

9th Grade Football
Jefferson High School

Our mission on the freshman level is to introduce the ninth grade football players to the game of football as it is played at Jefferson high School in the Lake Conference. Football is important for these young individuals but we are more concerned about making them be successful in the years to come after their playing careers are over as a Jaguar.

Attendance

All absences need to be reported by 2:00PM to Mr. Verdegan by your parent.

We need you to practice! We don't get better as a team if you miss practice!

Missing a practice will result in missing one half of the game along with extra conditioning.

Missing a second practice will result in not playing in one game along with extra conditioning.

Practice starts on the practice field at 2:45PM and ends approximately 5:00PM.

Being late to practice will result in extra conditioning at the end of practice.

Being in the training room is not an excuse.

Everyone is on the practice field for attendance then to the trainer.

Athletes that have a tryout for another sport will be excused from conditioning unless late to practice.

Athletes that have church on Wednesday's will need to have their parents call or email Mr. Verdegan prior to the start of religion classes to set up times for dismissal.

Equipment

Please keep track of your equipment.

Things are expensive please take the extra time to make sure all equipment is taken care of and put away.

If your equipment is left unattended and not put away you will have extra conditioning.

Extra conditioning will result for athletes that are not in proper uniform for practice or game day.

Do not wear game pants or jersey to practice as you will get extra conditioning.

If you have equipment issues please see the equipment manager Mr. Lang.

Do not give your pads/equipment to anyone else.

Freshman contact: Don Verdegan 952-806-7646 dverdega@bloomington.k12.mn.us

Please fill out and return

Player name (Please Print) _____

Parent Name (please print) _____

Phone Numbers (best place to contact) _____

Email address _____

Please refer to the JHS Football page for more information about the JHS Football program.
Please refer to the Lake Conference web page for schedules and locations