

7<sup>th</sup> Grade  
Football Information



**General Information:**

1. We furnish all of the football pads, helmets, pants & jerseys. (If your son has his own equipment, we will need to check and make sure it is still safe to use at the middle school level)

\*\*\*\*\***What you will need to furnish:**

- a. Silver (Grey) Murphy Athletic shirt (two would be wise to buy)
- \*\*Order Info: <http://www.murphymavssshop.com>
- b. Navy Blue Shorts (two would be wise and keep a clean pair at home)
- c. Mouthpiece(more than one would be best)
- d. Football cleats
- e. Towel
- f. Flip-flops (sandals) for shower & Deodorant (**NO AEROSOL CANS**)
- h. Physical form (by physician) & medical history (by parent) need to be filled-out before your son can even practice!

**Please note if you have a yes on #1,2,5,7,11 or 17 on the medical history form—your son will need to see a physician to retake a physical.**

1. **NO PHYSICAL/MEDICAL HISTORY FORM BY THE FIRST THURSDAY OF THE SCHOOL YEAR I WILL ASK THE COUNSELORS TO REMOVE THEM FROM FROM ATHLETICS!**

Drink water during the day, during practice & after practice  
Locker Room opens 15 minutes before practice

- 1<sup>st</sup> day of school: No practice=picking up physicals/medical history forms Due ASAP!
- 2<sup>nd</sup> day of school: T-Shirt and Helmets on the field by 8:30
- 3<sup>rd</sup> day of school: T-Shirt and Helmets on the field by 7:15
- 4<sup>th</sup> day of school: T-Shirt and Helmets on the field by 7:15
- 5<sup>th</sup> day of school: T-Shirt and Helmets on the field by 7:15

Lots of conditioning during practice, **make sure you are drinking lots of water**

6<sup>TH</sup> and 7<sup>th</sup> Practice- Shorts, Shoulder Pads, and Helmet on the field by 7:15

8<sup>th</sup> Practice- Full Pads , be on the field by 7:15 Full pads=full contact=ICE, ICE and more ICE!  
They will be sore!

Our first scrimmage there will not be any bleachers to sit at. Please bring a lawn chair to the game.

Ticket prices at the gate are \$4.00 for Adults and \$2.00 for Students.

The Silver team plays at 5:30 and they stay after school. You can order a meal for them through our meal plan or you can bring them something to eat.

The Blue team returns to the school at 5:15. Their game will start at 7:00

All Players must ride the bus to and from the game.

Players will dress up on game days. They are expected to wear the best clothes that they have.

Practices will start at 8:30 on game days and days after games.

Coach Woodyard's e-mail address if you have any questions [mark.woodyard@pisd.edu](mailto:mark.woodyard@pisd.edu)