



2019 MOUNT VERNON HS SPRING, SUMMER, AND FALL FOOTBALL

Football Contact Info: Varsity Head Coach Nic Vasilchek; nvasilchek@mvsd320.org

JV Head Coach David Hudson; dHUDSON@mvsd320.org

C Team Head Coach Darayl Taylor; darayltaylor2@gmail.com

Parents and Players Please Sign up for **Remind 101** updates: send a text message to the phone number **81010** with the message **@mvhsfootb**

Also please send me your email address to nvasilchek@mvsd320.org, so i can add you to my parent emails, thank you

Paperwork: Student Athletes need to fill out an athletic eligibilty packet, an inherent risk form (football), and have a valid physical on file in order to be eligible to practice or play. These forms can be picked up in the Athletic Office starting on May 1st, 2019 or online after May 1st 2019 at <http://mvhs.mountvernonschools.org/Athletics>

Athletic Fee: \$60 for 1st sport, \$30 for 2nd sport, and 3rd sport is free.

Free & Reduced Lunch Athletic Fee: \$20 for 1st sport, \$10 for 2nd sport, & 3rd sport is free

Questions?- Athletic Director Chris Oliver; coliver@mvsd320.org

Athletic Secretary Jenni Stahlecker; jstahlecker@mvsd320.org

MVHS Football Games and Bus Leave Times: <http://www.wescoathletics.com/index.php?pid=0.3.10.1.320>



AUGUST

Athletes must participate in 12 fall practices from August 21-September 5 to be eligible to play in the first game (SEP 6), per WIAA rules

SUN	MON	TUE	WED	THU	FRI	SAT
				<u>1</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>2</u> No Practice	<u>3</u> No Practice
<u>4</u>	<u>5</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>6</u>	<u>7</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>8</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>9</u>	<u>10</u>

<u>11</u>	<u>12</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>13</u>	<u>14</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>15</u> Weight Room Grades 9-12 5:30 PM- 7:00 PM	<u>16</u>	<u>17</u>
<u>18</u> No Practice	<u>19</u> Coaches Only, WIAA Rules Clinic	<u>20</u>	<u>21</u> New Player Equipment Issue 1:00 PM-2:30 PM Practice 2:55-6:00 PM (Helmets Only) Parent mandatory meeting 5:45 pm	<u>22</u> Coaches Meeting 7:30 AM, All Player Meeting 7:55 AM-8:55 AM, Practice 2:55-6:00 PM (Helmets Only)	<u>23</u> Practice 2:55-6:00 PM (Helmets Only)	<u>24</u> Practice 7:55-11:00 AM Full Pads
<u>25</u> No Practice	<u>26</u> Practice 2:55-6:00 PM Full Pads	<u>27</u> Practice 2:55-6:00 PM Full Pads	<u>28</u> Practice 2:55-6:00 PM Full Pads	<u>29</u> Practice 14 1:55--4:00 PM Helmets Only Gold Card Blitz 4 PM-9PM turn all cards and money back in to training room	<u>30</u> JV/Varsity Jamboree at Ferndale 6:00 PM, bus leaves at 4:00 locker room by 3:00	<u>31</u> Practice 7:55-11:00 AM Helmets Only

AUGUST IMPORTANT DATES:

August 21st- First Fall Practice, makes sure all paperwork is in

August 22nd- Player Meeting 7:55 AM, practice 2:55 PM

August 29- Practice 1:55-4:00 PM, Gold Card Blitz 4 PM-9 PM, bring all cards and money back at 9 PM to training room

August 30th- JV/Varsity Jamboree at Ferndale 7:00 PM, bus leaves at 3:30 PM



SEPTEMBER

Athletes must participate in 12 fall practices from August 21-September 5 to be eligible to play in the first game (SEP 6), per WIAA rules

