

## NOLAN RICHARDSON

### JAGUARS FOOTBALL

TEAM COLORS - NAVY, HUNTER GREEN, WHITE, GREY

BRING YOUR OWN H2O EACH DAY

*Commitment, Effort, & Heart*



***\*\*EPISD Physical Form: signed/dated by physician after 5/26/23 required to practice/play\*\****

***Join **SPORTS YOU APP*****

***Access Code: J4MUW8UJ***

### **Pre-Season – 2 Weeks — 8/7/23 - 8/18/23 3 PM – 5 PM**

1<sup>ST</sup> Week – Attire: Shorts, Shirt, Cleats, mouthpiece, H2O, & helmet (one will be provided if needed)

8/7/23 – Team: Meet & Greet @ Cafeteria 3 PM – 4 PM (Submit: Completed Physical Form)

8/8/23 – 1<sup>st</sup> Day of Practice

8/9/23 – Helmet Fitting & Practice

**\*SUBMIT: SIGNED TEAM CONTRACT & COMPLETED PHYSICAL TO RECEIVE HELMET\***

**\*5 CONSECUTIVE DAYS REQUIRED IN HELMET BEFORE FULL PADS\***

8/10/23 – Equipment Distribution (all protective equipment is provided) & Practice

**\*MUST HAVE ALL RANK ONE E-SIGNATURES COMPLETED FOR ATHLETE TO RECEIVE EQUIPMENT\***

### **8/11/23 – Mandatory – NRMS FOOTBALL – Parent Orientation: Zoom Meeting\*\*\***

Topic: NRMS Football Parent Orientation Zoom Meeting

Time: Aug. 11, 2023 @ 6:00 PM Mountain Time (US and Canada)

Join Zoom Meeting Link:

<https://episd-org.zoom.us/j/98994318937?pwd=THJDeHNWZEpaSnBVbDBnbVpmZ3V4QT09>

Meeting ID: 989 9431 8937

Passcode: 072701

*Parent-Orientation Sign-In Form:*

<https://forms.office.com/Pages/ResponsePage.aspx?id=NKJrT7pSkk2a751VJFYmhBVHidUWsm9KIOaznG7DxQNUNFJIQThUOUVWQk1OUIBSTk4wRUtVVFRMWi4u>

2<sup>ND</sup> Week – Attire: Full Pads

8/14/23 – 8/18/23 (Must Complete 5 days of Full Pads to Compete)

### **Season – 6 Weeks — 8/21/23 - 9/30/23 3 PM – 5:35 PM**

Attire: Monday - ½ Shell\_Tues./Wed./Thurs. - Full Pads\_Friday - ½ SHELL

**8/25/23 – TEAM PICTURES & PRACTICE**

***\*\*\*ALL EQUIPMENT TO BE RETURNED IMMEDIATELY FOLLOWING THE FINAL GAME\*\*\****