

7TH AND 8TH GRADE Q.J.H.S. FOOTBALL

Dear Parent/Guardian:



We will have football as a part of the Junior High Athletic program for the 2017-2018 school year. This program is to provide boys with a better understanding of the overall fundamentals of football. We will be participating with a competitive schedule during a regular season. Once school begins, all players must be dressed and ready for practice immediately after school. The football season will end approximately **October 3, 2017**.

Your son has expressed an interest in the seventh and eighth grade football program at Junior High for the 2017-2018 school year. There are certain commitments that he will have to make if he participates in the program. Packets will be available in the QJHS main office starting July 10th, we encourage you to pick one of these packets up ahead of time so you can fill out/obtain the proper paperwork. In that packet you will need:

- ✓ Parents' written permission allowing their son to try out for football on the enclosed form. Parent Permission and Insurance coverage are on the same form.
- ✓ School insurance or comparable insurance coverage and proper information listed on the enclosed form.
- ✓ You must have a licensed physician's certificate of your physical fitness to participate issued within a year preceding your current participation. A state-approved physical form is included in this packet.
- ✓ Birth Certificate
- ✓ Residency and Guardian Status Form
- ✓ Care of Personal Possessions Form
- ✓ Code of Conduct Form

The QJHS Football Coaches will have a mandatory meeting on **Thursday, July 20th, at 6:00 p.m. in the Quincy Junior High Auditorium.** It is mandatory that students planning to participate in 7th or 8th grade QJHS Football attend this meeting with a parent or guardian. At this meeting, QJHS Coaches will pass out football packets (to those students who do not have a packet) and give pertinent information for the upcoming football season.

If you are not able to attend this meeting all students interested in football may pick up a packet in the **QJHS Main Office.** (Someone is in the main office from 8:00 am to 3:00 pm daily) Included in this packet will be insurance information, a sports physical, emergency medical form, residency and guardian form, code of conduct sheets, and care of personal possessions form.

STUDENTS WILL NOT BE ALLOWED TO DRESS OUT OR PRACTICE UNTIL
ALL PAPERWORK IS COMPLETED... NO EXCEPTIONS!!
ALL PAPERWORK NEEDS TO BE COMPLETED AND RETURNED BY
JULY 24TH TO QJHS

Important Dates for QJHS 7/8 Football:

Summer Camp	June 19th – 22nd	
Mandatory Parent Meeting	July 20, 2017	6:00 p.m. QJHS Auditorium
Equipment Handout	July 20 th 6:30pm	
Jamboree Scrimmage	August 5th	Jacksonville, Ill
First Game	August 12th	Quincy, Ill
7th Grade and 8th Grade		
Practice	July 24 th – August 15 th is from 6:00-8:00 pm JH Athletic Field	
Practice	August 16 th -October 3 th is from 3 – 5pm JH Athletic Field	

Sports Physicals

All players will be required to have a sports physical before being allowed to practice. These can be performed by your family doctor, but below are low cost options offered by Advanced Physical Therapy and Quincy Medical Group Sports Medicine. **YOU MUST MAKE AN APPOINTMENT AS WALK-INS WILL NOT BE ACCEPTED**

<u>Where</u>	<u>Date/Time</u>	<u>Cost</u>
Advanced PT 927 Broadway (217) 222-9300	June 6, 6:00pm-8:00pm	Free
Quincy Medical Group 1118 Hampshire (217) 222-6550 ext. 3282	June 7 6:00pm-9:00pm July 19 6:00pm-9:00pm	\$10 \$10

Please refer to these outlets for important information on the Junior High Football program:

www.qhsfootball.com

Like the QJHS Football Facebook Page

Receive Remind app text messages by texting @qjhs78 to 81010

8th Grade Head Coach Rowatt email: rowattbr@qps.org

7th Grade Head Coach Ludwig email: ludwigna@qps.org