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**Big Sky Football  
Eagle Pride Tradition**

**Big Sky High School – 3100 South Ave. West – Missoula, MT 59804 - (406) 728-2401**

**Practice Information:**

Practice is the most important aspect of our program. Everyone is expected to make EVERY practice. Especially double sessions! We want to start the season off with a big win this year. This will not be possible lf you miss practice.

The MHSA rule on practices states: “No individual shall play in any football game until each INDIVIDUAL has a minimum of 12 practice sessions of at least one practice session per day on 12 different days prior to the date of the first allowable contest.” (You need 12 practice DAYS before you can play in your first game.)

**Practice Rules:**

My practice rules are very straightforward, consistent and fair.

1. If you miss one practice with a medical excuse, then you will be excused from the practice with no penalty.
2. If you miss one practice with a family excuse (vacation, etc.) then you will have to make up the conditioning from the practice you missed.
3. During the season you will miss half a game for each practice missed.
4. Unexcused practices will not be tolerated.

1st offense = 2 days of extra conditioning

2nd offense = dismissal from the team.

(I will call home if a player is unknowingly absent)

1. BE ON TIME. If you are late for practice, you will report to our “Concentration” period after practice.

IF YOU NEED TO MISS PRACTICE FOR ANY REASON OR YOU WILL BE LATE, THEN CALL ME BEFORE PRACTICE: School 728-2401, Office 728-2400 x8056, or Home 251-9806