

7th and 8th Grade Gateway Football Interest Form



NAME

ADDRESS

GRADE

PARENT CELL

PARENT EMAIL

Gateway Middle School Football 2019 Upcoming 7th and 8th Graders



- Speed and Conditioning Training
 - Starts Tuesday June 11th at 2:30 and will end around 5:00 with a parent meeting after practice
 - Conditioning will be every Tuesday and Wednesday at Gateway Middle School
 - Week 1 - June 11th and 12th
 - Week 2 - June 18th and 19th
 - Week 3 - June 25th and 26th
 - Week 4 - July 2nd and 3rd
 - Players should wear shorts, tee shirts, spikes, and bring running shoes

- School Physical Dates **\$15 CASH ONLY**
 - June 4th at 9-11am
 - June 5th at 9-11am
 - School physicals will be in the nurse's office at Gateway High School

- If you have any questions call me Coach Zack Smith at:
 - 412-779-0546



Text Message Instructions

Tell people to take out their phones.

** How to Join 5th GRADE FOOTBALL REMIND APP*

STEP ① text Enter this number
this NUMBER → **81010** ?

STEP ② text Text this message
this MESSAGE → **@coachzsmi** ?

STEP ③
ONCE IN APP PUT child's NAME 1st & LAST.



Any PROBLEMS CALL COACH COACH ZACK
Can't text? Email instructions *412-779-0546*