

# Reminders...Equipment Hand Outs

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## Football Equipment

Football equipment (shoulder pads, helmets, pants) hand out will be July 12<sup>th</sup> 1-4 pm at the sheds located at Mecks's Corner, Rt 34. /Rt 274.

Helmets will only be handed out to the player that day with the receipt of a DR signed physical form.

Helmets will be sized and name ticketed for pick up the first night of practice with the turned in form.

**NO HELMETS WILL BE HANDED OUT WITHOUT A DR SIGNED PHYSICAL FORM!**

Physical forms must be turned in by the first night of practice.

## Cheerleading Uniforms and Sneaker Order

Cheerleading Uniforms will be handed out July 12<sup>th</sup> 1-4pm at Wagner Park, Duncannon.

Sneaker Order will also be this same date and time.

**Please wear a bathing suit under your clothes so Cheryl, Girls General Manager, can size your uniform properly.**

**Any questions, please see Kim or Cheryl.**