

FOUR PROGRAMS ONE FAMILY

# **ZOZO SZASOT**MIDDLE SCHOOL INFORMATION

#### **INCLUDES:**

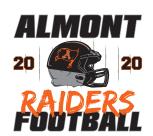
Cover Letter from Coach Leusby
Covid-19 Guidelines from MHSAA
Summer Schedule
Physical Questionnaire
FamilyID Information Sheet
Custom Mouthguard Information
Team Camp Form
Fundraiser Order Form
Game Socks Order Form
Program Book Ad Order Forms



# **ORDER ONLINE TODAY!**

Men's, Women's and Youth sizes!!! Great styles and colors to choose from.

SEE ADDITIONAL FLYER



For up-to-date program information and schedules, visit the Official Almont Football website, also on Facebook and Twitter.

# WWW.ALMONTFOOTBALL.COM

Almont Raiders-Football | 2 @AlmontRaidersFB



Parents and Players,

Thank you for attending tonight's football program meet and greet. Tonight is all about getting the ball rolling on the 2020 season. Although we have so much uncertainty due to the Covid-19 pandemic, as a program we are planning on preparing as everything will be a go in the fall. If you have any program questions that you didn't get answered tonight, please contact Coach Leusby at <a href="mailto:almontfootballprogram@gmail.com">almontfootballprogram@gmail.com</a> or text/call 586-405-2715.

Due to the Covid- 19 restrictions we will not have our traditional parent meeting gathering due to maintaining social distancing. Instead, please read through this cover letter and your team packet for information about the upcoming season. The coaches are all here this evening to help answer any football questions you may have.

We are adhering to the MHSAA guidelines concerning Covid-19. We are required to take temperatures of players and ask them symptom related questions before practice (see attached form). These questions will be done through a QR Code system for an online survey. These answers will be stored daily in our records. Our schedules reflect this extra time required so we are not taking away from our on-field practices and training. MHSAA also is allowing players to use their 2019 school year sports physical for the 2020 season as long as it's dated after 4/15/2019. YOU MUST FILL OUT THE ATTACHED QUESTIONNAIRE for 2020. If you do not have a physical dated after April 15, 2019, you must get a new physical.

Please take note of any due dates/deadlines on the forms included in this packet. Here are a few of the important items:

- FamilyID completed before August 8 (see instruction letter for help). Players that do not have FamilyID done will be last to get their equipment on August 9.
- Camp forms mailed or turned in by July 16. (must be in my hand on July 16th)
- Physical questionnaire/or new physical due before August 8.
- Fan Gear Website will renew and stay open until July 31st (we can only post the store for 2 weeks at a time)
- Aug 20th Raider Card Blitz Night (Mandatory for all HS Players)
- Summer Workout Protocol

We are glad to be getting back into football mode, although the situation we are facing changes daily the strength of our program has always been to take adversity head on. We will adapt and overcome and be a better program because of it.

Coach Leusby

## Almont Community Schools 4701 Howland Road Almont, MI 48003

# COVID-19 ASSUMPTION OF RESPONSIBILITY

The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization. COVID-19 is contagious and is believed to spread mainly from person-to-person contact. As a result, federal, state, and local governments have recommended various protective measures including wearing face masks where possible, frequent handwashing, use of hand sanitizer and social distancing. The Almont Community Schools have put in place preventative measures directed by the state government to reduce the spread of COVID-19; however, the Almont Community Schools cannot guarantee that your student-athlete will not become infected with COVID-19 while involved in extra circular activities. If a child contracts COVID-19 the child can have serious medical complications which could result in death and if a child is infected they can spread the COVID-19 virus to others which can result in other people, including family members, having serious medical complications which can result in death.

complications which can result in death.				
By signing this agreement, the undersigned parents of				
(print students name)				
request that our child be permitted to participate in the following sports programs at the Almont Community Schools:				
(print the name of all sports that the student will participate in during 2020	<u>-2021)</u>			
The decision to have our child participate in the listed sports programs is our decision alone. We agree to and assume all risk of infection of the COVID-1 our child arising out of our child participating in the listed sports programs and agrindemnify and hold harmless the Almont Community Schools, its employees and members from any and all liability including claims for personal injury, sickness of to COVID-19 arising out of or relating to our child's participation in the listed sport programs.	9 virus by gree to I Board or death due			
Signatures of Parents or Legal Guardian	Date			



#### MHSAA Return To Play Phases for Football

The return to football will be broken up into 3 Phases. Here is a quick outline of what each phase will look like for our program.

