



# Mercer Island Football



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## Islander Parent/Guardian Information

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### THE FOOTBALL PROGRAM

#### OVERVIEW

Islander Football is comprised of several moving parts that are intended to provide student athletes with year-round fitness, training, team building activities, and academic/athletic foundations.

#### 2022-2023 SEASON

Football is a Fall Sport that has volunteer activities throughout the year that are encouraged for player development and improvement.

- **Strength and Conditioning (Year-Round)** - Team building, weight training and physical fitness. Team members are expected to work 4 days a week in the weight room in the off-season. Team members are expected to work 5 days a week in the weight room and on the field during in-season periods (late spring/summer)
- **Spring Season (Pre-Summer Athletics)** - Begins the first Monday following the end of Spring Sports. This period gives known and potential players and coaches a chance to get to come together again, to get to know each other if new, to experiment with different positions, operate in a practice setting, and to experience Islander Football.
- **Summer Practices** – This is where we begin to truly build the team unity, skills, and connections of the program with weight training, field work, and education of scheme. Our schedule will be determined by facility availability and days approved for practices (typically 20 total days of practice from Spring Football to Blackout Period (end July).
- **Team Camp** – A multiday getaway where players and coaches bond, work on leadership, team building, and position specific skills, and participate in multiple practices in preparation for the season. All high school players (rising 9-12<sup>th</sup>) are expected to attend. Players are broken into age/skill appropriate groups for training. All are brought together for meals and other fun team building activities.
- **Islander Conditioning Camp** – This is a multiday camp focused on cardiovascular, respiratory, and stamina development ahead of team season practices starting.
- **Fall Season** - Runs Aug. 17 - Dec 3. Games are weekly and culminate with the a Week #10 game or Playoffs and State Championship. Official registration will open Aug. 1.

To participate in any of these activities, student athletes must be registered with the district during the open enrollment period for each season.



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### ORGANIZATION

Managing the football program with multiple teams and a 80+ players, coaches and staff across the whole year can be complex. Some elements are managed by the School District, some by School Administration, and others are managed by the Islander team staff and are supported by the Booster Club.

- **Mercer Island School District** - Requires athletes to be registered for Summer Athletics to participate in the spring and summer football activities and register separately for the Fall Football season. Parents can go to [MIFootball.org](http://MIFootball.org) for more information on required registration forms, fees and to make payments.
- **Islander Team Coaches / MI Booster Club** - The coaches and Booster Club partner together to coordinate and manage the day-to-day team communications, schedules and events with the goal of having the coaches spend as much time as possible with the players and the Booster Club serving as the primary connection to the parents and the football community at large.

### REGISTERING FOR THE SPRING OR FALL FOOTBALL SEASON

There are several steps involved in registering your student for the football program, getting them connected with the team communications system and making sure that parents/guardians are kept informed.

#### STUDENT ATHLETE ACTIVITY

1. Students should have a completed Off-Season Training Form completed to participate in the Bigger Faster Stronger training program. This form serves as Registration and Waiver of Liability.
2. Students must with their parent/guardian's permission register for a Hudl account at [Hudl.com/jointeam](http://Hudl.com/jointeam)
3. Then use Team Code: **noodvsp**

#### PARENT ACTIVITY

1. Students should have a completed Off-Season Training Form completed to participate in the Bigger Faster Stronger training program. This form serves as Registration and Waiver of Liability. This form is accessible on the team website [MIFootball.org](http://MIFootball.org).
2. Parents must register their player with Mercer Island High School website by submitting the required registration forms, pay the district managed fees, and completing the required physical assessments each enrollment period. This can only be done during the open registration periods.



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- Forms and fees must be completed and provided to the school directly, not to the coaching staff or Booster Club.

### PARENT/GUARDIAN VOLUNTEER TIME

#### THE VALUE OF THE VOLUNTEER

When you look at all the games and events throughout the year across all teams, there are more than 60 jobs covering all levels of the MIHS program that benefit greatly from volunteers. We need each student athlete's family to take on at least one of these jobs so that we can accomplish everything we're striving for without overburdening. We would love your support as a volunteer. You can find and register for opportunities [MIFootball.org/volunteer](http://MIFootball.org/volunteer).

