



# R&L Fusion



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**Kara Triplett – Athletic Director – Richey & Lambert**

8/6/24

Hello, R&L Fusion JH Football players and [parents!](mailto:ktriplett@lambertschool.net)

My name is Jason Klempel, and I am returning as your coach, along with Bryan Prevost, who will be my assistant. We are excited to get our season underway, and we hope you are, too. We invite all 5th-8th graders interested in football to join the team and come to practice.

JH Football will begin on **Monday, August 19 at 4:00** at Lambert. The transportation to Lambert will leave right after school at Richey. Athletes **MUST** have a physical with them to give to their coach, or have turned one into Deb Gibson at the Richey office before they will be allowed to practice/play. Athletes should come to practice in shorts, t-shirts, socks, and football cleats (or tennis shoes if you don't have cleats). We are required to practice without pads for 3 days, but after that, athletes will get helmets, pads, football pants, and a practice jersey. Practice will last about 2 hours, and then the bus will return right after that. Parents, please make arrangements to pick up your athlete(s) around 6 from the practice bus.

JH practice will not be held on Wednesday's due to Family Night. Our game schedule can be found on the school websites. Practice will rotate weekly between Richey and Lambert, so after the first week of practice in Lambert, practice will be at Richey, and so on, unless otherwise indicated on the weekly bulletins.

A few other important things for you our team members to know:

- Show up to each practice prepared, with a great attitude, and a little early. Be sure you have everything you need, including your practice gear and a water bottle.
- We will emphasize teamwork and will require all our Fusion guys to treat each other and coaches accordingly. We have lots to learn and have no room for mean teasing, disrespect, and other behaviors which don't allow our team to grow together.
- If you miss practice before a game, unless it is excused ahead of time, you will not be allowed to play in the game the next day. There is no skipping practice, either. Practices are so important and everyone will be required to attend all practices, unless you are sick or have a reason excused by the coaches prior to your miss.
- The road construction between Lambert and Richey may cause practice and return times to vary a bit, just due to the road progress, pilot cars, etc, so we ask for a little leeway due to this situation.
- Athletes will also need to complete and return the concussion paperwork, the helmet disclaimer form, and the paperwork saying the Athlete's Handbook has been read. Please turn these papers into your coaches or to Deb in Richey by **Friday, August 23**.
- Weekly bulletins will come out from Richey on Thursday and Lambert on Friday, so you are able to get practice and game info there. If something comes up more immediate, the schools will send those updates out to families via the school's alert systems, so you will likely get that in a text message.
- Technically we are playing in a JH football league, but we want to allow our elementary athletes a chance to learn a little about football. Keeping in mind safety is our top priority, coaches will try hard to keep practice and game match-ups between like-size and skill set. Coaches in our league have agreed to do the same, so playing time during games will reflect that philosophy. Most teams will play a "5th quarter" so there will be some game play, hopefully, for everyone however.

We look forward to seeing you on the 19th! If you have any questions, feel free to get a hold of either Coach.

Coach Jason Klempel