

- 1. Summer workouts are voluntary & not mandatory.
- 2. Drop off at gym; pick up in gym parking lot.
- 3. Please DO NOT park in the curve/drive of entrance when picking up your child.
- 4. Athletes MUST provide their own water bottle(s).
- 5. Athletes MUST come dressed ready to workout.
- 6. Athletes must have a completed physical on file and DragonFly Max account/paperwork completed in order to participate.
- 7. <u>ALL</u> physicals need to be turned into the front office for Coach Mizell by July 11.
- 8. This is a tentative schedule. It is subject to change.

Eligibility for First Semester Sports (Cheer, Football, Softball, & Soccer)

- 1. You must pass 5 of 6 classes for the 2^{nd} semester. AND:
- 2. You must pass all academics for the year or go to summer school to pass.
- 3. 7^{th} must be born on or after 05/01/2009; 8^{th} Must be born on or after 05/01/2007.

If a 7^{th} grade student is born before 05/01/2009, they must participate on the 8^{th} grade team or squad.

If you have any questions or concerns, please email Coach Mizell at randy.mizell@hcbe.net.