



2023 Hillsboro-Central Valley Burros junior high football

Introduction

- This year's HCV Burros 7th and 8th grade junior high football team will be coached by Tanner Bickford and Benjamin Strand.
- In the 2023 season, we anticipate having one combined 7th and 8th grade football team.
- We look forward to a fun year!

Getting started

- SPORTS PHYSICAL

- Each student-athlete participating in football will need to have completed a sports physical to be allowed to practice.
- If you've yet to schedule a physical, you're urged to do so by contacting Sanford Health at (701) 636-5311 or another provider as soon as possible.
- While we hope athletes have their physical completed prior to the start of practice, they are encouraged to come to practice and watch and be part of the team if they haven't completed their physical yet.
- Each player will need to take part in nine practices before being able to compete in a game.

Getting started

- Equipment handout
 - At the start of the football season, players will be handed equipment for practices and games.
 - Players will receive a mouthguard, helmet, shoulder pads, pants, and all other necessary padding, along with their practice jerseys.
 - Players are urged to boil their mouthguard properly. If you are unfamiliar with the process, here is a video to help with doing it at home. Coaches can also guide the athletes on this.
 - <https://www.youtube.com/watch?v=K3-yRhFsa3w>
 - Players will need to provide their own cleats and other non-issued accessories.
 - Though it's not required, players are asked that accessories match the HCV Burro color scheme.

Getting Started

- Picture Day
 - Photos will be taken Monday, August 21st in Hillsboro.
 - Forms will be given out prior to pictures being taken.
 - Whether we will be able to have a physical practice is to be determined, though this will count towards the nine necessary practices to play a game.

Staying up to date

- A copy of the game schedule can be found on the HCV Burros athletics page, at the HCV Schedules and Practices tab.
 - https://www.rschoolnorthdakota.org/g5-bin/client.cgi?cwellOnly=1&G5statusflag=view&schoolname=&school_id=1083&G5button=13&G5genie=1266&vw_schoolyear=1&vw_agl=65-1-248,&manual_access=1
- To keep up with daily announcements, especially related to travel times, you can go to the Hillsboro School District webpage, and click “daily announcements” on the homepage. You can also click this link.
 - <https://hillsboro.ps.state.nd.us/bulletin/>
- Communication will be discussed with players at the start of the season.

See you August 17th

- Practice #1 will be at 3:45 PM in Hillsboro on Thursday, August 17th and the second practice is on Friday, August 18th in Hillsboro at 8:00 AM.
 - This will help players and their families watch the HCV varsity team play at Mayville State against MPCG on Friday.
- Players are always encouraged to attend the high school games on Friday nights when able.
- Our main goal is for players to enjoy their season, have fun competing with their teammates, and to feel encouraged to play football next year.
- We look forward to a fun season!