Phase 1: Cleared already- OUTDOORS ONLY

- At home conditioning and Individual workouts through PLT4M
- Students can not use the same equipment or ball without it being cleaned in between contact (no passing between two athletes)

Phase 2: June 15th (OUTDOORS ONLY) -We are here!

- Low risk practices and workouts allowed outside
- 7 on 7 vs air only (must maintain 6ft social distancing requirements)
- Helmets only. Balls can be shared among athletes but must be cleaned after use
- Weight room/indoor facilities closed until state gives us permission to open

Phase 3: Dates TBD

- Moderate risk practices and competitions allowed (7 vs 7 football)
- High Risk competition allowed when state regulations allow (Full Practice/Games)



## **Summer Workout**

#### When on Campus

- When students are arriving at workouts, they must wait six feet apart.
- All coaches and students will be screened for signs/symptoms of COVID-19 prior to a workout. Screening includes a daily symptom questionnaire by QR Code. (*Please download a QR Reader prior to July 8th*) Coaches will take the player's temperature during daily attendance. (*if a player doesn't have a phone a written questionnaire will be provided each day*)
- Any person with positive symptoms reported will not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Any person who has had a fever or cold symptoms in the previous 24 hours should not be allowed to take part in workouts and should contact his or her primary care provider or other appropriate health-care professional.
- Hand sanitizer will be available, students, coaches, will be encouraged to use it often.
- Individuals should wash their hands for a minimum of 20 seconds with warm water and soap before touching any surfaces or participating in workouts.
- Locker rooms will not be available during this phase. Individuals should arrive dressed and prepared. Personal belongings should be kept in a car or kept 6 feet away from others.
- Face coverings should be worn if a player is not participating in aerobic or physical activity. Program will provide players with a "Raider gaiter", it will be made of cotton and not considered medical grade.
- All students must bring their own water bottle. Water bottles must not be shared.
- When the weight room opens every player MUST have his own towel
- Hydration stations (Water Trough/Horse.) will not be utilized. Make sure to bring enough water to last the entire practice.
- Workouts will be planned with a minimum distance of 6 feet between each individual at all times during social distancing restrictions
- There should be no shared athletic towels, clothing or shoes between students.
- Students and coaches will wash hands or use hand sanitizer after they have touched something another person recently touched.
- No spitting or snot rockets
- When students are leaving summer workouts they must adhere by the social distance requirements
- Students should shower and wash their workout clothing immediately upon returning to home

\*\*It is important that we do our part as a program to lessen the spread of Covid-19, our season depends on it!!



