



Round Lake Spartan Football and Cheer Organization Chalk Talk



www.rlspartans.org

July 14th, 2013

registration@rlspartans.org

Baseline Concussion Testing

Baseline concussion testing will be held on Saturday July 20th from 8:00AM-11:00AM at :

Centegra Wellness
213 Front St
McHenry, IL 60050

This is a league requirement for all children ages **10 and older**. Children will not be allowed to participate until they have had their baseline concussion test completed. There is no cost to the family for this testing. Please note: If your child is 12, 13, or 14 and had the baseline testing in 2012 with the Spartans, you do not have to retest this year.

Directions: Take Fairfield Rd. to IL-120/Belvidere Rd. and make a right. Continue to follow IL-120 to Chapel Hill Rd. and make a left. Chapel Hill Rd. becomes N. River Rd./CR-V45. Take N. River Rd. to Charles J Miller Rd. and make a right. Continue to E. Front St./IL-31 to make a right. (McDonalds is on the right) 213 N. Front St. will be on your left.

Football Equipment Handout

When: Sun. July 21st 2:00 – 4:00 pm at Hart's Hill

Uniform deposit required at time of pick up (\$250.00). Personal checks are not accepted. We will accept a credit card number or cash. If using a credit card, the card is not charged unless the uniform is not returned. All outstanding registration fees must be paid. No equipment or uniforms will be issued to a participant until their balance is paid in full.

Football Evaluations-(Monday 7/22-Friday 7/29)

Football evaluations will be held the week of 7/22. While this week is not mandatory, it is highly encouraged. Uniforms are not required during evaluations. Your child should dress in comfortable athletic clothing and football cleats. Evaluations will be held Monday-Friday from 6-8 at Indian Hill School.

*****Please note that flyweights will have evaluations Wednesday-Friday.***

Football Conditioning Week (Monday 7/29-8/2)

Football Conditioning will be held the week of 7/29. Per league requirements, all football players must complete 10 hours of mandatory conditioning before practicing with pad.

Conditioning will be held Monday-Friday from 6-8 at Indian Hill School. *****Please note that flyweights will complete their conditioning Wednesday 7/31, Thursday, 8/1, Friday 8/2, Monday 8/5 and Tuesday 8/6 from 6:00pm-8:00pm***

Sideline Cheer Practice

Sideline practice will begin on Friday 7/19 at Harts Hill from 6-8PM and Saturday 7/20 from 9am-12pm at Indian Hill School. Competition practice began last week.

Any questions? Contact: spartancheer@rlspartans.org

Important Reminders

All new participants must have a birth certificate on file. Please e-mail a copy to registration@rlspartans.org or mail to: Round Lake Spartans PO BOX 957 Round Lake Beach, IL 60073. You can also provide a copy to Tina Ridley at any Spartan event prior to the start of the season.

If you are currently registered please remember that payments for registration balances were due on June 2nd. If you have not paid your outstanding balance, please email registration@rlspartans.org take care of the balance. Fundraising balances will be due on 8/24/13.

Additional Upcoming Events

- July 22nd to 26th Football Tryouts
- July 29th to Aug. 3rd Mandatory Football Conditioning
- August 11th Parent Appreciation Picnic
- August 17th Scrimmage game
- August 24th Raffle money/stubs due
- August 24th Corn and Brat
- August 25th Picture Day
- August 31st Opening Weekend

Spread the word!

We have several teams that are still taking registrations. Tell your friends and family about the Round Lake Spartans! We will be taking walk in registrations during football equipment pick up on 7/21 as well as during football tryouts. As an added incentive, all teams that fill their rosters and/or refer the most number of players will win a pizza party. Any questions? Email spartanfootball@rlspartans.org

Stay in the Loop!

Don't miss important announcements or the weekly Chalk Talk! Sign up for our Email blasts on our website (www.rlspartans.org) and friend out on Facebook www.facebook.com/rlspartans

2013 Spartan Board

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