



## Kettle Moraine Junior Lasers Football

# Tackle Football – 2026

### Practice Information

#### When

- **08/03\***: Weigh-ins and equipment handouts. Please do not come before your time.
  - 5:30pm – 8th Grade
  - 6:00pm – 7th Grade
  - 6:30pm – 6th Grade
  - 7:00pm – 5th Grade
- **08/04 – 08/14\***: Practice – Monday through Friday, Arrive by 5:15. Practice is 5:30 – 7:30pm.
- **08/17 – through end of season**: Practice – Monday, Tuesday, Thursday, 5:15 – 7:00pm
  - *Dates above are tentative – please watch your email/SportsEngine app*

*\* Dates may change based on AAYFL League Requirements*

#### What to Wear

- **08/04 - 08/05** – helmets, cleats, fitted mouth guard, t-shirt, and shorts
- **08/06** – add shoulder pads
- **08/07** – full uniform

#### Where

- Practice will take place at Kettle Moraine Middle School.

#### Requirements

- All players must have a valid physical on file – form and details are on the website.
- Players will need a **helmet, cleats, a fitted mouth guard, and a large water bottle** for every practice and every game. Players will not be allowed to participate in practice if they do not have these items.
- All players must have 8 hours of conditioning before they can have contact. If your player will miss practice, please contact your coach.

#### Before & After Practice

- Players should not be dropped off unless their coach is present.
- Players must be dressed and ready for practice.
- Players should be picked up in the designated area and no later than 10 minutes after practice ends.
- Practices are closed to parents.

#### Inclement Weather

- Practices are still held in light rain. If lightning is present, practices will be cancelled. If practice is going to be called off, messages will be sent via the app. If weather is questionable, parents should be onsite to pick up players in the event of cancellation.

### Mandatory Parent Meeting

- **Sunday, May 17th, 2026 at 6:00pm in the KM HS Auditorium.** Jersey sizing available before the meeting.