2020 Al	mont Raiders	Middle School Football Schedule
Date	Time	Event
June 12th-June 27th	7pm-8pm	Summer begins. Great time for family vacation. Voluntary workouts at practice field.
June 28th - July 7th		MHSAA Dead period. Great time for family vacation
July 13,14,15,16,	6pm-8pm	Middle School camp - Free
July 20-23 (Tentatively)	?	Extra work- TBD
July 27,28,29,30	6pm-8pm	Program camp - \$35
Aug 1-8		MHSAA Dead period. Great time for family vacation
Aug 10th - 1st official day	4pm-830pm	Team event(Movie TBD) Equipment handout, locker room setup, parents mtg
Aug 11-14	3:30-5 4:30-6	
	5:30-7 6:30-8	7 man workouts - groups/times TBD
Aug 17-21	3:30-5 4:30-6	
	5:30-7 6:30-8	7 man workouts - groups/times TBD
Aug 24th	5pm-7pm	1st day of school. 1st full practice
Aug 24th- Standard Practice Schedule Begins		Mondays 4:30-7 Tuesdays 4:30-7 Wed 2:45-5 until games start Thursdays 2:45-5 Fridays 2:45-5
Aug 25th - Team Pictures 5pm Followed by Practice Until 7pm	5pm-7pm	Team Pictures Followed by Practice
Aug 29th - Weather Permitting	8am-12pm	Team Community Service Event (8-10am), Team Intros (10- 10:30), Parents vs Players Flag Football 10:30-11:30), Team/Family lunch (11:30-12)
Sept 7th	6pm-9pm	Labor Day practice followed by team meal
Monday October 26th	2:30-6	Equipment hand in, team 3v3 basketball tournament, pizza party
	Game Sched	ule - All games are at 4:30
Date/ Opponent	Bus Departs	Arrive Back at School
9/9 @ Imlay City	3:15	6:30
9/16 Home vs Algonac		
9/23 Home vs North Branch		
9/30 @ Cros-Lex	2:30	7:30
10/7 @ Armada	3:00	7:00
10/14 Home vs Richmond possibly	, a later start time	for "under the lights" game
10/21 Home vs Yale - On field pho	to opportunities	following the game.

This Sports Health Questionnaire may only be used for students who received a valid sports physical during the 2019-20 school year (one completed on or after April 15, 2019). A school may require a student to have a valid physical exam.

