



To all student-athletes interested in playing Roslyn Bulldog Junior Varsity Football

*** FIRST DAY OF PRACTICE** - Monday, August 20th

- All student-athletes, grades 9 through 11, should report to practice in shorts, t-shirt, cleats and water.

*** FIRST WEEK'S PRACTICE SCHEDULE;**

Monday through Saturday – 8:00 am until 11:15 am

- We practice rain or shine.

If the case of “severe” inclement weather we may move inside to an available gym or a classroom for Offensive, Defensive and/or Special Teams Instruction.

- I strongly recommend all of our perspective student-athletes to stay active over the summer.

Partner up with someone and begin a weight training program.

Create a running schedule - sprints as well as distance training.

Hydrate regularly and often.

Obviously eat well and get enough rest.

“The Stronger you are, the easier the game becomes”

*** In order to be eligible to begin practice on MONDAY, AUGUST 20TH all student-athletes must comply with the mandatory list below.**

1. Completed registration through FamilyID.
2. Current physical on file with the school nurse, must be on a Roslyn physical form. You can upload the physical form directly to your FamilyID account.
3. Valid ImPACT concussion test
4. Completed self-medicated form, if applicable.

*** Our school nurse, Ms. Elizabeth Schroeder**, will be at the High School on Monday, August 13th and Tuesday, August 14th from 8:00 am until approximately 12:00 noon.

*** If you would like to mail in your health form over the summer** please make sure to put “ATTENTION – HEALTH OFFICE or SCHOOL NURSE” on your envelope.

*** If you have any health related questions** you can e-mail Ms. Schroeder at eschroeder@roslynschools.org

*** If you have any football related question** for me, Head Football Coach Lou Buschi, you can e-mail me at lbuschi@roslynschools.org

*** We also have a Facebook page, “Roslyn Football 2016”,** where you can find all updated information and alerts. (2016 is the date the page was created).

Sincerely,

Coach Lou Buschi