

2018 - IMPORTANT FRESHMAN FOOTBALL DATES - 2018

PHYSICAL EXAMS FOR THE 2018 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 from the TNHS team doctor ... please plan ahead!

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 ... an athlete **MUST** successfully complete their Athletic Registration before they can participate in practice on August 3rd.

The TNHS Athletic Department Online Registration Site can be accessed from Terra Nova's Athletic Program website ... www.terranovasports.com!

Week of May 28	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!
Monday June 18	Freshman Football Information Night 7:00 pm in the TNHS CAFETERIA
Wednesday June 20 thru Friday July 20 9:00 am to 11:00 am	<p>BIGGER - FASTER - STRONGER PROGRAM Voluntary Freshman Football BFS Readiness Program Begins</p> <p>Meets Monday thru Friday from 9:00 am to 11:00 am. Program lasts 5 weeks.</p> <p>Mon - Wed - Fri = Weight Training & Football Drills. Tue - Thur = Speed Training & Football Drills.</p> <p style="background-color: yellow; text-align: center;"><i>Freshman Football BFS will NOT meet on July 4th, 5th & 6th!</i></p>
Thursday June 28 thru Wednesday July 4	<p>TNHS TIGER FOOTBALL RED DEVIL FIREWORKS STAND OPEN IN FAIRMONT SHOPPING CENTER CORNER OF HICKEY & GATEWAY in PACIFICA</p>
Friday July 20	Freshman Football BFS Readiness Program concludes.
Monday July 23 thru Thursday August 2	<p>CIF "No Contact" Period Begins No athletic (football) activities allowed until the first day of mandatory football practice (Friday, August 3rd).</p> <p style="color: red; font-weight: bold; font-size: 1.2em;">GREAT TIME FOR FAMILY VACATIONS!</p>

<p>Friday August 3</p>	<p style="text-align: center;">FIRST DAY OF MANDATORY FRESHMAN FOOTBALL PRACTICE - 9:00 am to 11:30 am <i>Please note that required freshman football practice begins <u>BEFORE</u> the first day of school ... PLEASE PLAN AHEAD!</i></p>
<p>Saturday August 4</p>	<p style="text-align: center;">FRESHMAN FOOTBALL PRACTICE - 9:00 am to 11:00 am</p> <p style="text-align: center;">*** FRESHMAN FOOTBALL EQUIPMENT ISSUE *** AFTER PRACTICE ON SATURDAY, AUGUST 4 in the TNHS Wrestling Room Equipment will be issued prioritizing those athletes with the highest 8th grade GPA's and the best BFS Readiness Program attendance!</p>
<p>Sunday August 5</p>	<p style="text-align: center;">REST DAY ... <u>NO</u> FOOTBALL ACTIVITIES</p>
<p>Monday August 6 --- Tuesday August 7 --- Wednesday August 8</p>	<p style="text-align: center;">FRESHMAN FOOTBALL PRACTICE WILL TAKE PLACE ALL THREE DAYS FROM 9:00 am to 11:30 am</p>
<p>Thursday August 9</p>	<p style="text-align: center;">FIRST DAY OF SCHOOL Freshman Football Practice from 1:00 pm to 3:30 pm</p>

TIGER PRIDE!