	, ,	21 MHSAA SPORTS HEALTH O	(OLS HOMMAINE		15
	/	٨٥٥	Dirth Data	I I I I I I I I I I I I I I I I I I I	association .
rade	School	Age Sport(s)	Birth Date		/
ddre	essess				
hone	e	Date of Last Sports 0	Qualifying Physical Exam	/	/
		Check Yes or No for each que			
	Since your last complete Sports C	ualifying Physical Exam with your physic		OLLOWING?	
1.	Has a doctor ever restricted or denied your	participation in sports for any reason without	clearing you to return to sports?	YES	NO
2.		ctor ever told you that you had an abnormal h		—— >	
3.	•	or nearly passed out during or after exercise	, ,	·	
4.		pain, tightness, or pressure in your chest duri			
5.	·	in your chest or skip beats (irregular beats) d			
6.		feel more short of breath than expected duri	_		
7.	In the last year, have you had an unexplair	·	ng oxoroise.		
8.		iate family died suddenly and unexpectedly fo	or no annarent reason?		
9.		relative died of heart problems or had an une		hefore	
0.	age 35 (including an unexplained drowning		Apostod of diffeaplatified odddoff dodtiff	<u></u>	
10.	In the last year, has anyone in your immed	iate family had instances of unexplained faint	ing, seizures, or near drowning?		
	In the last year, has anyone in your immed myopathy (HCM), Marfan Syndrome, arrhy Syndrome, or catecholaminergic polymorpl	iate family been diagnosed with a genetic he thmogenic right ventricular cardiomyopathy (, nic ventricular tachycardia (CPVT)?	art problem such as hypertrophic cardi ARVC), long or short QT Syndrome, Br	o- rugada 	
		iate family <u>before age 35</u> had a heart problen	n, pacemaker, or implanted defibrillator	 ?	
		or concussion that still has symptoms like co			
14.	In the last year, has a doctor restricted or c clearing you to return to sports?	lenied your participation in sport due to a seri	ous injury or medical condition without		
	Parents or Logal Guardians: Please no	ote below any health concerns, medication	ns, or allergies that may be importan w does not allow for complete comm		hes
	and/or athletic director to ke	y require a student to have a valid physica			_
<b>&gt;</b>	and/or athletic director to ke Schools ma I do not know of any e I certify that the answers t	y require a student to have a valid physical property of the physical or additional health reaso the above questions are true and accura	ns that would preclude participation at the and I approve participation in ath	n in sports. Iletic activities	
<b></b>	and/or athletic director to ke Schools ma	y require a student to have a valid physical property of the physical or additional health reaso the above questions are true and accura	ns that would preclude participation at the and I approve participation in ath	ı in sports.	   
FOR	and/or athletic director to ke Schools ma I do not know of any e I certify that the answers t Parent or Guardian or 18-Year-Old S	xisting physical or additional health reaso of the above questions are true and accurational student Signature  Student Signature of the above questions requires	ns that would preclude participation ate and I approve participation in ath	n in sports. Iletic activities Date	_
FOR	I do not know of any e I certify that the answers t  Parent or Guardian or 18-Year-Old S  ATHLETIC DIRECTOR USE: A YES answ INFORMATION IS COMPLETE	xisting physical or additional health reaso of the above questions are true and accurational student Signature  Student Signature of the above questions requires	ns that would preclude participation ate and I approve participation in ath nature  a physical exam from a MD, DO, NF	Date P, PA prior to	_
FOR	and/or athletic director to ke Schools ma  I do not know of any e I certify that the answers to the second	xisting physical or additional health reaso the above questions are true and accurational student Signature  Student Signer to any of the above questions requires	ns that would preclude participation ate and I approve participation in ath nature  a physical exam from a MD, DO, NF STUDENT REQUIRES FOLI P, ACSM, AMSSM, AOSSM, AOASM;	Date P, PA prior to LOW-UP	– particiņ
FOR	and/or athletic director to ke Schools ma  I do not know of any e I certify that the answers to the second	xisting physical or additional health reaso of the above questions are true and accurational student Signature  Student Signature Student	ns that would preclude participation atte and I approve participation in ath nature  a physical exam from a MD, DO, NFSTUDENT REQUIRES FOLION, ACSM, AMSSM, AOSSM, AOASM;	Date  P, PA prior to LOW-UP	– particiņ
	and/or athletic director to ke Schools ma  I do not know of any e I certify that the answers to the second	existing physical or additional health reaso the above questions are true and accurations are true and accurations. Student Signature  Student Signature  Student Signature  Student Signature  Student Signature AAFP,	ns that would preclude participation ate and I approve participation in ath nature  a physical exam from a MD, DO, NFSTUDENT REQUIRES FOLION, ACSM, AMSSM, AOSSM, AOASM;  UDENT-ATHLETE)	Date P, PA prior to LOW-UP	particip
S	and/or athletic director to ke Schools ma  I do not know of any e I certify that the answers to the second of the	xisting physical or additional health reaso of the above questions are true and accurating and of the above questions are true and accurating and of the above questions requires a sical Evaluation (Fifth Edition): AAFP, AAD DETACH HERE IF NEEDED TO ACCOMPANY STRINGTON: COMPLETED BY PARENT Doctor:	ns that would preclude participation atte and I approve participation in ath nature  s a physical exam from a MD, DO, NFSTUDENT REQUIRES FOLION, ACSM, AMSSM, AOSSM, AOASM;  UDENT-ATHLETE)	Date  Date  P, PA prior to LOW-UP  AAP, 2019	particip
S	and/or athletic director to ke Schools ma  I do not know of any e I certify that the answers to the second of the	xisting physical or additional health reaso of the above questions are true and accurations are true and accurations.  Student Signature  Student	ns that would preclude participation ate and I approve participation in ath nature  a physical exam from a MD, DO, NFSTUDENT REQUIRES FOLI P, ACSM, AMSSM, AOSSM, AOASM;  UDENT-ATHLETE)	Date  P, PA prior to LOW-UP  AAP, 2019	particip



#### MHSAA SPORTS HEALTH QUESTIONNAIRE - CONSENT - INSURANCE

Shaded headline areas are to be completed by student, parent/guardian or18 year old

Signature of PARENT or GUARDIAN or 18-YEAR-OLD:\_\_\_\_\_



There are **FOUR** (4) signatures on this page 4 to be completed by student, parent/guardian and/or 18-year-old

Date:

Student Name:	last	first	middleinitial
		IIISL	middleimilai
Student Address:	street	city	zip
Gender: M	F Age:Date of Birth:	Place of Birth (City/State):	
School:		Grade:	
Father/Guardian Name	DI:		
Phone (home):	(work):_	(cell):	
Mother/Guardian Name	e:		
		(cell):	
		,	
	STUDENT PARTICIPATION &	PARENT or GUARDIAN or 18 YEAR OLD CONSI	ENT
		e. By my/my child's signature below, <mark>I/we acknowledge that</mark> l rtment of Health and Human Services and MHSAA requir	
nat participation in suc ersonal injury associat	ch athletics is purely voluntary; that suced with participation in such activities, w	sponsored athletics, I/we do hereby agree, understand, app ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we is representatives committee members, employees, agents, a	oreciate, and acknowledge: that there is inherent risk of aive any and all claims, suits, losse
nat participation in suce ersonal injury associat ctions, or causes of action filiates based on any inju hild's participation in an we understand that I am/ pove student to engage in	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the discloss	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is used to the MHSAA of information otherwise protected by FER	oreciate, and acknowledge: that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/ we hereby give my consent for the
at participation in sucersonal injury associated injury associated in sucersonal injury associated in any injury and index participation in an any eunderstand that I am/recove student to engage in a termining eligibility for in	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	oreciate, and acknowledge:  that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/ we hereby give my consent for the PA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associated injury associated injury associated in an any injury injur	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associated injury associated injury associated in any injury associated in any injury and index participation in an any europe student to engage in a stermining eligibility for install	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person the manner of the disclosinterscholastic athletics. My child has my person the disclosinterscholastic athletics.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associated injury associated injury associated injury associated injury associated in an analysis participation in an analysis and that I am/recove student to engage in a stermining eligibility for instance of Signature of Signature of I	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person the manner of the disclosinterscholastic athletics. My child has my person the disclosinterscholastic athletics.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is used to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associated by the second of the se	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person the manner of the disclosinterscholastic athletics. My child has my person the disclosinterscholastic athletics. My child has my person the disclosinterscholastic athletics.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do blished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associated by the student of	ch athletics is purely voluntary; that such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person the manner of the disclosinterscholastic athletics. My child has my person or GUARDIAN or 18-YEAR-OLD comply with the specific insurance requires health insurance:  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my person or GUARDIAN or 18-YEAR-OLD comply with the specific insurance requires health insurance:  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics. My child has my person interscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics. My child has my person interscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics. My child has my person interscholastic athletics and for the disclosinterscholastic athletics and for the disclosinterscholastic athletics.	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do blished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and aring or arising in any way from my/we hereby give my consent for the IPA and HIPAA for the purpose of town trips.
nat participation in successonal injury associate ctions, or causes of action ffiliates based on any injury initiates based on any injury in an initiate based on a succession of the student-athlete has a succession of the student of the stud	ch athletics is purely voluntary; that such add with participation in such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the discloss interscholastic athletics. My child has my personant or GUARDIAN or 18-YEAR-OLD Comply with the specific insurance regast health insurance:  WES YES Cee Co: YES	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do blished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
at participation in sucersonal injury associate ctions, or causes of action filiates based on any injurial year and that I am/yeave student to engage in etermining eligibility for instance of Signature of Signature of I amy son/daughter will on the student-athlete has YES, Family Insuran dditionally, I hereby signature by some student of the student	ch athletics is purely voluntary; that such additional participation in such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosinterscholastic athletics. My child has my personate in the complexity of the disclosinterscholastic athletics and for the disclosinterscholastic athletics. My child has my personate in the complexity of the disclosinterscholastic athletics. My child has my personate in the complexity of the disclosinterscholastic athletics. My child has my personate in the complexity of the disclosinterscholastic athletics and for the disclosinterscholasti	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, dublished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-  D:	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and uring or arising in any way from my/we hereby give my consent for the PA and HIPAA for the purpose of the town trips.
nat participation in successonal injury associate ctions, or causes of action filliates based on any injury initiates based on any injury in any initiates based on any injury initiates based on any injury injury in any injury i	ch athletics is purely voluntary; that such addition in such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the modern of the disclosenterscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the modern of the disclosenterscholastic athletics. My child has my personate in the modern of the disclosenterscholastic athletics and for the	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we are representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do blished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-  D:	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, and aring or arising in any way from my/we hereby give my consent for the IPA and HIPAA for the purpose of town trips.
nat participation in sucersonal injury associate ctions, or causes of action ffiliates based on any injury hild's participation in an owe understand that I am/obove student to engage in etermining eligibility for instance of Signature of Signature of Instance of Instanc	ch athletics is purely voluntary; that such ded with participation in such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do blished athletic policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-of-  D:	that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, an uring or arising in any way from my/we hereby give my consent for the tPA and HIPAA for the purpose of town trips.
nat participation in sucersonal injury associate ctions, or causes of action ffiliates based on any injury hild's participation in an owe understand that I am/obove student to engage in etermining eligibility for instance of Signature of Signature of Instance of Instanc	ch athletics is purely voluntary; that such ded with participation in such activities, we hagainst the MHSAA, its members, officers by to me, my child, or any person, whether be MHSAA-sponsored sport.  We are expected to adhere firmly to all estable interscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic athletics. My child has my personate in the complexity of the disclosenterscholastic athletics and for the disclosenterscholastic	ch activities involve physical exertion and contact and which risk I/we assume; and that I/we agree to, and hereby we representatives, committee members, employees, agents, a ecause of inherent risk, accident, negligence, or otherwise, do the policies of my school district and the MHSAA. It is sure to the MHSAA of information otherwise protected by FER ermission to accompany the team as a member on its out-off.  D:	preciate, and acknowledge: that there is inherent risk of aive any and all claims, suits, losse attorneys, insurers, volunteers, an uring or arising in any way from my/ we hereby give my consent for the the And HIPAA for the purpose of town trips.