Here is a sample list of the volunteer activities where you would be of great help:

What	Role/Need	Description	People
All Games	Photographer	Walk the stadium and photograph the team and game in action	2
All Games	Hudl Videographer	Video each play and upload them later to Hudl for coaches & players to be able to review later	2
All Games	Team Fuel	Coordinate drinks, protein bars, bananas, etc. for the team at each game. Experience not needed	1
All Games	Play Spotter	Give the statistician & announcer updates on referee calls and ball spotting information after each play	2
All Games	Game Statistics	Compile game statistics and send to Head Coach Saturday morning	1
Home Games	Chain Gang	Be on the field moving the markers and chains for each down. Experience not needed.	4
Home Games	Game Announcers	Be the voice of the Islanders on the public address system calling the games and making announcements	1-2
Home Games	Scoreboard/Game Clock Managers	Keep the scoreboard up to date with the score, clock, downs, etc.	3
Home Games	Program Distributor	Program Handout: Handout Programs at the games	2
Varsity Games	Video Production	Help in setting up and managing the End Zone, Press Box and Sideline video system at each game	3
Varsity Practice	Videographer	Video each play and upload them later to Hudl for coaches and players to be able to review later	2
JVC Games	Video Production	Help in setting up and managing the End Zone, Press Box and Sideline video system at each game	3
JVC Practice	Videographer	Video each play and upload them later to Hudl for coaches and players to be able to review later	2
Weekly Dinner	Team Dinner	Team Dinner Coordinator	1-2
Weekly Dinner	Team Dinner	Team Dinner Volunteers	4
Event	Senior Night	Senior Night Celebration	2
Event	Equipment Returns	Year End Equipment Return	4



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Event	Banquet	Year End Team Awards Night	2
Fundraising	Pre-Season	Pre-Season Fundraising Committee	4-6
Support	MI Booster Board	Provide leadership, management, and coordination throughout the year President, Vice President, Secretary, Treasurer, VP Fundraising, VP Team Events, VP Communications, VP Team Operations, VP Youth Liaison. VP Marketing/Sponsorships, Outreach	8

### PROGRAM COST

The football program is completely dependent on parents and guardians in the three key areas. Fun, volunteering, and financing. Without your full support this program may not be the great experience we desire.

We appreciate and acknowledge that every family's situation is different. For some families, time and financing are easy to give. For other families, time or money might be more of a challenge and we understand that too. That's why we are an Islander Family! We look for each family to help the best they can, where and when they can, and we trust that we'll have more than enough time and money to do what is needed to give the players a great experience.

### COST SUMMARY:

Event	Costs	Due Date	Description	Managed By
Registration	\$250	At Registration	<ul style="list-style-type: none"> <li>• Away Game Bus Transportation</li> <li>• Insurance</li> <li>• Required minimum staffing</li> <li>• Referees</li> </ul>	MISD
Program costs per Player (Funded through parent donations)	\$400	Ongoing	<ul style="list-style-type: none"> <li>• Team Equipment (e.g. Helmet Decals, Shield Pads, Tackling Wheel, Sleds, Training Bands, Field Weights)</li> <li>• Athlete Scholarships</li> <li>• Weekly Team Dinners</li> <li>• Coach Support (Gear, Training &amp; Software)               <ul style="list-style-type: none"> <li>• Endzone / Press Box Video Equipment</li> <li>• Hudl Video Subscription</li> </ul> </li> <li>• SportsEngine Website for Player &amp; Parent Communications</li> <li>• End of Season Banquet Awards</li> <li>• Game-Day Program</li> <li>• Senior Night</li> </ul>	MI Booster Club
Total	\$650		Typical minimum costs per student athlete each year	



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### FUNDRAISING

We appreciate and understand that families have their own views and abilities when it comes to paying for their student athlete's program costs.

