



KNIFE RIVER MIDGET FOOTBALL LEAGUE



The purpose of this program is to learn tackle football fundamentals, teamwork and most of all to have fun.

Information

Practices will be held at the Moose Miller Softball field and the Baseball field, **beginning Monday, August 11th.**

After the first week of practice, players will be split into teams as evenly as possible. We ask your patience and cooperation with this process.

Games will be held on Saturday nights at the football field in Hazen (and possibly Beulah). We welcome and appreciate help from parents at the games (with setup, yard markers, etc.)

Players will provide their own practice jerseys, practice pants will be provided. **A game jersey and game pants will be provided to be worn for games only.** Since these items are expensive to replace, we ask that you care for them as directed. ***Please do not use bleach on the pants as it is very hard on them. Use Shout, soak, and them wash them in the washing machine.*** Thank you!!

Mouth guards are required and each player must provide their own.

We also suggest that each child bring a water jug.

Discipline

The players will have a lot to learn in a short time, so they will be expected to show up for practices on time, and unexcused absences will not be tolerated. (For each unexcused absence, the player will sit one [1] quarter of their next game.) **If you are not able to attend a practice, please inform the coach.**

We will not tolerate any cheap shots, unnecessary roughness, fighting, or swearing at practices or games.

Any player breaking these rules will be warned once. After one [1] warning, the player will be sent home from practice, or if during a game, will be sat on the bench for the remainder of the game.

Practices

Practices will be held Monday, Tuesday, Thursday, and Friday from 4:00-5:30 p.m. MST. Please do not show up for practice before 3:45 p.m. MST.

All players must stay away from any other practices that are going on.

Parents who would like to watch practices are asked to park by the baseball field during practices. This is to help avoid interfering with the High School football practices.

Joe Amundson, Hazen Parks & Rec 748-6948