



# **PINEWOOD** >>

# **78ERS FOOTBALL**

CONDITIONING IS AUGUST 15 - 18TH FROM 6:30 - 8:00 PM  
ON THE PRACTICE FIELD NEXT TO THE STADIUM.

PRACTICE WILL BEGIN AUGUST 22ND AND WILL BE  
MONDAY - THURSDAY 5:30 - 7:30 PM.

PLAYERS WILL NEED TO HAVE CLEATS, A MOUTH GAURD,  
AND A GIRDLE. ALL OTHER EQUIPMENT WILL BE PROVIDED.

TO PARTICIPATE IN PRACTICE, ALL PLAYERS MUST HAVE  
A COMPLETED PHYSICAL TURNED IN TO THEIR MIDDLE  
SCHOOL OFFICE BY AUGUST 22ND.

