



SMS 7th Football 2023- General Information and Calendar



7th Grade Seaman Middle School Football 2023

Head Coach: Jordan Best- jbest@usd345.com

Assistants- Adam Chapman, Quinton Cook , Kelly Condray

Required Forms (4) before practice begins. All documents are found on the school website, found here: [Link](#)

- 1) Physical
- 2) Assumption of Risk
- 3) Concussion Form
- 4) Medical Consent

Personal Practice Equipment

The school will provide helmets, shoulder pads, jerseys, and pants. If your player would like to wear their own WHITE Helmet or shoulder pads they may do so only if they are in good condition. Helmets must be certified. Coaches will review all equipment to ensure its good to go.

Players will need to provide the following:

- 1) Compression Girdle: Includes hip, tail, and thigh pads. [Example Link](#)
- 2) Mouthpieces- Mouthpieces that attach to helmet facemasks are recommended. Players with braces should consult with their dentist.
- 3) Undershirt to wear under shoulder pads. Any shirt worn under shoulder pads must be school colors (white or navy). A dry fit shirt, compression shirt is recommended.
- 4) White Game socks (mid-calf)
- 5) Football Cleats

Player Absences

- If a player is unable to attend practice for any reason (illness, travel, etc.) please contact Coach Best. Email: jbest@usd345.com
- . Unexcused absences can result in disciplinary action and/or loss of playing time.
- Three unexcused absences can result in dismissal from the team at the coaches discretion.
- Attendance will be taken each day.

Communication

- Join the Group me page for updates by seeing the bottom page of this document.
- Practices changes, weekly parent letters, and travel ETAs will be communicated through Groupme. Please ask me privately if you have any questions or concerns.



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Grades

- Student-athletes will be reminded that they are students before athletes and grades are more important than playing time.
- In order to be eligible for play, students must not have any F's.
- Weekly Grade checks will be completed on Mondays, Any F's will cost the player their playing time.
- IF a student continues to struggle with a course they must create and action plan with that teacher to help get their grade up. I will follow up with this.

Practices

- The first three practices are August 14th-16th, three days before school starts. These three practices are from 5:45-8:30pm. All other practices will be after school. If there is a conflict, please email jbest@usd345.com
- Practices will end around 5:15pm. Players need to be picked up at the front of the building no later than 5:30pm.
- A coach will wait with the players until all are picked up. Please try to pick up your athlete on time. Communicate with coaches if there is a reason this pickup time will not work.

There are typically two different games on game day. This ensures that everyone gets to play each game day unless they are injured or are sitting out because of grades. Some will play in both games while others may only play in one or the other.

The schedule below is subject to change, and will be communicated with players and families



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August	8	9	10	11	12
13	14 Practice 5:45-8:30pm	15 Practice 5:45-8:30pm	16 Practice 6:00-8:00pm	17- First Day of School Practice 3:15-5:15 Parent Meeting 5:30	18 Practice 3:15-5:15	19 TBD
20	21 Practice 3:15-5:15	22 Practice 3:15-5:15	23 Practice 3:15-5:15	24 Practice 3:15-5:15	25 Practice 3:15-5:15	26
27	28 Practice 3:15-5:15	29 Practice 3:15-5:15	30 Practice 3:15-5:15	31 AWAY Junction City 3:30pm	September 1 Pictures Practice 3:15-5:15	2
3	4 Practice 3:15-5:15	5 Practice 3:15-5:15	6 Practice 3:15-5:15	7 HOME Jardine 3:30pm Away 5:00 Pm St. Marys	8 Practice 3:15-5:15	9



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11 Practice 3:15-5:15	12 Practice 3:15-5:15	13 Practice 3:15-5:15	14 HOME Emporia 3:30pm	15 Practice 3:15-5:15	16
17	18 Practice 3:15-5:15	19 Practice 3:15-5:15	20 Practice 3:15-5:15	21 HOME Washburn Rural 3:30pm	22 Practice 3:15-5:15	23
24	25 Practice 3:15-5:15	26 Practice 3:15-5:15	27 Practice 3:15-5:15	28 HOME Manhattan Eisenhower 3:30pm	29 Practice 3:15-5:15	30
October 1	2 Practice 3:15-5:15	3 Practice 3:15-5:15	4 Practice 3:15-5:15	5 AWAY Shawnee Heights 3:30pm	6 Practice 3:15-5:15	7
8	9 Practice 3:15-5:15	10 Practice 3:15-5:15	11 Practice 3:15-5:15	12 AWAY Manhattan Anthony 3:30pm	13 Equipment Check-in 3:05-5:00	14



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