# 2023 Titan Football Schedule

## August 14, 15 & 16 (Mon, Tues & Wed)

- Practice 8:30 11:00 AM
- A bus will pick-up at MRHS at 8:00 and return at 11:20

## Aug. 21, 22, 23, 24 & 25 (Mon-Tu-Wed-Thurs-Fri)

- Practice right after school 2:00 3:45
- Bus will drop off at the High School at approximately 4:10 p.m.

#### Aug. 28, 29, 30, 31 & Sept. 1 (Mon-Tu-Wed-Thurs-Fri)

- Practice right after school 2:00 3:45
- Bus will drop off at the High School at approximately 4:10 p.m.

**Practices** 

- All practices are held at Monmouth-Roseville Jr High School
- Athletes are expected to attend all practices.

## **Busing**

 A bus will drop off athletes at MRHS approximately 15-25 minutes after every practice.

# Requirements

- Current Athletic Physical (less than 395 days old)
- Athletic Forms filled out online when registering for school:
  Athletic Waiver, Concussion Information Form & Random Drug Testing Consent

# **Equipment**

- MRJH provides football pads, helmets & pants.
- Athletes should bring football shoes or you can use a pair from MRJH.
- Wear athletic shorts and a t-shirt for practice.

#### **Water Bottle**

- Bring a water bottle to use during practice.

#### Questions

- Email Coach Todd Wetterling - twetterling@mr238.org