



FOOTBALL EQUIPMENT FAQ

What does my son need for practice?

Your son should come to practice dressed and ready to go. Helmet, mouth guard, shoulder pads, practice jersey, cleats. He should have practice pants on - either integrated with pads OR a combo of an integrated girdle, knee pads, and practice pants.

What do we need to buy?

See the checklist to the right - you only NEED to buy a mouth guard, cleats, a practice jersey, and a girdle. Everything else is optional. Here are some of our suggestions:



An integrated girdle has all of the pads (except knee) that your son will need for games. Your son will then need kneepads (supplied by MMFA). If you choose to use MMFA practice pants, he will wear this girdle for practice, too.



MMFA provides practice pants, but you may want to consider a pair of integrated practice pants, which include all pads needed for practice. Just wash them and hang to dry - no need to take the pads out!



Mouth guards MUST have a strap to connect to the helmet.

CHECKLIST:

MMFA PROVIDES:

- Game pants (Grey and Black)
- Game jerseys (White and Black)
- Practice pants
- Shoulder pads
- Pads (knee)
- Helmet
- Chin strap

YOU MUST PURCHASE:

- Mouth guard (must attach)
- Cleats
- Practice Jersey
- Integrated Girdle

OPTIONAL:

- Integrated Practice Pants
- Squirt Water bottle (suggested)
- Maroon game socks (suggested)
- Additional pads (ribs, back, neck roll, etc)
- Cup

Please see Equipment Manager Jay Connors if you would like to purchase your own helmet or shoulder pads. They must be approved.

Important Dates:

- July 17 week - equipment handout
- July 31- practice starts!
- Aug 4- Parent pep rally
- Aug 25- Pep Rally @ practice field
- Aug 27- First games!

Go to www.mburgwildcats.com for more information & schedules