#### STEPS TO REGISTER YOUR ATHLETE ON FamilyID

This message is for families with children participating in sports at Almont Community Schools.

We are excited to announce that Almont Community Schools is now offering the convenience of online registration through FamilyID for our sports programs. Family ID is a secure registration platform that provides you with an easy, user-friendly way to register for our sport programs and helps us to be more administratively efficient and environmentally responsible.

When you register through FamilyID, the system keeps track of your information in your FamilyID profile. You enter your information only once for each family member for multiple uses and multiple programs. *Do not register / pay for your child until they have tried out and made a team.* 

As in the past, students must have a completed hard copy of the MHSAA Physical Form. The completed physical form must be brought to the Athletic Office at the High School <u>before</u> tryouts. This form will remain on file in the athletic office until it expires. (See the top of the MHSAA physical form for more information on expiration).

Once your child has tried out and been accepted on a team, a parent / guardian, along with the student athlete can go to <a href="www.almontschools.org">www.almontschools.org</a> and click on Athletics, then on the next page click on FamilyID. Once you have reached the FamilyID site, you can register by clicking on "Register Now". Follow the "new family" or "returning family" steps below:

### **DIRECTIONS FOR NEW FAMILIES:**

- 1. To find your program, click on the link above and select the registration form under the word *Programs*.
- 2. Next click on the green *Register Now* button and scroll, if necessary, to the *Create Account/Log In* green buttons. If this is your first time using FamilyID, click *Create Account*. Click *Log In*, if you already have a FamilyID account.
- 3. *Create* your secure FamilyID account by entering the account owner Frist and Last names (parent / guardian), Email address and password. Select *I Agree* to the FamilyID Terms of Service. Click *Create Account*.
- 4. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (span, junk, etc.)
- 5. Click on the link in your activation E-mail, which will log you in to FamilyID.com.
- 6. Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.
- 7. Click the *Save & Continue* button when your form is complete.
- 8. Review your registration summary.
- 9. Click the green *Submit* button. After selecting "Submit", the registration will be complete. You will receive a completion email from FamilyID confirming your registration.

