



Bruins Football & Cheer 2010 Practice Schedule

Welcome to the Bloomington Bruins Jr. All American Football and Cheer Program. **Monday Aug.2nd is the first night of practice.** Make sure you have your contract and physical turned in or your child will not be allowed to practice until it's turned in and complete. All fees are required to be paid in its entirety at this time or your child will not be allowed to practice, **NO EXCEPTIONS.**

Fee to play football: \$180.00

Mandatory fundraiser: \$150.00

Mandatory: One time 2 hour snack bar shift on designated game day per enrolled child. (\$25.00 fee for non participation)

Mandatory: One time 2 hour practice field snack bar shift (\$25.00 fee for non participation)

Practice Schedule and Upcoming Events

May 15th

Physicals \$15.00 / Mandatory Cheer fittings (BHS) 10am

June 5th - July 11th

Preseason workouts begin (Saturday& Sunday) 10am-12noon

(Refer to calendar or preseason workout calendar)

July 17th Cheer Camp

Bloomington High School 9am-3pm

July 31st Meet the staff/Raffle

Saturday 10am @ Michael D'Arcy Elementary (Practice field)

Make up Physicals 9am

Aug 2nd - Sept 3rd Hell Month

Practice Monday thru Friday 6pm - 8pm (arrive 15 min early.)

August 7th Players equipment issued

Bloomington High School @ 9am

August 14th Stateline Turnaround Trip

Fundraiser \$30.00 per person (age 21 and over) 1st available until full.

August 28th Mandatory Weigh in

Time/Location TBD (Please keep this date open)

September 7th throughout season

Practice Tue., Wed., Thur. 6pm - 8pm (arrive 15 min early)

The first week of practice is very important. This is when the players get their conditioning or grass time in. They can't practice in pads until 10 hours of grass time is complete. Players will wear the T-shirt and shorts that has been provided for them. If you have purchased their cleats, cup, girdle and mouthpiece this is also something they should wear the first week, but is not mandatory until week two. Always bring plenty of water or Gatorade.

Things you will need to provide for your player prior to the start of practice:

- All sports cleats molded – No metal or removal cleats.(No SCREW OFFS)
- Practice pants-Any color (Used practice pants available for sale at apparel stand)
- Mouthpiece with strap – no red, orange or clear (Available for sale at Bruins apparel stand)
- An athletic cup – soft or hard players' choice
- Chin strap - (Available for sale at Bruins apparel stand)
- Practice jersey or large T-shirt to fit over shoulder pads.(Available for sale at Bruins apparel stand)
- Girdle with hip and tail pad slots.(pads will be provided)
- All fees must be paid in full before any equipment will get issued to a player.

Parent's Signature _____ Child's Name _____ Date _____

Always continue to check our website for a list of upcoming events or changes to any dates, times or locations that may have been preset. www.bloomingtonbruins.com

Any questions or concerns please see your Football Coordinator Mrs. Steele or call [909-233-9572](tel:909-233-9572)