

2017-2018 Harmony Boys Junior High Basketball

8<sup>th</sup> Grade Boys Coach

Karr Pittman

7<sup>th</sup> Grade Boys Coach

Lee LaPrade

Practice Information

- 7<sup>th</sup> Grade boys will wear red/white numbered practice gear
- 8<sup>th</sup> Grade boys will wear black/white practice gear
- Practices will be daily during the athletic period
- Mandatory weightlifting will be from 3:30-4:00pm (except on gamedays/**AND WILL NOT START UNTIL THE HIGH SCHOOL FOOTBALL SEASON IS COMPLETED**)
- Parents will pick up players at the Junior High at 4:00pm.
- Any extra practices will be determined by JH Coaches.

Gamedays

- Wear white at home and red on the road.
- Undershirts must be the color of the jersey; **NO GRAY ATHLETIC SHIRTS ARE TO BE WORN UNDER JERSEYS.**
- No weightlifting
- Travel rules are the same as it was in football.
- Any and all tights must be WHITE
- No Headbands

PLEASE SIGN UP FOR THE REMIND MESSAGING SERVICE FOR IMPORTANT UPDATES AND POSSIBLE SCHEDULE CHANGES THROUGHOUT THE SEASON.

To: 81010

Text: @666ae