

Breaker Freshman Football 2008 Timeline

To be announced: Physicals at PGHS.

July 7 – July 24: Summer conditioning at 10 a.m. (M, T, W, Th)

July 26: Gear distribution from 11 a.m. until noon in the weight room for any player who did not pick up equipment in the spring.

August 2: Freshman gear distribution at 10 a.m. in the weight room.

August 4: Double day practices for all teams. **Mandatory**

Pacific Grove Football Attendance Policy:

The coaching staff at Pacific Grove High School feels that trust is built through accountability. The single most important manner in which a player shows he can be depended upon is by coming to every practice. We also understand that there will be some unavoidable circumstances that will cause players to miss an occasional practice. Keeping in mind that absences should be rare, the coaching staff has instituted, and will always follow, this attendance policy.

1. Attendance at all football practices and team unity functions is mandatory.
2. An absence is counted as “excused” if the player informs one of the members of his coaching staff **in advance** that he will not be able to attend practice. The absence will be made up with a 100-yard bear crawl or duck walk the following practice.
3. Any player who is late to practice for any reason will perform a 100-yard bear crawl or duck walk before participating in practice.
4. An absence is counted as “unexcused” if the player does not inform one of the members of his coaching staff in advance that he will not be able to attend practice. The player will make up the missed practice with a 100-yard bear crawl or duck walk. **After three unexcused absences the player will be removed from the team.**