If a family is able and wants to write a check upfront for the season costs and not engage in community fundraising efforts, that is entirely acceptable. For others, the MI Booster Club coordinates fundraising activities throughout the year to help families defer the program costs. These events may include:

- ASB Sponsored Sales - Students Athletes seek financial donations through the sales of miscellaneous items which the student-athletes will need to perform outreach and direct sales and collections. These donations then process through ASB and are shared amongst MISD sport programs.
- Islander Auction - A Islander football tradition. The Annual Auction is a chance to eat, drink, socialize and bid on fabulous merchandise donated to the program. All auction donations are 100% dedicated to the football program.
- Islander Game Program Advertisements - Purchased advertisement space in the game day program.

### SCHOLARSHIPS & SCHOLARSHIP DONATIONS

When possible, the MI Booster Club tries to offer partial or full financial scholarships for student athletes for who need it. We don't want finances to determine a student-athletes ability to play a game we love and that adds so much to those who experience it.

We gratefully accept donations from individuals and businesses that wish to contribute to funding directly for scholarships.



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### IMPORTANCE OF A FAN!

An essential part of any successful football program is **You the Fans**. We encourage all parents, guardians, family, and friends to come out to each game and cheer on the Islanders!

When the stands are full of excited, encouraging, and supportive fans, the athletes feel and feed on the energy. It enhances their confidence and commitment, and they dig deeper and give the game and their fans their all.

We will also have Islander Gear where you can show off your pride for sale at home games and through our flash stores online that will be shared prior to and during our season.

### ADDITIONAL INFORMATION AND QUESTIONS

Parents and Guardians should start by reviewing our team website ([MIFootball.org](http://MIFootball.org)) where there is a variety of information posted like our team calendar, events, document library, and information for **Frequently Asked Questions**.

If you have additional questions, please contact:

- Ed Slezinger, MIHS Head Coach  
([ed.slezinger@mercerislandschools.org](mailto:ed.slezinger@mercerislandschools.org))
- Lindsey Blaine, Athletic Coordinator, MIHS  
([lindsey.blaine@mercerislandschools.org](mailto:lindsey.blaine@mercerislandschools.org))
- Nick Wold, Athletic Director, MIHS  
([nick.wold@mercerislandschools.org](mailto:nick.wold@mercerislandschools.org))



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### Policies and Requirements

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#### WASHINGTON INTERSCHOLASTIC ATHLETIC ASSOCIATION (WIAA) REQUIREMENTS

Washington Interscholastic Athletic Association (WIAA) is the governing organization for all Washington State HS sports

##### **WIAA Mandatory Completion of 12 Football Practice Days:**

Players must complete 12 practice days to qualify to play in a WIAA sanction football game – *multiple practices per day count as only 1 practice day*

Interruption of Practices – Beginning at 4 missed practice days in a row – the total days missed will be subtracted from the number of days previously practiced

(Ex: practice 5 days, miss next 4 practice days = 1 total net practice day credited toward completion of required 12).

##### **WIAA & MIHS Sports Injury Policy:**

MIHS Athletic Trainer – Jolynn Leisinger, [Jolynn.Leisinger@seattlechildrens.org](mailto:Jolynn.Leisinger@seattlechildrens.org).

Players are required to be evaluated by the Athletic Trainer at the time that injury occurs.

Player's injury will be assessed by the Athletic Trainer and where available sideline medical personnel, and parents will be contacted immediately for further consultation.

Players who have additional treatment by a medical doctor (for Injury or Illness) must obtain a medical release letter from the doctor addressed to the team Athletic Trainer, to be authorized to return to practice. No exceptions are made!

Player will not be allowed to return to practice w/o completion of steps above.

##### **WIAA Requirement:**

If an athlete does not provide a clearance note from the medical provider, they are ineligible to participate until this is completed. Should an athlete participate in a competition while ineligible, their team would forfeit that competition(s).



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### ISLANDER FOOTBALL TEAM POLICIES

MIHS Football Team membership is an earned privilege. Each player is held accountable to the team, teammates, and coaches for all on and off the field conduct.

In addition to our expectations on the field, a focus on academic performance is paramount as we hope to also achieve an annual academic championship as a program.

#### Mandatory Practice Attendance:

Players make a season-long commitment to teammates, and coaches.

