

# JENISON JUNIOR HIGH FOOTBALL 2022

Jenison Junior High Football - **PRACTICE** starts **Aug 17th** - No Pads

We will be practicing on the Football field behind the tennis courts - between the Junior High & High School. Please drop off and pick up - in the lot between the Junior High and High school - near the tennis courts.

Please be flexible and patient with the construction that is ongoing - we will get through it.

**Aug 17 - 19th - Helmets & Cleats (Mouthguard provided if needed) (4pm - 6pm)**

**Aug. 22 - 26 - Full pads (3pm - 5:30pm) Players will keep equipment at school**

**Aug. 30 - Sept. 2 - Full pads (3pm - 5:30pm)**

**Aug. 23 - First day of School 3pm - 5:30pm)**

**No Practice Sept. 2 or Sept. 5 (Labor Day)**

## Summer opportunities:

**Camps run June 6 - July 1, pick back up July 11-22**

**7th-8th grade will train Monday & Wednesday**

**Group 1: 10:45am-12:00pm**

**Group 2: 11:30am-12:45pm**

**Will do speed/agility for 30 min, followed by 45 min strength training.**

**\$55 for the 6 weeks of training**

**[Summer Camp Sign up Link](#)**

## JJHS Football Team Camp:

**July 25-27**

**12-6pm - Lunch Provided**

**[Team Camp Sign up Link](#)**

## To Do List (prior to 8/17):

- Physical submitted to Junior High Athletic Office (athletes will not practice if a physical is not on file in the Athletic office)
- Pay to Play submitted to Junior High Athletic Office
- Concussion Awareness Form (if not completed during prior school years)
- Equipment that will be needed (helmet, shoulder pads, pants/girdle w/pads, cleats, mouthguard)
- Game and Practice jerseys will be provided by Junior High Football