At any time, you may log in at <a href="www.familyid.com">www.familyid.com</a> to update your information and to check your registration(s). To view a completed registration, select the "Registration" tab on the blue bar.

#### **DIRECTIONS FOR RETURNING FAMILIES:**

You may use the information you submitted in previous seasons to save time with future registrations. Please use the following steps.

- 1. Click on the Current Season registration form on your school's FamilyID Landing page.
- 2. Login using the e-mail address and password you created last season.
- 3. Choose the sport.
- 4. Click on "Add Participant Below or Click to Select" and pick your child's name.
- 5. Update health and demographic information, if necessary.
- 6. Sign-off on seasonal agreements.
- 7. Save and Submit.

**SUPPORT:** If you need assistance with registration, contact FamilyID at: <a href="mailyioloom"><u>support@familyid.com</u></a> or call 888-800-5583 x1. Support is available 7 days per week and messages will be returned promptly.

Dr. Jay Vanderest Dr. Lois Meek 106 S. Main St. Almont, MI 48003 (810)798-3941

# **Custom Mouthguard Information 2020**

The risk of serious injury to the mouth is inherent in all contact sports. Therefore, it is important for you, or your child to wear a mouthguard while participating in contact or collision sports. Coaches and trainers generally urge all participants in contact sports to wear a mouthguard when playing or practicing to reduce the degree of injury from traumatic blows to the head and/or mouth.

The wearing of a mouthguard of any kind cannot prevent all mouth injuries from occurring. **A properly fitted, custom fabricated mouthguard** can help prevent most mouth injuries as well as decrease the incidence of **concussion**.

Dr. J. Vanderest and staff will be available Friday, July 24<sup>th</sup> starting at 9:00<sub>am</sub> to take impressions of the athlete's teeth so a mold can be made to fabricate the custom mouthguard. There will be a sign-up sheet available for the student athlete's who are interested. If you are unavailable on July 24<sup>th</sup> please contact our office by July 10<sup>th</sup> to make an appointment and guarantee delivery and current fees.

# IF YOU CURRENTLY WEAR BRACES PLEASE CONTACT YOUR ORTHODONTIST FOR A PROPERLY FITTED MOUTHGUARD.

Custom mouthguard: Fee \$30.00 (To be paid at time of impression) Available in orange and black

The mouthguards are provided by Gary Zehnder from Brooklands Dental Lab.

If you have any questions and/or concerns, Dr. Vanderest may be reached at 810-798-3941.

1977, 1996, 1998, 2006, 2007, 2008, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018 & 2019 MHSAA Playoff Qualifiers 2006, 2007, 2008, 2010, 2014, 2018 & 2019 Blue Water Area Conference (BWAC) Champions

2008, 2011, 2014 & 2019 MHSAA Division 5 District Champions 2011, 2014 & 2019 MHSAA Division 5 Regional Champions 2011, 2014 & 2019 MHSAA Division 5 State Semifinals Champions 2019 MHSAA Division 5 State Championship Finalist Deadline for pre-registration and t-shirts

July 17

# **ALMONT YOUTH TACKLE & MIDDLE SCHOOL TECHNIQUE CAMP**

\* July 27 - July 30 - 6:00-8:00 PM \*

Campers will learn the base Wing-T offense and 4-4 defense ran in the Almont Football program.

**Investment: \$35** 

**Camp Mission** — The goal of the Almont Football Camps is to teach the game of football through stressing the fundamentals with enthusiasm and repetition.

Camp Location - Almont High School - Football Complex - 4701 Howland Rd., Almont, MI 48003

Camp Staff - Coach Leusby, Almont Football Coaching Staff & Almont Football Players

**Camp Information**— Each camper will receive a t-shirt at the end of camp. Each camper should wear cleats, shorts and a t-shirt and bring a water bottle each day.

**Camp Registration**— **Deadline for pre-registration and t-shirts is July 17.** Please continue to register up to and including day of your desired camp. If t-shirts are still available, you will be given one. Please contact Coach Leusby 586-405-2715 if the investment is difficult at this time. We will be able to work something out. This shouldn't be the reason for your son not attending camp.