- Misses No Practices (Practice attendance recorded daily)
- Arrive **15 Minutes Early** (Required to be fully prepared when practice starts)
  - Practice equipment and shoes on
  - If not ready - considered late
  - If late - "Reminders" with positional coach after practice

#### Absences:

**Prior to missed practice** - the player is **required** to contact through team ***Hudl website*** Head Coach Slezinger AND the player position coach providing reason for missed practices.

- It is considered an *unexcused absence* if coaches are not contacted at least 2 hours prior to practice

#### Unexcused Absences, Late To Practice, Or Other Football Related Function:

- 1st offense: 5 Gassers after practice (individual with position coach)
- 2nd offense: 5 Gassers after practice (whole position group with position coach)
- 3rd offense: 5 Gassers after practice (whole team joins in with head coach/staff)
- 4th offense: 10 Gassers after practice (whole team joins in with head coach/staff)

\*Push-ups, Pull-ups, and Sit-ups for each missed weight room session

#### Other disciplinary situations\*:

- 1st offense: 4 x 100s after practice (self and position coach)
- 2nd offense: 4 x 100s after practice (whole position group joins in)



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- 3rd offense: 4 x 100s + 4 Gassers after practice (whole team joins in with head coach/staff)
- 4th offense: 4 x 100s + 8 Gassers after practice (whole team joins in with head coach/staff)

\* Examples may include improper workout attire, behavioral issues on or off campus, and inappropriate or disrespectful attitude.

### Game Week Absences:

#### Normal Game Week has 5 practices- Monday-Thursday & Saturday

- 5 of 5 – All practices made, eligible to play & start
- 4 of 5 – Eligible to play, not start
- 3 of 5 – No game, eligible to travel/wear jersey
- 0-2 of 5 – No game, no travel

### Player Football Equipment:

Player safety is paramount in MIHS Football and MI School District.

MI Football player equipment averages 8 or fewer seasons as determined by fit for wear, vendor specific safety recommendations, and/or NOCSAE guidelines.

Players are individually measured and properly fitted per football equipment industry guidelines and training

Players are assigned specific equipment and provide acknowledgement for receipt of their equipment at the time of issue/checkout. The items checked out are registered with the district inventory management tool and are tracked by ASB.

Players are financially responsible for any equipment not returned at the end of the football season during collection. Replacement cost fines are placed on players MI ASB Student Account.

All players are required to wear an integrated girdle under their practice and game pants for contact protection. Players are responsible to purchase their own cleats, and integrated girdle.

It is also recommended for best fit and player protection that 2 or more mouthguards are purchased and appropriately fitted per manufacturer guidance. Mouthguards are available for players that lose or damage mouthguards during play, but these are not fitted and can be uncomfortable for players until addressed at home.



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### Frequently Asked Questions

#### FOOTBALL FAQs:

##### SPRING FOOTBALL

#### What is Spring Football?

For current high school players, this is a two-week opportunity for the coaches to meet and get to know new players, share changes from the previous season, work on various drills and skills, and begin conditioning prior to the end of the school year and start of summer athletics.

For rising 8<sup>th</sup> graders (incoming freshman), Spring Football is one week with the purpose of introducing the new players to the high school program. Incoming freshmen will meet the coaching staff and players, learn drills, and see how a high school practice is run. In August, incoming freshmen who attended Spring Football will already have some knowledge of what to expect during practices.

#### When is Spring Football?

- May 23 - June 3 for current high school players (Class of 2023 - 2025)
- June 20 for incoming freshmen (Class of 2026)

#### How do incoming freshmen sign up for Spring Football?

Registering for Spring Football will be available through the team website [MIFootball.org](http://MIFootball.org). All participants must have a medical form and sports physical form on file with the MIHS Athletic Office.

The physical paperwork from middle school is acceptable for Spring Football, however, and per district requirements a new/current physical will need to be obtained and submitted with the sports packet to officially register for play in the summer.

#### Do incoming freshmen need any specific practice gear for Spring Football?

No. This is a non-contact period for the program. Only athletic clothing (shirt and shorts, ideally team colors (Maroon, White, Black) is fine. Players should wear football cleats (though not required) and have running shoes available.



