



9th GRADE FOOTBALL

Dear Freshmen Football Players,

Welcome to another exciting year of Union football. We are looking forward to working with you to make this a great football season. Following are important dates for your calendar.

THURSDAY, AUGUST 2nd (6:00 PM) / **Parent -Team meeting and equipment checkout is at the UMAC, Redskin Room.** Parents, please be present to help complete the necessary paperwork for your child.

MONDAY – FRIDAY, AUGUST 6th – 10th (5:30 PM) Football Practice 5:30 PM –8:30 PM. Be dressed and on the practice field (HS track field) by 5:50 PM. Monday - Thursday's practices will be in shorts, t-shirts and helmets (with mouthpiece). Friday's practice will be full pads. We will have a short break so please bring a drink and snack.

SATURDAY, AUGUST 11th - MEET THE REDSKINS / Team Pictures, Parent Meeting, intra-squad scrimmage – more information later. (UMAC--Pictures @ 4PM. Parent Meeting @ 4:30)

All paperwork, documents and release forms are now done online. Please go online to the webpage <https://unionpublicschools.rankonesport.com> to complete student athlete forms for participation.

Please note that all players must have a current physical dated after May 1, 2018. Players WILL NOT be allowed to practice without a physical form turned into the coach. NO EXCEPTIONS! If you need to get a physical, appropriate forms may be picked up at the athletic department or you can go online and print a form from the athletic department website (http://www.unionps.org/filesSite/physical_form.pdf)

I am looking forward to seeing you on August 2nd.

Brandon Coons
Union 9th Grade Head Football Coach

Parents – Please get involved with the Union Football Booster Club – you can get information about the UFBC at www.unionredskinsfootball.com

PARENTS!! Please make sure your child shows up for practice hydrated. It is very important that each player has plenty of fluids in their body before, during and after practice.