

Dear 9th Grade Football Players and Parents,

We hope everyone is enjoying the summer—it's going fast! With the football season quickly approaching, we want to share some important information about the start of our season, which begins on **Monday, August 17th at 8:30 a.m.**

This fall, we will once again implement the **Tieken Academy** for our freshman football players. Please see the last page of this document for more details. The first week of the Tieken Academy will include various sessions for all players, focusing on athletic development and life skills. Each day will conclude with football practice.

Highlights of the Academy (All Free):

- Catered breakfast and lunch
 - Speed and strength development
 - Football equipment for those who need it (cleats, gloves, mouthguard, etc.)
 - Interaction with professionals from the community, including:
 - Current and former college athletes and coaches
 - Local media
 - Business professionals
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Important Dates and Information:

● First Day of the Tieken Academy / Practice

Monday, August 17th at 8:30 a.m.

- Enter through **Door #19** at Moorhead High School and report to the **Sports Center lobby**
- We will finish around **2:30 p.m.** each day. Players should be ready to go home by approximately **2:45 p.m.**

● Equipment Reminder

- If your athlete has already been issued equipment, they should bring it on the first day of practice.
- Athletes are expected to bring a lock to use to secure their equipment in the locker room. Please bring this on the first day of practice.

Please take care of the following **BEFORE** the first day:

1. **Sports Physical:**

Ensure a current physical is on file with the Activities Office.

If your athlete needs one, please contact us—we can help arrange a free or reduced-cost examination through the Tieken Academy for those who meet the criteria.

2. **Equipment Handout:**

Players who need equipment will receive it during the first week of practice.

3. **Activity Fee:**

The \$150.00 activity fee can be paid via **PayForIt** or at the Activities Office.

If this is a concern, please reach out to the coaching staff or the Activities Office.

4. **Athletic Trainer:**

A trainer will be available to assist our coaching staff with injury prevention and care.

5. **PowerSchool Registration:**

If you haven't already, **please complete registration and sign up for football by August 8th.**

We're aiming for 100% cooperation!

If you're unable to complete registration online, stop by the Activities Office to get it done before the season begins.

General Information and Expectations:

1. Home games and practices will take place at Moorhead High School—either on the game field or the practice field.
2. Please schedule personal appointments outside of practice times. If an athlete can't attend, **they must notify the coaches.**
3. We will practice or meet **regardless of the weather.** There will be **no weekend practices.**
4. If you know of anyone who did not receive this information, please contact the Activities Office so we can get it to them.
5. **Contact Information:**
 - Activities Office: 218-284-2345
 - Coach Perry: 701-367-5189
 - Coach Perry Work: 218-284-2484

At the freshman football level, our goal is to develop players and provide each athlete with a **positive experience in Spud Football.** Participation in practice, the Tieken Academy, and being a great teammate will all contribute to a successful season—both individually and as a team.

More information will be coming home soon regarding fundraising, schedule changes, pictures, and more. Please stay in touch with your athlete!

Yours in Football,

Mark Perry

Freshman Football Coach

Preseason Practice Schedule

August 17th – August 21st

 8:30 a.m. – 2:30 p.m.

Tieken Academy & Practice (Meet in the Sports Center Commons each day)

August 24th – August 28th

 3:30 p.m. – approximately 6:30 p.m.

Key Dates to put on the calendar:

Saturday, August 29th

 Scrimmage @ Detroit Lakes - 10:00 a.m. to 12:00 p.m.

Thursday, September 3rd

 Game Day: Home vs. Rogers @ 3:00 p.m.

Dear Parents/Guardians,

We hope this letter finds you well and excited about the upcoming academy for your children. We have an enriching and engaging schedule prepared for them, covering various aspects of physical fitness, mental health, life skills, and teamwork. The academy will be taking place from August 17th to August 18th, starting at 8:00 AM on the 17th but 8:30 AM on the 18th, 19th, 20th, and 21st. We are thrilled to have your child participate in this transformative experience. Now, let's take a look at the exciting content that we have prepared for the academy. We focus on building a solid foundation, healthy habits, developing essential life skills, nurturing personal growth, and embracing teamwork. Each day brings unique experiences and sessions that aim to provide valuable insights and practical knowledge for your child's personal and athletic development. Additionally, we are excited to announce that each student participating in the academy will receive a **backpack, bag tag, t-shirts, shorts, socks, and a mouth guard (Cleats and gloves upon request)**. These items will not only serve as reminders of their experience but also provide them with some gear! Please ensure that your son is registered for football on Powerschool and has a physical on file or you can receive a FREE physical, by scheduling an appointment and fill out this code for payment **CORP,SANFORD FARGO ORTHO CLINIC TEIKEN ACADEMY [30026804]**. Once again, we are excited about this upcoming academy and look forward to seeing your children grow and thrive throughout the event. If you have any further questions or need assistance, feel free to reach out to the activities office 218-284-2345.

Best regards,
Kevin Feeney