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### WORKOUTS

#### **Can incoming freshmen participate in weightlifting/workouts?**

Yes. Weightlifting is highly encouraged. Studies show that participation in off-season workouts helps to reduce the risk of injury during the season, increase player stamina, contribute to mental fortitude, and classroom performance and focus. This is a great opportunity for incoming student-athletes to meet other players and the members of the coaching staff. Workout times will be posted as soon as the dates/times are confirmed with the athletics department. If players cannot attend volunteer team workouts, physical exercise is encouraged including bodyweight (bodyweight programs can be provided if requested), weightlifting, running (sprints and distance), and stretching/flexibility.

#### **Is there supervision during workouts?**

Yes. There is at least one certified member of the coaching staff present during all workouts. Coaches will assist with technique and monitor safety. Coaching staff is also CPR/FA certified and AEDs are accessible/available for student-athlete safety.

### ISLANDER TEAM CAMP

#### **Do incoming freshmen attend Islander Team Camp?**

Yes! All players are encouraged and expected to attend Team Camp.

#### **Where can I find more information about Islander Team Camp?**

As they become available, all the details about Islander Team Camp can be found on our team website [MIFootball.org](http://MIFootball.org) as we get into our Spring Season.

### EQUIPMENT

#### **What football equipment is provided by Mercer Island High School?**

The school provides helmets, shoulder pads, practice pants, game belt, knee pads, home, and away game uniforms (jersey and pants), and an equipment bag.

Players are accountable and responsible to return all equipment at the end of the season that has been signed out by them. The replacement cost for any missing items will be applied to the player's MIHS ASB Student Account. The average cost of equipment issued to each player is \$1,100.



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### What equipment should players provide?

Players must provide football cleats, and an integrated girdle. It is highly recommended that players purchase (at least) two mouth guards and have both on hand (one always gets lost or chewed during the season). These should be fitted according to manufacturer recommendations for best fit and player safety.

Additionally, players may want to acquire other equipment such as integrated padded shirts, long-sleeve shirts for warmth, gloves, etc. Some of these items will be made available through team vendors at a discount off retail and can/will be in team colors with team logos.

Any player purchased materials are preferred to be in team colors (Maroon, White, Black)

### REGISTERING FOR FALL FOOTBALL

#### When do players register for the 2022 season?

Parents must register their players through Parent Access on the Mercer Island School District website. Registration for fall sports opens on August 1, 2022.

#### What is Athletic Clearance, and when does that occur?

To receive equipment and participate in practices, players must be cleared by the Athletic Office and receive a "Ticket" as proof of clearance.

**PLAYERS THAT ARE NOT CLEARED WILL NOT RECEIVE EQUIPMENT AND WILL NOT BE ALLOWED TO PARTICIPATE IN PRACTICE—NO EXCEPTIONS!**

#### How does a player receive Athletic Clearance and their Ticket?

The Athletic Office has created a checklist regarding how to get cleared. Please review the checklist to ensure that all forms are completed. Players must have a **medical history form** on file with the Athletic Office (valid for one year) and a **physical evaluation form** on file with the Athletic Office (valid for two years).

#### Do players need to obtain a physical to play? How often?

All players are required to have had a recent physical to participate. Physicals last for two years; however, if the player's sports physical expires anytime during the upcoming regular season, they must have a new one before they will be cleared to practice.



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### **Do players need to provide any relevant medical history to the school?**

Yes. In addition to having a physical form on file, a medical history form is required to be on file with the Athletic Office to participate. Medical history forms are valid for one year.

### **How much does MISD charge to play high school football?**

For the 2020-2021 school year, MISD charged an Athletic Fee of \$250.00 per sport per season, and an ASB CARD (Fee \$70) must be purchased in order to participate in any sport. Parents of students who are unable to afford the fee should contact the Athletic Office and complete a Sports Fee Waiver Request Form.

### **Miscellaneous**

#### **When and where do practices occur?**

The first in season practice is August 17, 2022, at Mercer Island High School. Typical practice times during school are 3:30 p.m. to 6:00 p.m. Meetings and weightlifting are included in this time and practice on the field never exceeds 2 hours. Saturday practices will take place once the season begins. Specific times for all practices will be posted on the team website calendar.

