



FAQ'S AND PARENT'S PREP GUIDE

WHAT LEAGUES ARE WE AFFILIATED WITH?

3rd and 4th grades are part of the Milton Youth Football. 5th - 8th are part of the Big14 conference.

WHERE ARE PRACTICES?

Rockton Sports Complex at 12678 Old River Rd. Rockton, IL 61072.

HOW MANY DAYS DO WE PRACTICE?

5th-8th grade teams practice (5) days a week until school starts, then we practice (4) days (Monday-Thursday). Lil' Warriors (3rd and 4th grade) practice (4) days a week (Monday-Thursday) until 9/3 when they will go to (2) practices a week (Tuesday/Thursday).

WHAT EQUIPMENT DOES THE TEAM PROVIDE?

We provide: helmet, shoulder pads, thigh, knee, and butt pads, practice uniform & pants with belt along with a girdle.

WHAT EQUIPMENT DO PARENTS NEED TO PROVIDE?

Parents are responsible for providing their child's: cleats, cup, mouth piece, and water bottle.

NOTE: Macktown does have a supply of gently used football cleats if needed.

WHAT GRADES RECEIVE A FREE JERSEY?

3rd, 4th, 5th, 6th, 7th and 8th grades.

WHERE DO 3rd/4th GRADERS PLAY?

They will play in Milton at 301 West High Street, Milton, Wis. 53563

WHERE DO 5th-8th GRADERS PLAY?

Home games are played at Rockton Athletic Fields, and away games are at their opponent's field. Please refer to www.macktownfootball.com for a complete list of field locations.

IS THERE A FUND RAISING RAFFLE?

Yes. We ask that all parents participate to help fund the organization.

ARE YOU A NOT FOR PROFIT ENTITY?

Yes, Macktown Warriors Football is a 501(c)(3) nonprofit organization

HOW DO I VOLUNTEER?

When you register you will be asked to volunteer. If you wish to opt out, you will be asked to pay \$50.

I HAVE A SPECIFIC QUESTION. WHO CAN I CALL?

You can call Matt Strand – (815) 519-4942

HOW DO WE DONATE TO THE MACKTOWN WARRIORS?

You can call Matt Strand – (815) 519-4942

FAQ'S AND PARENT'S PREP GUIDE - CONT.

WARRIOR WEEK

PRIOR TO ARRIVAL:

- ✓ Hydrate all Day with Water.
- ✓ Eat a good Breakfast and Lunch.
- ✓ Snack before arrival.
- ✓ Refrain from eating one hour prior to Conditioning.
- ✓ Arrive 15mins early to acclimate to weather.

REMEMBER TO BRING:

- ✓ Cleats
- ✓ Socks (*Parents might want to double-up socks to prevent blistering*)
- ✓ Shorts
- ✓ T-Shirt
- ✓ ½ Gallon of Water or Substitute

After Conditioning every night, more water or Gatorade Zero. Shower and eat a full meal. During the Summer maintain a restful night's sleep.

PRACTICE [FULL PADS]

PRIOR TO ARRIVAL:

- ✓ Hydrate all Day with Water.
- ✓ Eat a good Breakfast and Lunch.
- ✓ Snack before arrival.
- ✓ Refrain from eating one hour prior to Practice.
- ✓ Arrive 15mins early to acclimate to weather.

REMEMBER TO BRING:

- ✓ Helmet w/Mouth Guard – ALL ONE PIECE
- ✓ Practice Jersey
- ✓ Practice Pants
- ✓ Belt
- ✓ Shoulder Pads
- ✓ Girdle
- ✓ Athletic Supporter (*Cup*)
- ✓ Cleats
- ✓ Socks (*Parents might want to double-up socks to prevent blistering*)
- ✓ ½ Gallon of Water or Substitute

After practice every night, more water or Gatorade Zero. Shower and a Full Meal. During the Summer maintain a restful night's sleep.

Players MUST wear a mouth guard along with their full pads in order to participate in contact.
No mouth guard = No contact

COACHES: Coaches are volunteers as well, dedicating their time and talents to our kids. If for any reason a player is unable to attend a practice session or game, we ask that parents contact their head coach prior to the practice or game.

INJURIES: Any participant injury that requires the attention of a doctor or other medical professional, including injuries NOT occurring during practice or games, must have a physician's note stating that they can return to the field.

PRACTICES: All tackle football players must complete conditioning. We ask that everyone adjust their schedules so that players do not miss these important practices.

FIELD SAFETY: Due to safety concerns and insurance reasons, parents, relatives and children watching the practice are asked to stay at the periphery of the field during the entire practice season.

PARENTAL ATTENDANCE: Parental attendance or a designated responsible adult is encouraged at all practices and games. This is intended to ensure proper adult supervision in the event of injury, illness, suspension of practice/game due to inclement weather or other emergency circumstances in which the child is required to stop participation. It is also intended to allow for schedule conflicts, carpooling, and attendance sharing among families. If a parent is unable to attend a practice or event, the identity of the designated responsible adult must be made available to the coach prior to the practice or game. It is also the responsibility of the designee to keep an eye on the activities of the child/children they are responsible for.

PARKING: Please park safely at the park, and please be respectful. We share in the use of this park and want to continue to use it in the future. DO NOT PARK on the grass at Rockton Sports Complex