



## Conquerors Practice Schedule 2009

**Practice Field Location:** Corner of Curtis Wright Parkway and Richmond Rd.  
Near Cuyahoga County Airport: All TM, MM, JPW, and PW  
*Jr.Midget and Midget teams will be on field next to  
Richmond Heights H.S. on Richmond Rd.*

### Important Dates and information:

**Open Registration:** Starting May 16<sup>th</sup>, 2009 till June 27<sup>th</sup> 2009 10:00am -noon  
**At the practice field** near the High School on Richmond Rd

**Football Camp :** July 6<sup>th</sup> thru July 10<sup>th</sup> 5:30pm – 7:30 pm

**Conditioning Camp:** July 13<sup>th</sup> –17<sup>th</sup> July 20<sup>th</sup> –24<sup>th</sup> 5:30pm- 7:30pm

**Equipment Issued** July 27<sup>th</sup> –July 31<sup>st</sup> All fees and paper work due in.  
**Complete Registration:** Parent and coaches meet and greet that Friday 7-31

**Official Practice begins:** August 3<sup>rd</sup> Monday –Friday 5:30pm – 7:30 pm  
Full equipment each day.  
**The program will lend your child a Helmet & Shoulder Pads**  
**Parents are responsible for practice pants & jersey**  
**Kneepads, thigh pads, tail pad and cleats.**

**School Practice Schedule:** The school practice schedule will begin  
Monday September 7<sup>th</sup> 5:30pm-7: 00 pm  
Monday – Wednesday – Friday only.

**Conditions for practice:** NO player will be allowed to partake in full contact drills or games until all of their paperwork is completed and submitted and the balance of all fees satisfied. Children who have turned in all paper work, paid all fees, satisfy weight and scholastic requirements, and have completed at least 10 hours of required conditioning will begin full contact practice on Aug 3rd, 2009. All football players must attend the official league weigh-ins during certification. The weight of each player will be checked and monitored throughout the summer to ensure participants will be eligible for certification.

### Prohibited practice items/garments

1. Wave caps, or hats
2. Jewelry such as necklaces, earrings, chains, or bracelets (watches are allowed)
3. Sandals, flip-flops, or shower shoes
4. Metal spiked cleats
5. Jean shorts or jean pants
6. Sweat bags