# MAKE CHECKS PAYABLE TO: ALMONT FOOTBALL

Return or mail this form with payment and waivers to: Coa			
PLAYER'S NAME			
ADDRESS	CITY	ZIP	
CONTACT NUMBER () PA	RENTS NAME(S)		
PARENT EMAIL			
T-Shirt size: Youth- YS YM YL Adult- SM	M L XL 2XL		
We do not hold Almont Community Schools or camp staff responsible for any injuries that may occur at Almont Football Youth Camps. If there is an emergency, please contact the number below.			
PARENT SIGNATURE	EMERGENCY NUMBER (	)	





# 2020 MIDDLE SCHOOL FUNDRAISER

T-SHIRT and a CAR DECAL

\$20



NAME \_\_\_\_\_

WHITE	S	М	L	XL	2XL	3XL	4XL
T-shirt							
GRAY	S	М	L	XL	2XL	3XL	4XL
T-shirt							
BLACK	S	М	L	XL	2XL	3XL	4XL
T-shirt							

Return forms to Coach Davedowski by **AUGUST 21**st
CASH OR CHECK-MAKE CHECKS PAYABLE TO: ALMONT FOOTBALL

**TOTAL** 





# DEADLINE TO ORDER: JULY 17 MAKE CHECKS PAYABLE TO: ALMONT FOOTBALL

NAME			
SOCKS			
QUANTITY		TOTAL \$	
CIRCLE SIZE:	ADULT SIZE 8-12	XL-ADULT SIZE 13-14	





# 2020 ALMONT FOOTBALL OFFICIAL GAME PROGRAM

## **PERSONAL AD**

Thank you for supporting your football player, cheerleader, dancer or band member in the Annual Raider Country Game Program.

FOUR PROGRAMS TO ONE FAMILY
RAIDER
COUNTRY
20 20
2020 ALMONT FOUTBALL Official Game Program

Your Name	Deadline for
Contact Number	ad placement is  August 17
Ad text	
Ad Size	

# **CONTACT INFORMATION**

Andrea Kruse (810) 614-8035 kruse.andrea@icloud.com Email artwork to kruse.andrea@icloud.com
If needed, artwork can be designed for you.
Make checks payable to "Almont Football"

# **AD SPECS**

1/8 page ad — \$10 1/4 page ad — \$25 1/2 page ad — \$50

1/8 page ad - 3.675 x 2.375 1/4 page ad - 3.675 x 4.875 1/2 page ad - 7.5 x 5

1/8 page ad	1// page ad
1/8 page ad	1/4 page ad
1/2 pa	nge ad

# **CIRCLE ONE**

Football - V JV MS Y

Cheer - V JV MS Y

**Dance** 

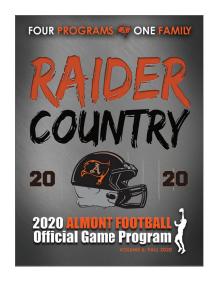
**Band** 



# 2020 ALMONT FOOTBALL OFFICIAL GAME PROGRAM

# **BUSINESS AD**

Thank you for supporting the Annual Raider Country Game Program.



Business Name	Deadline for ad placement is
Contact Name	August 17
Contact Number	
Ad Details	
Ad Size	

# **CONTACT INFORMATION**

Andrea Kruse (810) 614-8035 kruse.andrea@icloud.com Email artwork to kruse.andrea@icloud.com
If needed, artwork can be designed for you.
Make checks payable to "Almont Football"

# **AD SPECS**

1/8 page ad - \$25 1/4 page ad - \$50

1/2 page ad - \$75

Full page ad — \$175

Call for availability on Cover ads Inside Front Cover ad – \$275 Inside Back Cover ad – \$275 Back Cover ad – \$325 1/8 page ad

Full page ad

1/8 page ad

1/8 page ad

1/8 page ad

1/2 page ad

