

Benjamin Franklin High School

Intro to Sports Med

Practice & Game Policies

- Practices will be assigned and given to you the week before so that you may prepare for the week. If there are any conflicts, please let me know right away so that we may adjust the schedule.
- Until the week of August 7, 2017, practices will be from 5:30-8pm. After that, they will be held from 3:30-6pm, therefore you will be able to go right from class to practice.
- For games, you will be required to wear the polo that you will be provided with and either khaki shorts (to the knee), khaki capris, or khaki pants with sneakers. (until the polos are in, you may wear a charger's t-shirt instead of the polo!)
- For practices, you may wear the same khaki shorts, capris or pants, but with a chargers t-shirt.
 - **Anyone who does not follow dress code will not be permitted at practice, resulting in a 0% participation for the day**