

Iroquois Football Parent Meeting

Who: For Parents of 7th & 8th Grade Football Players at Iroquois MS

Why: To get important information about the 2023 Football season

When: Wednesday, June 7th at 7:00 P.M.

Where: Cafeteria

Length of Meeting: Approximately 30 minutes

Why is it important that I attend?:

- 1) You will obtain important information for the 2023 Football Season.**
- 2) You will know the procedures of our football program.**
- 3) You will have the opportunity to meet your son's coaches.**
- 4) You will have the opportunity to ask questions to the coaches.**
- 5) Understand how our practices before school work**

Your attendance is very important to our meeting so you can understand the way our middle school football program operates and runs on a consistent basis. There will be a lot of useful information but most importantly you will be well informed on how this program will work and what is expected of your son during this season. I hope you can make it and I look forward to meeting you at Parent Night.

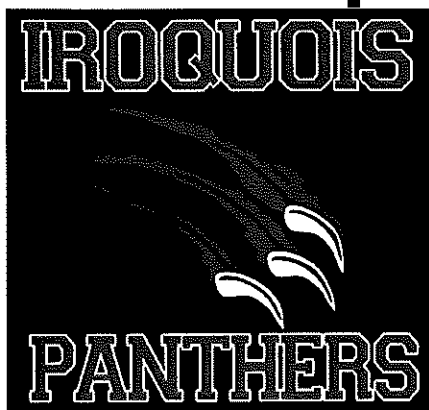
Thank You,

Jeff Vitale

Head Football Coach

Iroquois Middle School

2023 Iroquois 7th & 8th Grade Football



8th Grade Head Coach Vitale- 586-723-3807
jvitale@cvs.k12.mi.us

8th Grade Assistant Mike Matway- 586-723-2502
mmatway@cvs.k12.mi.us

7th Grade Head Coach David Bullock
davidbullock6@yahoo.com

7th Grade Assistant Coach Brian Welch
bwelch@cvs.k12.mi.us

Important Dates and Information:

(Dates and times are subject to change)

Tuesday August 22nd - **8th Grade EQUIPMENT DAY** (3:00-4:30 PM)
- ALL PAPER WORK DUE (Current Physical, Athletic Code of Conduct, Transportation Form)
- Lockers given

Wednesday August 23rd - **7th Grade EQUIPMENT DAY** (3:00-4:30 PM)
- ALL PAPER WORK DUE (Current Physical, Athletic Code of Conduct, Transportation Form)
- Lockers given

First Day of Practice

Thursday, August 24th - (3:00- 4:30 PM)
- Helmets & Shorts (formed mouth guard, athletic cup, cleats) bring water bottle(s)

PRACTICE & GAME Schedule is located on School Website and distributed at in our packet.

Summer Weightlifting is here also!! Schedule attached to the packet. It is NOT mandatory but it will help you get stronger and be in better shape when practice starts

Work Hard Over the Summer!!!

You should arrive to practice in top shape. Make yourself better, train harder, run longer, do more pushups, do more sit-ups. Work on your agility and footwork. Be prepared for a great season and learning experience!!!

"The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand."

Vince Lombardi



Sign up for important updates from Mr. Vitale.

Get information for Iroquois Middle School right on your phone—not on handouts.

Pick a way to receive messages for Iroquois Panther Football:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/d8794

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

The image shows a smartphone screen displaying the Remind sign-up page. At the top, there is a link rmd.at/d8794. Below the link, the text "Join Iroquois Panther Football" is displayed. Underneath, there are two input fields: "Full Name" with a sub-label "First and Last Name", and "Phone Number or Email Address" with a sub-label "(555) 555-5555".

- B** If you don't have a smartphone, get text notifications.

Text the message @d8794 to the number 81010.

If you're having trouble with 81010, try texting @d8794 to (757) 337-4602.

** Standard text message rates apply.*

The image shows a smartphone screen displaying a text message interface. At the top, it says "To" followed by the number "81010". Below that, it says "Message" followed by the text "@d8794".

Don't have a mobile phone? Go to rmd.at/d8794 on a desktop computer to sign up for email notifications.



Sign up for important updates from Mr. Vitale.

Get information for Football Summer Weightlifting right on your phone—not on handouts.

Pick a way to receive messages for Football Summer Weightlifting:

- A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/iroqfb

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

The image shows a smartphone screen with the Remind app interface. At the top, there's a header with the Remind logo and the URL 'rmd.at/iroqfb'. Below that, the title 'Join Football Summer Weightlifting' is displayed. There are two input fields: 'Full Name' with a placeholder 'First and Last Name', and 'Phone Number or Email Address' with a placeholder '(555) 555-5555'.

- B** If you don't have a smartphone, get text notifications.

Text the message @iroqfb to the number 81010.

