

TERRA NOVA HIGH SCHOOL TIGERS
2017 - IMPORTANT FRESHMAN FOOTBALL DATES - 2017

WHERE CHAMPIONSHIP HABITS BEGIN IN THE CLASSROOM AND ON THE PLAYING FIELD!

**PLEASE NOTE THAT ALL FRESHMAN FOOTBALL INFORMATION LISTED BELOW IS TENTATIVE ...
BE SURE TO REFER TO THE FRESHMAN FOOTBALL PAGE ON www.terranovasports.com FOR UPDATES!**

REMEMBER ... FINISH YOUR 8th GRADE SCHOOL YEAR WITH STRONG STUDY HABITS AND ACADEMICS!

PHYSICAL EXAMS FOR THE 2017 FOOTBALL SEASON CAN BE TAKEN NOW!

Each athlete must have passed a physical exam for tackle football during the calendar year preceding the first day of required football practice ... physicals may be obtained from your family physician or through arrangements set up by the TNHS Athletic Department ... please plan ahead.

Refer to the TNHS Physical Exam Flyer for details!

Terra Nova High School has instituted an online process for ATHLETIC REGISTRATION ... you will need your Physical Exam Document in your possession to complete the TNHS Athletic Registration process.

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| <p>Thursday June 15</p> | <p>Freshman Football post card invitations mailed home to all incoming freshman boys ... potential players read the post card and are directed to an online TNHS Freshman Football sign-up form ... fill out and submit the online form!</p> <p><i>CIF rules do not allow TNHS coaches to contact incoming freshman student/athletes until they have graduated from their 8th grade school.</i></p> |
| <p>Thursday June 22</p> | <p>Freshman Football Information Night</p> <p>7:00 pm in the TNHS Theater</p> |
| <p>Monday June 26 thru Friday July 21 9:00 am to 11:00 am</p> | <p>BIGGER - FASTER - STRONGER PROGRAM</p> <p>Voluntary Freshman Football "BFS Readiness" Program Begins</p> <p>BFS Parent Permission Form (available on www.terranovasports.com) & 8th grade report card are required!</p> <p>Mon - Wed - Fri = Weight Training & Football Drills. Tue - Thur = Speed Training & Football Drills.</p> <p>Freshman Football BFS will <u>NOT</u> meet on July 3rd, 4th and 5th.</p> <p>The BFS Readiness Program concludes on Friday, July 21.</p> |
| <p>Wednesday June 28 thru Tuesday July 4</p> | <p>TNHS TIGER FOOTBALL RED DEVIL FIREWORKS STAND</p> <p>Fairmont Shopping Center Corner of Hickey & Gateway in Pacifica</p> |
| <p>Monday July 17</p> | <p>Detailed Freshman Football packets are made available online to those freshman athletes who have completed the online sign-up form.</p> <p><i>Packet includes parent permission, insurance, physical exam and numerous parent/athlete waiver forms that are all required to be completed and submitted online to the Head Freshman Football Coach before you can participate in mandatory football practice.</i></p> |

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| Friday July 21 | Freshman Football BFS Readiness Program concludes. |
| Monday July 24 Thru Thursday August 3 | <p>CIF "No Contact" Period Begins No athletic (football) activities allowed until the first day of mandatory football practice (Friday, August 4th).</p> <p>GREAT TIME FOR FAMILY VACATIONS!</p> <p>*** FRESHMAN FOOTBALL EQUIPMENT ISSUE *** THURSDAY, AUGUST 3rd ... 9:00 am to 10:30 am in the Terra Nova HS Wrestling Room Equipment will be issued prioritizing those athletes with the highest 8th grade GPA's and the best BFS Readiness Program attendance!</p> |
| Friday August 4 | <p>FIRST DAY OF MANDATORY FRESHMAN FOOTBALL PRACTICE - 9:00 am to 11:30 am</p> <p>Please note that required freshman football practice begins <u>BEFORE</u> the first day of school ... PLEASE PLAN AHEAD!</p> |
| Saturday August 5 | FRESHMAN FOOTBALL PRACTICE - 9:00 am to 11:30 am |
| Sunday August 6 | REST DAY (<u>NO</u> FOOTBALL ACTIVITIES) |
| Monday August 7 Tuesday August 8 Wednesday August 9 | FRESHMAN FOOTBALL PRACTICE WILL TAKE PLACE EACH DAY FROM 3:00 pm to 5:30 pm |
| Thursday August 10 | <p>FIRST DAY OF SCHOOL <i>Freshman Football Practice from 3:15 pm to 5:45 pm</i></p> |

BE SURE TO REFER TO THE
TERRA NOVA FRESHMAN FOOTBALL CALENDAR FOR ALL
GAME & PRACTICE DAYS (HOLIDAYS INCLUDED) ... PLUS
ACADEMIC ELIGIBILITY DEADLINES & REST DAYS (NO FOOTBALL ACTIVITY).

BE SURE TO PLAN AHEAD ... TIGER PRIDE!!