SUN	MON	TUE	WED	THU	FRI	SAT
1 Coaches Only Meeting No Practice	2 (Labor Day) Varsity/JV/C Full Pads Practice 6:55 AM-10 AM	3 Varsity/JV/C Full Pads Practice 2:55-6:00 PM	4 Varsity/JV/C Full Pads Practice 2:55-6:00 PM	5 Varsity Helmets Only JV/C Full Pads Practice 2:55-6:00 PM	6 Varsity Game at Burlington 7:00 PM No JV or C Practice	7 No Practice
8 Coaches Only Meeting No Practice	9 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game Burlington	10 Varsity/JV/C Full Pads Practice 2:55-6:00 PM	11 Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	12 Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	13 Varsity Game vs Sedro Wooley 7:00 No JV or C Practice	14 No Practice
15 Coaches Only Meeting No Practice	16 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game vs Sedro Wooley	17 Varsity/JV/C Full Pads Practice 2:55-6:00 PM	18 Varsity and JV Full Pads C Team Helmets Only Practice 2:55-6:00 PM	19 Varsity/JV Helmets Only Practice 2:55-6:00 PM C Team Game at Lynden Christian T.B.D	20 Varsity Game at Cascade 7:00 Everett Memorial Stadium No JV or C Practice	21 No Practice
22 Coaches Only Meeting No Practice	23 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	24 Varsity/JV/C Full Pads Practice 2:55-6:00 PM	25 Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	26 Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	27 Varsity Game at Lake Stevens 7:00 No JV or C Practice	28 No Practice
29 Coaches Only Meeting No Practice	30 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game					



OCTOBER

SUN MON TUE WED THU FRI SAT

		<u>1</u>	<u>2</u>	<u>3</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>4</u> Varsity Game vs. Monroe 7:00 No JV or C Practice	<u>5</u> No Practice
<u>6</u> Coaches Only Meeting No Practice	<u>7</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	<u>8</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>9</u> Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	<u>10</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>11</u> Varsity Game at Mariner 7:00 Goddard Stadium No JV or C Practice	<u>12</u> No Practice
<u>13</u> Coaches Only Meeting No Practice	<u>14</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	<u>15</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>16</u> Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	<u>17</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>18</u> Varsity Game vs Jackson 7:00 No JV or C Practice	<u>19</u> No Practice
<u>20</u> Coaches Only Meeting No Practice	<u>21</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	<u>22</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>23</u> Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	<u>24</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM	<u>25</u> Varsity Game vs. Kamiak 7:00 No JV or C Practice	<u>26</u> No Practice
<u>27</u> Coaches Only Meeting No Practice	<u>28</u> Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	<u>29</u> Varsity/JV/C Full Pads Practice 2:55-6:00 PM	<u>30</u> Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Game	<u>31</u> Varsity/JV/C Helmets Only Practice 2:55-6:00 PM		



NOVEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

					1 Varsity Game at Glacier Peak (Veterans Memorial Stadium) 7:00 No JV or C Practice	2 No Practice
3	4 Varsity Helmets Only/C Team Full Pads Practice 2:55-6:00 PM JV Game	5 Varsity/JV/C Full Pads Practice 2:55-6:00 PM C Team after practice will turn in all practice gear and game jersey not used on Wednesday November 6	6 Varsity and JV Full Pads Practice 2:55-6:00 PM C Team Final Game. C Team will turn in all game gear after the game.	7 Practice 2:55-6:00 PM Helmets Only JV and Varsity after practice will turn in all practice gear and game stuff not used on Friday Nov 8	8 Varsity District Playoff Game T.B.D. 7:00 No JV or C Practice	9 if we <u>qualify for the state playoffs, all varsity dressers will continue practice on normal week to week schedule as long as we keep advancing in the playoffs</u>

NOVEMBER IMPORTANT DATES:

November 5- C Team players after practice will turn in all practice gear and game jersey not used the next day.

November 7- JV and Varsity Players after practice will turn in all practice gear and game stuff not used on next day.