#### **How long do practices last?**

On field practices last two hours or less. Typically, there is usually an additional 30 minutes of film review or weightlifting during the season. The team website calendar will list the specific practice times for each team.

#### **What day of the week are games played?**

JVC-Team games will be played on Monday nights and Varsity games on Friday nights. There may be changes to the schedule based on conference scheduling requirements, opponent team and stadium availability. Once there is a set schedule this will be posted to the team website, Hudl, and communicated regularly to our parent community.

#### **When will the game schedules be posted?**

Team schedules will be posted to all team sites at the earliest opportunity once scheduling has completed. Note, football schedules are typically Home and Away in two-year cycles.



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### **Is bus transportation provided for football players to games?**

Yes. All players are required to take the team bus to and from away football games. Players are permitted to travel with parents with the appropriate documentation being submitted well in advance of game day.

### **Who should be notified if a player is going to miss a practice?**

Players are to notify the Head Coach and their position coach if they will be absent. Coaches should be notified *in advance* if a player is going to miss a practice. More specific information will be provided by the coaching staff and team representatives but please plan to encourage your player to oversee letting the coaches know about absences.

Players can contact the coaches through Hudl, school district email, and Sports Engine. Asking another player to inform the coaches of a missed practice is not acceptable. Players will be given a review of the policy including a list of excusable absences (school, family, drivers ed, medical appointments, illness, etc.) during Logistics Day. Missing practice without contacting any of the coaches listed above in advance will be considered an unexcused absence.

### **Is there a parent organization that supports Islander Football?**

Yes, the MI Football Booster Club is the main supporting group for Islander Football. This is a voluntary organization, and your help and support of and with the team is greatly needed and strongly encouraged for our program to work and be successful.



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### MERCER ISLAND HS FOOTBALL

### Class of 2026 - Incoming Freshmen Info

#### Registration:

- Forms must be completed and cleared by the MIHS Athletics Office prior to participating in summer activities and *again* for the Fall season
- HS registration information can be found on the MIHS Athletics page
- All other registration forms and payments (spirit packs, team camp, etc) are processed via our MI Football website ([MIFootball.org](http://MIFootball.org))
- Wednesday July 1<sup>st</sup>, MIHS Athletics Office closes
- Monday, August 1<sup>st</sup>, Athletics Office re-opens
- Monday, August 1<sup>st</sup>, first day to register for MIHS football
- Monday, August 15<sup>th</sup> – Deadline to submit registration to ensure it is processed prior to the start of team camp/regular season. Late registrations will still be accepted, but may impact the player's eligibility per WIAA requirements

#### BFS (Bigger Faster Stronger) Training and Conditioning:

- Registration and Waiver of Liability form required (click [here](#))
- Starting February 1<sup>st</sup> – 24<sup>th</sup>
  - TUE & THUR for month of February 5:00 PM – 6:00 PM
  - Continuing February 28<sup>th</sup> – June
- Meet at MIHS Weight Room
- Running Shoes, Cleats, Shorts, T-Shirts (team colors (Maroon, White, Black))

#### Islander Conditioning Camp

- August 8-12<sup>th</sup> & 15-16<sup>th</sup> @ 4:00-6:00\*, MIHS Stadium

#### Team Camp:

- August TBD
- August TBD - Dads Night Out



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- Team building/bonding, fun activities, offensive/defensive scheme instruction, includes incoming freshmen
- Days at camp will count toward the minimum qualification days required by the WIAA for eligibility to play

### Fall Practices

- Wednesday, August 17<sup>th</sup> – First official day of 2022 football season
- Parent meeting/football meeting on Wednesday, August 17<sup>th</sup> @ 6:00pm in MIHS Theatre
- Monday, August 22<sup>nd</sup> – Regular weekly schedule of practices begins

### MIHS Jamboree

- Game and Family BBQ on Friday, August 26<sup>th</sup> @ 7:00pm – 9:00pm

### Regular Season:

- Varsity 1st game – Friday, September 2<sup>nd</sup>
- JV/C Team 1st Game – TBD
  - Schedules for JV/C Team are set later than Varsity because KingCo must wait until schools have figured out how many teams, they will be able to form and at which levels.



