



GROSSE POINTE NORTH HIGH SCHOOL NORSEMEN FOOTBALL

707 Vernier Road - Grosse Pointe Woods - MI - 48236
@GPN_FTBL @GPN_FTBL @GPN_FTBL GROSSE POINTE NORTH FOOTBALL

EQUIPMENT

- I. Players are asked to attend all activities in proper athletic apparel.
 - a. Shirt - preferably grey or green
 - b. Shorts - preferably green or black
 - c. Football Cleats - predominately black
- II. Protective equipment
 - a. Player Provided
 1. All players are asked to have their own "5 Pad Football Girdle"
 - b. School Provided
 1. Helmets are school property and will be issued during summer workouts.
 2. Shoulder pads are school property and will be issued in August.

Apparel with other High School Names and Logos are prohibited at team activities.

OPTIONAL TEAM ACTIVITIES [SUMMER OTA]

- I. Summer Practice and Conditioning Dates
 - a. Summer Practices will run from 6:00pm - 8:00pm
 - i. June 21, 23, 29, and 30
 - ii. July 13, 14, 19, 20, 26, 27
 - b. Summer 7v7 Competitions (Varsity and Select 10th and 9th graders)
 - i. June 22 @ Chippewa Valley 6:00pm - 8:00pm
 - ii. June 28 @ Dakota 6:00pm - 8:00pm
 - iii. July 12 @ L'Anse Creuse North 6:00pm - 8:00pm
 - iv. July 22 @ Utica Henry Ford 6:00pm - 8:00pm (Open to all players)

OTA's are optional. Players are not required to attend OTA's, however those players that attend the OTA's will be more prepared for the regular season.

WEIGHT ROOM [STRENGTH AND CONDITIONING]

THE SEASON [LET'S GO!]

- I. Summer Pre-Season
 - a. Starting Monday August 8th, practice will be run from 8:00am - 12:00pm
 - i. Practices will be held Monday - Saturday.
 - ii. Players will need a completed physical and emergency contact card before they will be allowed to participate in practice and team events.
 - b. We are expecting to have 3 levels of play during the 2022 season
 - i. Junior Varsity B (9th graders and some 10th graders)
 - ii. Junior Varsity A (10th graders, possible 9th and 11th graders)
 - iii. Varsity (12th and 11th graders, possible 10th and 9th graders)

FOR MORE INFORMATION EMAIL COACH DROUIN: drouinj@gpschools.org