

Falcon Parents,

Let me start this by saying “Thank you” to all the parents out there for registering your child to play football. 9th grade football will be a great experience for them for a couple of reasons. First, the sport teaches lessons about perseverance, overcoming adversity, teamwork and other great values and ideals. Second, they will come into a new school knowing more people and having a support system in place.

I asked a couple of 9th grade parents what types of questions they would want answered before the season starts, and here is what we have come up with. I hope this helps as you are getting ready for equipment check out on August 10th starting at 10:50 am for Freshmen.

Q: When and how do we register our child for football?

A: The athletic office is open every day from 7-3 and students can register there. The office is in the main corridor at Armstrong, across from the Main office. If you have questions contact Sharon Shea at 763-504-8833. Most of the forms are on the football website [HERE](#)

Q: What equipment does our child need to have for football?

A: All relevant equipment like pads, helmets, pants and jerseys will be checked out to them. As will a lock and locker. There are other things that football players typically wear that are not.

1. Gloves for receivers are not necessary but help.
2. Cleats are a must, and are not given out by the school.
3. Most players don't like the dated hip and butt pads and wear a girdle like [this](#). There are less expensive versions too. By no means do they have to, but most do because they are easier to keep in place.
4. Mouthguards are necessary

Beyond those things, the first couple of practices are just in helmets, so they should wear something they can workout in. I highly recommend having a change of clothes in their locker in case it rains or one gets dirty.

Q: Are two-a-days for ALL players?

A: As of right now we are planning on practicing with the same schedule as the varsity. There aren't many two-a-day practices on the schedule as that is mandated by MSHSL. But yes, two-a-days are for all players. The practice schedule can change based on the number of athletes we have on the team, but as of right now, the schedule on the website is accurate for practice times.

Q: Will there be a parent meeting for incoming freshmen before the first game?

A: I don't have one scheduled, but am open to the concept if there is a need for it. I normally send out a weekly email breaking down the week so parents can stay informed.

Q: Will the calendar on the website eventually be put on SportNgine, Teamer, Teamsnap or have the ability to be synced to iCal?

A: I will bring that up with the person that does the calendar. Having never used those things before, I don't know enough about them to give a definitive answer, but I will explore the options.

If you do have other questions don't hesitate to ask. Email is probably the easiest way.

Ryan_Sommers@rdale.org

Falcon Pride!