



Westonka White Hawks Football

7-8 Grade Expectations



1. **Westonka 7-8 Grade Football Practice will begin on Monday, August 21st, 2023.** ALL 7-8 Grade Football Practices and Home Games will be held at GMS or MWHS.
2. All players MUST be on time for both practice and games.
3. Be a classy team on and off the field. Keep in mind that you are representing your school, your coaches, your teammates, your communities, and your parents at all times.
4. No complaining to Referees. Your behavior is very important, and will be a consideration in determining playing time.
5. Keep your grades up to Westonka Public Schools ISD 277 standards.
6. In-class behavior should be the type of behavior expected from members of the Mound Westonka 7-8 Grade Football Team. Tardiness or not coming to practice because of detention will impact your playing time and will result in doing extra conditioning after practice.
7. Remember to abide by ALL of the Westonka Public Schools ISD 277 and MSHSL rules concerning the use of Tobacco, Alcohol, and Drugs.
8. Take Care of your Athletic Registration and Forms, Fee, and Physical as soon as possible.
9. DO NOT put your cleats on until you are outside of the building or off of the bus. Also, you must take your cleats off before you come into the building.
10. Keep our Locker Room clean and also use appropriate behavior when using the Locker Room.
11. NEVER throw a fit or use inappropriate behavior/language during a game. If you do, you will sit out the remainder of that game and also have extra conditioning after practice.
12. Only illness or prior approval from your Coach will be considered an excused absence or tardy. IF YOU DO NOT PRACTICE YOU WILL NOT PLAY!!
13. ATTENDANCE and EFFORT at Practice is CRUCIAL!! If these requirements are not met you will not be able to participate in games.
14. ALL 7-8 Grade Football Players MUST ride home from games on the bus unless a note signed by their parents is given to their Coach before the game. No players will be allowed to ride home without a note!!
15. **PRACTICE LIKE A CHAMPION! PLAY LIKE A CHAMPION!! LIVE LIKE A CHAMPION!!!**





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7-8 Grade Coaches Contact Information



7th Grade Football Coaches:

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Social Media

Westonka Football Team Website

www.westonkafootball.org

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