



Hood Canal School District #404 111 North State Route 106 • Shelton, WA 98584
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TO: Families of Students in Grades 6-8
RE: Flag Football 2022

Are you ready for Flag Football? This letter provides a summary of the eligibility requirements and expectations for student athletes interested in participating in the Football program.

Players

Football is open to students in grades 6-8. Student athletes that participate in varsity games will receive a letter for that specific sport if they complete the season in good standing. If turnout is low for grades 6-8, we will allow 5th grade students to participate.

Sports Forms

All athletes must pass a sports physical before competing in a league-sponsored meets. Physicals are valid for two years. In addition, a Sports/Activity Permission, Concussion and Head Injury Acknowledgement, Athletic Code of Conduct and Parent Code of Conduct Forms are also required to participate. These forms are included with this letter.

Practice

Football practice will begin **Monday, Sept. 12.** Practices are scheduled Monday, Tuesday, Thursday, and Friday from 3:00-4:25 p.m. **NO PRACTICES ON WEDNESDAY.** An after-school activity bus will be available. 6 practices are required in order to participate in league-sponsored games. Practices are closed which means that only coaches and players are allowed at practice. Parents and family members are welcome for games. See the attached games schedule.

Attendance

Attendance is important and will be taken at each practice. Absences must be excused. Unexcused absences may cause a player to be ineligible to participate in games during the week. Three unexcused absences will result in ineligibility for the remainder of the season. To excuse an absence, players must have a signed note from a parent/guardian. Students absent from school will not be able to participate that day.

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Playing Time

Coaches will make decisions regarding individual playing time.

Uniforms

A uniform will be issued to all eligible players. Players must be in uniform with shirts tucked into shorts. Long hair should be tied back. No jewelry of any kind is allowed during practice or games.

Academic Eligibility and Expectations

Players must have a 2.0 GPA and no failing grades in order to play on the team. Grade checks will occur every two weeks. A good attitude and work ethic are important to the success of students in middle school sports. We expect all players to be positive and supportive of each other and the coaching staff. In addition, we expect good sportsmanship and Orca P.R.I.D.E. (Positive Attitude, Respect, Integrity, Determination, and Excellence) from all students at all times.

COVID TESTING

This fall season, testing for indoor athletics, performing arts, and other higher-risk activities is recommended only if the team or group was exposed to COVID-19 or there is a team or group outbreak.

Schedule

You can find our schedule online on our school website. This is the best way to check games and see updates. We also will send home updated schedules with your athletes. Please also check Facebook for updates.

If you have any questions, please contact Dan Winter or Duncan Mattson at the number listed below. We are looking forward to a great season.

Sincerely,

Dan Winter
Athletic Director
360.877.5463 x 224

Duncan Mattson
Assistant Coach
360.877.5466 ex124