



# Florida St. Seminoles

Newsletter



September 3, 2009

## Welcome Back!!!

### New Division

As of today, you are now competing in the 'AA' division (fourth grade).

Starting next week (and continuing through the school year), the Seminole AA's will be coming on Wednesdays and Fridays from 4:15 – 5:30 for practice (team meetings will be on Fridays). Saturday game times for football will be late morning or early afternoon.

### Football Uniform and Equipment

Much of the football uniform is the same as last year; football pants, shoulder pads, long maroon socks, football helmet and cleats. DO NOT remove the decals on your helmet – they are the same as last year. As you earn your "kill stickers", you can add them to the ones you earned last year.

**Please remember that football pants with pads and mouthguards ARE REQUIRED to participate in practices** (make sure to reserve the washing machine for Friday night). You might consider purchasing another pair of pants used for practice only (pads should be interchangeable). A jersey or shirt is also mandatory over the shoulder pads. If your child is missing any items, they will not be allowed to participate in practices or games.

### 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 [www.denovodental.com/news.htm](http://www.denovodental.com/news.htm)

#### Minimum Equipment Requirement for Practice

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

### Activity Schedule

#### Wednesday, September 9

Football Practice – 4:15-5:30 – Russell Park  
(Full equipment, including pants/pads)

#### Friday, September 11

Practice and Meeting – 4:15-5:30 – Russell Park

#### Saturday, September 12

Football Scrimmage – TBA – Russell Park  
(Wear game uniform)

#### Wednesday, September 16

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

#### Friday, September 18

Practice and Meeting – 4:15-5:30 – Russell Park

#### Saturday, September 19

Season Opener TBA – Russell Park

### Football Weight Limits

#### AA Division (4th Graders)

Less than 50 lbs	Move down to 'A' Division
55-90 lbs.	No Restrictions
90-100 lbs.	Can play offensive or defensive line only.
100-110 lbs.	Can play offensive line only
110-120 lbs.	Move up to 'AAA' Division
Over 120 lbs	Not eligible for football