If you're having trouble with 81010, try texting @iroqfb to (757) 337-4602.

** Standard text message rates apply.*

The image shows a smartphone screen with a text message interface. The 'To' field contains the number '81010'. The 'Message' field contains the text '@iroqfb'.

Don't have a mobile phone? Go to rmd.at/iroqfb on a desktop computer to sign up for email notifications.



Iroquois Middle School

2023 Iroquois Football Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
AUGUST	21	22 <u>Sign up & Equipment</u> 8th 3-4:30pm	23 <u>Sign up & Equipment</u> 7th 3-4:30pm	Panther Day 24 PRACTICE 3-4:30pm	25
	28 PRACTICE 12-2pm	29 PRACTICE 12-2pm	30 PRACTICE 12-2pm	31 PRACTICE 12-2pm	
SEPTEMBER					1 NO PRACTICE LABOR DAY WEEKEND
	4 NO PRACTICE LABOR DAY	5 First day of school PRACTICE 3-5pm	6 PRACTICE 3-5pm	7 PRACTICE 3-5pm	8 PRACTICE 3-5pm
	11 PRACTICE 3-5pm	12 PRE-SEASON SCRIMMAGE	13 PRACTICE 3-4:30pm	14 PRACTICE 3-5pm	15 PRACTICE 3-5pm
	18 PRACTICE 3-5pm	19 GAME #1 AT ABN	20 PRACTICE 3-4:30pm	21 PRACTICE 3-5pm	22 PRACTICE 3-4:30pm
	25 Practice 3-5pm	26 GAME #2 HOME VS SHELBY	27 PRACTICE 3-4:30pm	28 PRACTICE 3-5pm	29 PRACTICE 3-4:30pm
OCTOBER					
	2 PRACTICE 3-5pm	3 GAME #3 AT ROMEO	P/T Conferences 4 PRACTICE 3-4:30pm	P/T Conferences 5 PRACTICE 3-5pm	6 PRACTICE 11-1pm
	9 PRACTICE 3-5pm	10 GAME #4 AT MALOW	11 PRACTICE 3-4:30pm	12 PRACTICE 3-5pm	13 PRACTICE 3-4:30pm
	16 BYE WEEK NO PRACTICE	17 BYE WEEK NO PRACTICE	18 PRACTICE 3-5pm	19 PRACTICE 3-5pm	20 PRACTICE 3-4:30 PM
	23 PRACTICE 3-4:30pm	24 GAME #5 HOME VS SENECA	25 PRACTICE 3-4:30pm	26 PRACTICE 3-5pm	27 PRACTICE 3-4:30pm
	30 GAME #6 HOME VS BEMIS	31 PIZZA PARTY & EQUIPMENT TURN IN 3-4PM		7th grade games begin at 3:30pm SCRIMMAGE: 8th @ IROQ, 7th @ LGE 3:30pm	

June

Iroquois Football Summer Weightlifting – Coach Vitale (723-3807)

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1	2	3
4	5	6	7 PARENT MEETING 7PM	8	9	10
11	12	13	14 LAST DAY OF SCHOOL	15	16	17
18	19	20	21	22	23	24
25	26	27 LIFT 10-11:30am	28	29 LIFT 10-11:30am	30	

2023

July

Iroquois Football Summer Weightlifting – Coach Vitale (723-3807)

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						1
2	3 DEAD WEEK	4	5	6	7	8
9	10	11 LIFT 10-11:30am	12	13 LIFT 10-11:30am	14	15
16	17	18 LIFT 10-11:30am	19	20 LIFT 10-11:30am	21	22
23	24	25 LIFT 10-11:30am	26	27 LIFT 10-11:30am	28	29
30	31					

2023

August

Iroquois Football Summer Weightlifting – Coach Vitale (jvitale@cvs.k12.mi.us)

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		1 LIFT 10-11:30am	2	3 LIFT 10-11:30am	4	5
6	7	8 LIFT 10-11:30am	9	10 LIFT 10-11:30am	11	12
13	14	15 LIFT 10-11:30am	16	17 LIFT 10-11:30am	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

2023



2023 Football Schedule



<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Home/Away</u>
Tuesday	9/12/2023	Scrimmage vs LCE, LCC, & Algonquin	8th-Home, 7th @ LCE
Tuesday	9/19/2023	Anchor Bay North Sailors	Away
Tuesday	9/26/2023	Shelby Jr. High Wildcats	Home
Tuesday	10/3/2023	Romeo Bulldogs	Away
Tuesday	10/10/2023	Malow Mustangs	Away
Tuesday	10/24/2023	Seneca Jaguars	Home
Monday	10/30/2023	Bemis Jr. High Spartans	Home

Games: 7th Grade plays first at 3:30, 8th grade follows (approx 5:00)



