



2019 Seven Oak Middle School Football 7th & 8th Grade

Seven Oak Middle School will offer 7th and 8th grade football for the 2019 season. Lacombe, Hamilton Creek, Pioneer, Sandridge Charter, East Linn, and Lebanon Home School students are all welcome to play.

Football Participation Fee: -\$50 -Free or Reduced Lunch \$35 (Forms Available)

Participation fees include the use of a helmet, shoulder pads, pants with pads, practice and game jerseys. Each participant must provide his or her own football cleats (white, silver, blue, or combination of these colors), game socks (royal blue), and mouthpiece (No Fangs) that attaches to helmet facemask.

Sports Physicals are required to participate in Football. The official OSAA form must be used. The forms are available on the OSAA website and also 7 Oak's website.

Sports physicals are good for two years

12 p.m. June 17-20 (Mon-Thurs): Middle School Football Camp at LHS.

August 13th -15th: Turn in athletic forms, sports physical forms, and fees at Seven Oak Middle School registration, 12-6 p.m. on Tuesday and Wednesday, 9-3 Thursday.

August 27th: First practice at Seven Oak Middle School Football Field in shorts, t-shirt, and cleats. (3:40-5:30) We now have a great locker room for MS Football only.

Summer weight program at Lebanon High School for all 6th-9th graders starts June 17th. Mondays, Wednesdays and Thursdays from 10:00-11:30. This is expertly run by the LHS coaching staff. All athletes welcome!

Weekly passing grade and behavior checks are required to participate in games, as is daily practice attendance. Three unexcused absences from practice will result in dismissal from the team.