



# Florida St. Seminoles

Newsletter



September 4, 2008

## Welcome to the Florida St. Seminoles!!!

### New Division, New Name

You are now a member of the Florida State Seminoles in the 'A' Division.

Starting next week (and continuing through the school year), the Seminoles will be coming on Tuesdays and Thursdays from 4:15 – 5:30.

### Football Uniform and Equipment

There is no football rental equipment available for 3<sup>rd</sup> graders. There are two reasons for this; 1) Rental equipment that is available goes to the 1<sup>st</sup> and 2<sup>nd</sup> graders, and 2) it is important that children have equipment that fits them properly. As children get older, the games become more physical and it is important for your child to be properly protected.

Much of the football uniform is the same as last year; football pants, shoulder pads, long maroon socks, football helmet and cleats. You will have to remove ALL of the decals and tape on your football helmet (so you can get new decals and tape). You must also remove any glue residue from the helmet (use a mild cleaner to remove the residue, DO NOT use solvents like paint thinner or acetone – these will weaken the shell of the helmet).

You will also need to purchase a new football game jersey (it's time to retire the old one into the Hall of Fame). The jerseys are maroon with gold lettering. You can purchase everything you need at the Russell Park office.

Important! Please do not forget the mouthguard. This piece of equipment is MANDATORY in order to participate in practices and games.

#### Minimum Equipment Requirement for Practice

- Helmet (with chin strap)
- Mouthguard
- Shoulder Pads
- Jersey or Shirt
- Football Pants (w/ pads)
- Cleats (recommended)

### Problems or Questions?

Feel free to ask the coaching staff if you have any questions. You can contact Mr. Horton by calling (626) 222-7291 (if I don't pick up, leave a voicemail message) or by email at [phil@denovodental.com](mailto:phil@denovodental.com). Please do not leave a voicemail at Kare. It is likely that it will never be heard.

### Football Weight Limits

#### A Division (3<sup>rd</sup> Graders)

Less than 50 lbs	Move down to 'B' Division
50-80 lbs.	No Restrictions
80-90 lbs.	Can play offensive or defensive line only.
90-100 lbs.	Can play offensive line only
100-110 lbs.	Move up to 'AA' Division
Over 110 lbs	Not eligible for football

### Activity Schedule

#### Tuesday, Sep. 9

Football Practice – 4:15-5:30 – Russell

#### Thursday, Sep. 11

Football Practice & Team Meeting – 4:15-5:30 – Russell

#### Saturday, Sep. 13

Game vs. North Carolina – 12:00 – Russell Park

### Newsletter Available Online

Your child will be given a team newsletter each week. However, that is no guarantee that it will get home. You can view this newsletter on the internet by going to

<http://www.rhprep.org/phorton/news.htm>