

# ***Starr's Mill Football***

## ***Player Reminders:***

1. Wear ankle braces to every practice.
2. Weigh in and out each day after full practices begin.
3. Do not wear cleats inside the field house.
4. Do not walk at any time on the practice field- Always Hustle! Wear all equipment in practice.
6. Do not remove your helmet unless instructed to do so.
7. Never lie down or sit on the field- take a knee when taking a break.
8. Report all injuries (including small cuts and abrasions) to your position coach and then report to Jason Stevens.
9. All injuries will be treated and evaluated by our trainer.
10. Eat 3 good meals daily (especially breakfast)
11. Get 8 or more hours of sleep every night.
12. No earrings/jewelry allowed on the field.
13. Showers are highly recommended after practice.
14. Be on Time. Tardiness will not be tolerated.
15. ***Locker requirements:***
  - Always keep practice gear in your locker.
  - Have tennis shoes ready in case of an indoor practice.
  - Hang practice gear up after practice.
  - Keep your area clean and tidy.
16. If you are too sick to practice, notify your position coach before practice begins. You should make an honest effort to come watch if you cannot participate. No practice, No Play!
17. PrACTice like a Champion!