

PARK CENTER PIRATE FOOTBALL: 9TH GRADE TEAM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 12	AUGUST 13 SEASON BEGINS PRACTICE 8:00 AM-2:00 THIS SCHEDULE	14 Practice 8:00 am-2:00 p Pack a Lunch! IS A TENTATIVE	15 Practice 8:00 am-2:00 p Pack a Lunch! EXAMPLE!!! -----	16 Practice 8:00 am-2:00 p Pack a Lunch! AND SUBJECT TO	17 Practice 8:00 am-2:00 p Pack a Lunch! CHANGE.	18 Practice 8:00 am – 11:00 am
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 19	AUGUST 20 Practice 8:00 am-2:00 p Pack a Lunch! THIS SCHEDULE	21 Practice 8:00 am-2:00 p Pack a Lunch! IS A TENTATIVE	22 Practice 8:00 am-2:00 p Pack a Lunch! EXAMPLE!!! -----	23 Practice 8:00 am-2:00 p Pack a Lunch! AND SUBJECT TO	24 Practice 8:00 am-2:00 p Pack a Lunch! CHANGE.	25 Practice 8:00 am – 11:00 am
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AUG 26	AUGUST 27 Practice 8:00-11:00 am 8:00 – Weight Room 9:00 – On the Field THIS SCHEDULE	28 Practice 8:00-11:00 am IS A TENTATIVE	29 Practice 8:00-11:00 am 8:00 – Weight Room 9:00 – On the Field EXAMPLE!!! -----	30 Practice 8:00-11:00 am AND SUBJECT TO	31 Practice 8:00-11:00 am 8:00 – Weight Room 9:15 – On the Field CHANGE.	SEP 1
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP 2	SEPTEMBER 3 NO SCHOOL (LABOR DAY) Practice 8:00-11:00 am 8:00 – Weight Room 9:15 – On the Field	4 FIRST DAY OF SCHOOL Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:00 – On the Field	5 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	6 (Fist Game) (1) HOME @4:30 PM VS RICHFIELD Classroom after school 3:30 pm – On the Field	7 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	8
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP 9	SEPTEMBER 10 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	11 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	12 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	13 (2) AWAY @4:30 PM AT COON RAPIDS Classroom after school Bus leaves at 3:00 pm	14 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	15
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP 16	SEPTEMBER 17 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	18 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	19 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	20 (3) HOME @4:30 PM VS NORTH (ST. PAUL) Classroom after school 3:30 pm – On the Field	21 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	22
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP 23	SEPTEMBER 24 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	25 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	26 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	27 (4) HOME @4:30 PM VS IRONDALE Classroom after school 3:30 pm – On the Field	28 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	29
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SEP 30	OCTOBER 1 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	2 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	3 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	4 (5) HOME @4:30 PM VS DELASALLE Classroom after school 3:30 pm – On the Field	5 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	6
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 7	OCTOBER 8 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	9 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	10 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	11 (6) AWAY @4:30 PM AT SPRING LK PK Classroom after school Bus leaves at 3:00 pm	12 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	13

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 14	OCTOBER 15 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	16 (7) HOME @4:30 PM VS TARTAN Classroom after school 3:30 pm – On the Field	17 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	18 NO SCHOOL (MEA) Practice 8:00 – 11:00 am	19 NO SCHOOL (MEA) Practice 8:00 – 11:00 am 8:00 – Weight Room 9:15 – On the Field	20 MEA
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 21 MEA	OCTOBER 22 Practice 3:00 – 5:00 pm 2:15 – Weight Room 3:15 – On the Field	23 Practice 3:00 – 5:00 pm 2:15 – Study Hall 3:15 – On the Field	24 (Last Game) (8) AWAY @4:30 PM AT ROBB. COOPER Classroom after school Bus leaves at 3:00 pm	25 No Practice Equipment Return End of Season Meeting 2:30 – 4:30 pm	26 No Practice	27

Important Information (please read carefully and understand):

***** PARENT/PLAYER MEETING – Tuesday, May 29th at 7:00 pm in the Park Center Forum Room (immediately on right as you enter PC from the Noble Ave side, near the round-a-bout) *****

No previous football experience is needed! 9th and 8th graders eligible.

Registration/Sign-up:

- Registration will open on August 1st
- You can NOT participate until registration is *fully completed*
- Most equipment is provided!
 - Players should buy their own shoes/cleats, mouth guard, and padlock for locker
- **Step 1:** Must submit a Physical Exam Form to the Park Center Athletic Office
 - Complete this by August 1st!!!
 - Form link: http://schools.district279.org/pcsh/images/stories/PCSH/docs/extracurricular/MSHSL_Sports_Physical_Exam.pdf
 - Activities Office Assistant, Keelie Sorenson, Email SorensenK@District279.org , Call 763-569-7654, Fax 763-569-7652
- **Step 2:** Register online at www.osseo.feepay.com
 - Be sure to complete the checkout (even if fee = \$0)
 - \$190 fee (or \$95 for reduced lunch, or FREE (\$0) for free lunch)

Contact Information:

- 9th Grade Coach – Justin Miller, Email millerjustin116@gmail.com , Call or Text 763-222-9412
- Varsity Head Coach, Jordan Sallis, Email sallisj@district279.org , 763-226-4178
- Assistant Coach Antawan Walker, Email walkera@district279.org



PIRATE FOOTBALL

Summer Strength and Conditioning:

- To begin on Monday, June 11th and end on August 9th – Sessions are Monday to Thursday
 - 8:00 – 9:00 am, Weight Room
 - 9:00 – 10:00 am, Football Skill Training
- Cost is \$90 (or \$45 for Reduced Lunch, or Free (\$0) for Free Lunch)

Summer Training Form. Make payment and turn in form to the Park Center Activities Office by June 8th or bring to the first session you attend.

Name _____ Grade School Year 18-19 _____

Parent/Guardian Phone # _____ Student Phone # _____

Parent/Guardian email _____ Student email _____

Parent/Guardian Signature _____ Date _____

Check # _____ or Cash Amount _____