



# PANTHER JR FOOTBALL

## WELCOME TO THE 2017 SEASON

**Football practice begins Monday, July 31 • O'Neill Middle School, 635 59th St., DG**  
**Coaches will check-in players.**

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- ★ If you will not be at practice any day during the first two weeks, please email [secretary@pantherjrfootball.org](mailto:secretary@pantherjrfootball.org) so we can notify the coaches.
  - ★ A **copy** of a birth certificate is required for any child who did not participate in the 2016 season. If you have not turned-in your birth certificate, please bring a **copy** on the first day of practice (we cannot accept originals). Alternatively, scan/email to [secretary@pantherjrfootball.org](mailto:secretary@pantherjrfootball.org), or FAX 630-964-1282.

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### TACKLE FOOTBALL

- Practice runs Monday through Friday, 6:00 - 8:00 PM at O'Neill Middle School, until school starts.
- **Monday July 31: Helmets only, no contact.** Players should wear helmet with mouth guard attached, practice jersey, athletic supporter, and football shoes.
- **Tuesday, August 1 & 2: Full equipment, light contact.** Players should wear helmet with mouth guard attached, shoulder pads, practice jersey, rib vest, practice pants, athletic supporter, football shoes.
- **Wednesday, August 3 & forward: Full equipment, full contact.**
- Teams are selected during the first and second weeks of practice.
- While vacations and other commitments cannot be helped, it is important to attend as many practices as possible. Missing practice during the first two weeks may affect team assignment (we cannot hold places on a team for absent players). Missing practices may also affect playing time.
- You will be contacted by the head coach, once your player is on a team.
- Once school starts, practice moves to another park in Downers Grove, and runs three to four days per week. Your coach will advise practice days and location.

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### FLAG FOOTBALL

- Practice runs 6:00 - 7:30 PM at O'Neill Middle School on Monday, Wednesday, and Thursday until school starts.
- Equipment will be distributed at practice.
- You will be contacted by the head coach once your player is assigned to a team.
- Once school starts, practice two days per week. Your coach will advise practice days and location.

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### ALL FOOTBALL PLAYERS

- Drink water throughout the day to hydrate for practice.
- Bring plenty of water to practice.
- Use insect repellent.

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### OTHER IMPORTANT DATES & DETAILS

- August 16: **No practice** for any team. Head coaches will attend a league meeting.
- August 18 - 20: Panther Bowl Weekend, Doerhoefer Park.
- August 19: Team pictures at DG Rec Center. Schedule TBD.
- August 19: Season Kick-Off Party, Hummer Park, 6:30 - 9:30 PM. Raffle ticket winners will be drawn.
- September 2-3: Opening weekend.
- Regular season game schedule will be available late August.
- **All requests for refunds must be submitted by August 14.** Please contact [treasurer@pantherjrfootball.org](mailto:treasurer@pantherjrfootball.org).
- Football is a contact sport and injuries may occur. If a player is injured during practice or a game and requires a doctor's care or visit to the emergency room, please notify your head coach immediately. A written doctor's release is required before the player may return to practice or play.