

7th Grade - Horizon Football



Welcome to the new school year and football season at HMS.

Practices are very important and are not to be missed. Our time on the practice field is limited. Religion classes and family reasons are the only acceptable excuses for missing a practice. Please inform us by email or voicemail if your child is ill or cannot attend practice or play in a game. Because of a low number of players, it may be necessary to shift players to a different squad to fill out a roster and play a game. We do not want only ten players showing up for a game. This will also allow us to better plan for that day's practice. A practice "skipped" will result in that player not participating in the next game. Habitual missed practices will result in dismissal from the team. Please call or email us as soon as possible about family trips, doctor's appointments, etc. The student will not play in a game following a missed practice in which the coaches were not informed of by the student or parent.

Practice times will vary but usually will be from 3:30 to about 5:00. We will inform team members as soon as possible about any changes. Please make arrangements to pick up your child at the end of practice time. A game schedule will be supplied at a later date. The student will pay for any lost equipment or gear.

Football is a **privilege**. If the player demonstrates negative behavior during any school activity or during the school day, a loss of playing time will be the result. Horizon Middle School will continue to set the example on citizenship and our behavior must be exemplary. Students with un-excused absences or inappropriate behavior may be deemed ineligible for games.

We will use "REMIND" as our main way to communicate information out to parents. Please sign up.

Push notifications – type rmd.at/hms7fb into web browser on phone

Text notifications - text the message [@hms7fb](https://www.instagram.com/hms7fb) to the number 81010

Contact Information

Coach Leithold – derrick_leithold@bismarckschools.org

Coach Horner – jeff_horner@bismarckschools.org

Coach Doppler – john_doppler@bismarckschools.org

Pre-Practice Checklist:

1. _____ Get a physical and upload.
2. _____ Complete the computer evaluation for concussions
3. _____ Pay activity fee.
4. _____ Sign up for remind.
5. _____ Obtain your equipment (helmet, shoulder pads, pants)
6. _____ Report to the first practice (Listed online) with your **helmet, shoulder pads, practice jersey, shorts, cleats, your own water bottle, and mouthguard.**