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### MIHS FOOTBALL

#### Year at a Glance for 2022-2023

Always check the MI Football team website ([www.mifootball.org](http://www.mifootball.org)) and sign up for the "Islander Nation" newsletter (email [mercerislandfootball@gmail.com](mailto:mercerislandfootball@gmail.com) to join) for current program information.

#### January - July:

Off-season weight training (BFS - Bigger, Faster, Stronger)

- Schedule:
  - January 31<sup>st</sup> – June 5:00 – 6:30pm Mon-Fri - MIHS Returning Athletes
  - February 1 -24<sup>th</sup> - 5:00 – 6:00pm Tue & Thurs for Incoming 9th Graders
  - February 28 - 5:00 – 6:30pm - Mon – Fri
- Requires HS registration packet for incoming freshman and current paperwork/physical for all others, as well as signed BFS waiver
- BFS (annual) fee is \$300 for incoming 9th and \$400 for all others
  - See "Forms and Payments" under the "High School" tab on our website
- Program runs weekly until regular season practices begin
- Open to all eligible MIHS student-athletes

#### June:

Spring football

- If you have registered for BFS, no additional paperwork is due
- If you did not participate in BFS, the same HS registration paperwork is required to be eligible

Spirit Pack Orders

- Order form and information is available on our website under "Forms and Payments"
- Fee is TBD based on available materials and pieces, but approximately \$125 per kit

Summer BFS

- Starts first Monday following the last day of school
- Monday-Friday, typically 7:30-9:00 am

#### July:

Equipment/Uniform Distribution

- Equipment will be issued to players participating in summer 7 on 7 tournaments



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- Jersey # preference given to those players with high off-season attendance and team seniority

### Summer Conditioning and Practices

- On and off throughout the summer; from 4-6pm at MIHS
- Player vacations/breaks built into schedule to ensure maximum attendance for season preparation
- Player development and skills assessments beneficial to team' season success

### Summer 7 on 7 Tournaments

- Various options are planned for June and July
- Participation to be determined by player availability/preparation
- Player development and skills assessments beneficial to team' season success

### August:

#### MIHS Football Registration

- Opens early August and is due before the first official season practice
- Two-step process, online and printed registration packet with a current physical on record (physicals are valid for two years)
- Must be completed before attending practices or Team Camp

#### Team/Individual photo day tentatively scheduled the first week of practice

- Distribution of order forms and reminders will be sent out in advance of the event

#### Team Camp

- All high school players attend
- Players are broken into age/skill appropriate groups for training
- We typically schedule this within the first week of practice
- Fee is TBD, but approximately \$250 per player
- Attendance is very important: team bonding, learning offensive/defensive schemes and assessment of talent for positions/teams
- If missed, players run the risk of not having the required number of practices to participate in the Jamboree and/or the first game of the season



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### MIHS Fee and Photo Days

- Typically, a couple of weeks before the first day of school
- If days conflict with Team Camp, arrangements will be made with the school to attend on an alternate day/time

### Jamboree and Family BBQ

- All MI families are welcomed to come out for this fun scrimmage, which includes our MIHS cheerleaders!

### Fall Sports Night at MIHS

- Usually the week before school starts (will be shared with players and posted to MIFootball.org calendar)
- Get important season/program info from the Athletics Dept (and sport specific coaches)

### Team Meals

- Immediately after practice on the Thursday night before game days
- All program athletes participate

### September:

#### Annual MIFBC Auction

- This is our big, annual fundraiser
- Funds raised will go toward the development of the youth and high school program, improved player equipment, etc.
- The annual auction is always fun and relaxed! Tasty food and drinks, and good times with both old and new friends! All are welcomed to attend so feel free to invite your non-football friends and family too!

#### Youth Football Night at MIHS

- See our website for current game schedule, details, and updates

### October:

Homecoming Game

All Island Band Night

Senior Night



# Mercer Island Football



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## Islander Parent/Guardian Information

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### **November:**

KingCo Conference and State Playoffs

### **December:**

State Championship

End of Season Banquet

Off-Season Weight Training begins (BFS - Bigger, Faster, Stronger (certified training program))