

HIGHLANDERS

FLAG FOOTBALL



SEASON DATES

- Tryouts: Aug 15-18th
- Practices: Aug 22nd-Oct 27th
- Games: Aug 25-Oct 28th
- Green and Gold Spectacular: Oct 29th

PRACTICE TIMES:

- Mon-Thur 3:45-5:15pm Turf field or offsite
- Players arrive 3:40 for dynamic warmup and skill work
- Players exit from field directly to parents after training

PRACTICE EXPECTATIONS:

- Practice attendance is mandatory; teammates and coaches rely on this commitment
- Be prepared: in correct athletics gear, cleats, flags, water bottle
- Contact your athletic director AND your head coach immediately if any issues arise--
leland.hammonds@greatheartsinvictus.org &
daniel.gomez@greatheartsinvictus.org

TEAM COMMUNICATION

- All team-specific communication will take place in the GameChanger app
- Make sure that all relevant family members are added to the group
- Check regularly for scheduling and meet updates and more

GOT PICTURES? SEND THEM TO US!

- If you've got great pictures or videos from any meets or games, please send them to us at
InvictusAthleticsPictures@gmail.com

WHERE TO BEGIN:

- Create and link parent and student accounts here:
<https://studentcentral.bigteams.com/>
- Complete health history form and upload current physical
- Complete payment of athletic fee here: [Fall Sports](#)

UNIFORMS:

- Each athlete will be receiving two Invictus Athletics shirts and a drawstring gym bag
- Each athlete will be issued a game jersey to be returned at the end of the season
- Each athlete will wear their Great Hearts PE shorts for practice and the individual teams may select what shorts to wear for games
- Please consult uniform care instructions. You will be charged for uniforms damaged beyond normal wear and tear.

PICKUP PROTOCOL

- Practice and Home Games: All parents must park in the soccer field or MPR parking spaces, no athlete will be released through the front entrance
- Offsite and Away Game Carpool: Parents driving carpool will turn left in the "Oaks" parking lot and wait for their list of athletes to come to the vehicle
- Athletes must be picked up from the away venue, they WILL NOT be brought back to campus

VOLUNTEER OPPORTUNITIES:

- Team Parent
- Athletic department office hours
- Practice and offsuit setup
- Home-game operations