

North High Football Incoming Freshman Frequently Asked Questions

Q: Do we have summer workouts? When do you they start?

A: Yes, you will have summer workouts. They will start on Monday, June 6th (see attached schedule)

Q: How many days of the week do you have workouts? What time do they start and end?

A: We have workouts M-F. They will be from 9-11:45am

Q: Where do you we start workouts? Where do you we end workouts?

A: We start everyday in the weight room, and then we go to the field around 10am to finish workouts.

Q: What do I need to bring to workouts?

A: Athletic shoes, water bottle, football cleats, gloves (if you have them). We will get you your workout gear the first time you show up to workouts.

Q: Do I need a physical? When do I need it by?

A: Yes, you need a current physical to play any sport. Physicals are good for 13 months. If you got physical last fall, it would expire this fall. You need to have one by August 1st.

Q: When does Official Practice start?

A: August 1st is when Official Practice starts.

Q: Can I still play if I can't come to summer workouts?

A: Yes, you can still play. If can come, you should come. Talk to a coach, if you can't. Almost our entire team will be there the entire summer. Come learn, get better, and set yourself up for success.

Q: Do I need experience to play football or come to workouts?

A: No, we don't care how much you know or don't know, or how much football you have played. We care about how you develop throughout your entire HS career.

Q: How do I get in contact with a Coach?

A: Coach Addy: 515-991-9019, Coach Holland: 515-771-3436, Coach Geno: 515-289-6380