, and helmet during the first week of conditioning.
4. Mouth piece, colored with a strap. No clear mouthpieces will be allowed.
5. If your child uses an inhaler, epipen or any other emergency medical prescription, you must provide your child's coach with a filled prescription to keep in the medical kit.

WATER!

THINGS NEEDED FOR THE FIRST DAY OF PRACTICE

1. Black practice pants with all pads (5 total).
2. Shoulder pads with a T-shirt underneath.
3. Practice Jersey to wear over the shoulder pads.
4. Helmet.
5. Mouth piece, colored with a strap. No clear mouthpieces will be allowed.
6. All males are required to wear a jock and hard cup (MMRFL rule) at every practice and game.
7. Cleats - Only non-cleated tennis shoes or football or soccer style shoes with molded rubber cleats may be used. (No screw-in or hard synthetic/ceramic cleats). Molded cleats or studs must be no longer than ½" in length with minimum diameter at tip of 3/16". Cleats and studs must be made of pliable material that not develop a sharp edge or bur (per MHSAA guidelines).

WATER!

CURRENT GAME JERSEYS ARE NOT TO BE WORN AT PRACTICE.