

# **NORTH POINT GRIZZLY FOOTBALL**

## **FREQUENTLY ASKED QUESTIONS**



### **Sign Ups / Tryouts**

-Our football program will be all-inclusive and anyone that wants to be a part of our football family is welcome. There are no try-outs to make the team.

### **Communication**

-For now, we will be communicating primarily through Twitter & Instagram. You can follow us @NPGrizzliesFB for upcoming events, calendar reminders, and workouts.

### **1st Day of Lifting**

-Our first official team event is June 7th at 8 AM. This is our 1st All-School Strength & Speed Training. We are really excited about starting this at North Point! It will be a great opportunity to learn weightlifting techniques, increase your running form and speed, as well as grow unity with other sport programs and become acclimated to North Point.

### **Summer / Fall Calendar**

-Here is the link to our [Summer / Fall Calendar](https://docs.google.com/spreadsheets/d/1lhP7ceJP8OfmrmVyDx-rJic129yGltDMfRGo4gQtKrE/edit?usp=sharing) :

<https://docs.google.com/spreadsheets/d/1lhP7ceJP8OfmrmVyDx-rJic129yGltDMfRGo4gQtKrE/edit?usp=sharing>

### **Workouts**

-Prior to June 7th, if you are a current High School student, we recommend that you participate in your current school's lifting program. We also have been posting workouts on Twitter & Instagram. These will be great for teaching movements, improving speed, and developing more power.

### **Things needed, physical, NP sign-up (available over the summer)**

-In order to start practices this upcoming fall, all student-athletes will need to have a physical on file that has been updated within the last year. There will also be an online form that will need to be filled out by each student-athlete. This will be available over the summer.

### **Team Store Access Code & Closing Date**

-Our Football Team Store is Open! The website for the Team Store is:

<https://www.bsnteamssports.com/shop/npfball21>

### **COVID19 Protocol**

-The main aspects to follow are masks and water bottles. All student-athletes will need their own mask and their own water bottle. Sharing water bottles will not be permitted.

### **Team Equipment to Purchase**

-We will provide necessary safety equipment to participate in Football. Football cleats are not provided. For games, allowed shoe colors for our team are: black, white, orange, and royal blue.

Have a question not answered on this list?

Please email [alexanderzangriles@wsdr4.org](mailto:alexanderzangriles@wsdr4.org)

Follow us on Twitter & Instagram @NPGrizzliesFB