

**Northern Freeze  
Community Education  
Youth Tackle Football  
Fall 2023**



**Activity Information:**

MCC Community Education is sponsoring Youth Football to students in grades 4-6 during the months of August through October for MCC and Tri-County Students.

Program Organizer: Jeffrey Lund

Lead Coach: Craig Bakke

Eligible Grades: **Students in grades 4 through 6 (Tri-County and MCC Students)**

Registration Fee: \$60. \$60 fee will cover registration and use of equipment.

Health Participation Form, Football Registration, Fee due on Equipment Pick Up Day.

**Registration and Equipment Pick Up Day will be held on Sunday, August 20. 4th Grade students at 5:30 p.m., 5th Grade students at 6:00 p.m., 6th Grade students at 6:30 p.m.**

**Participants will be required to have a physical on record before the first game.** The appropriate form is included with this registration. Participants must supply their own mouthguard. **Parents are responsible for transportation to and from practices and games.**

If you have questions please contact Jeffrey Lund [jlund@mccfreeze.org](mailto:jlund@mccfreeze.org) or (218) 874-8530.

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**Youth Football:** Please complete registration & return it with payment on equipment pickup day. (8/20/2023)

**Student Name:** \_\_\_\_\_

**Payment Due: \$60**

**Grade:** \_\_\_\_\_

**Parents:**

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

**Parent Interested in helping Coach:** Yes No Name \_\_\_\_\_

This activity requires physical activity and contact. By registering for this activity you acknowledge that MCC Schools, Tri-County Schools, MCC Community Education, and Northern Freeze Football are not responsible for participant injury. You also acknowledge your child will abide by safety rules that will be demonstrated and coached.

## Northern Freeze Youth Football Fall 2023 Schedule

### Updated Schedule:

Sunday, August 20	Equipment Pick Up Day (Grade 4 - 5:30 p.m.; Grade 5 - 6:00 p.m.; Grade 6 - 6:30 p.m.)
Tuesday, August 22	MCC 6:00 to 7:45 p.m.
Wednesday, August 23	MCC 6:00 to 7:45 p.m.
Monday, August 28	TC 6:00 to 7:45 p.m.
Tuesday, August 29	TC 6:00 to 7:45 p.m.
Monday, September 4	MCC 6:00 to 7:45 p.m.
Wednesday, September 6	TC 6:00 to 7:45 p.m.
Tuesday, September 12	MCC 6:00 to 7:45 p.m.
Friday, September 15	MCC Introduced prior to Varsity Game
Thursday, September 21	MCC 6:00 to 7:30 p.m.
Thursday, September 28	TC 6:00 to 7:15 p.m.
Tuesday, October 3	Pizza and Equipment Return Day at MCC (6:00 p.m. - 7:30 p.m.)

### Game Days: (9:00 a.m. to 12:00 a.m.)

Saturday, September 9	Freeze vs. Freeze Scrimmage (9 am to 10:30 am)
Saturday, September 16	Ada
Saturday, September 23	East Grand Forks
Saturday, September 30	Fosston

**Schedule is subject to change.**

### Sign up for Remind:

Text @freezey to 81010 or put @freezey into the Remind app to join.

This will allow you to receive Remind messages, cancellations, and alerts from the coaches.

We will also use the MCC Notification system to provide cancellation information or important announcements.