**2023-2024**

**EDSEL FORD HIGH SCHOOL**

**FALL SPORTS PRE-SEASON CHECKLIST**

\_\_\_\_\_ 1. **COMPLETED** ATHLETIC PHYSICAL DATED AFTER APRIL 15TH OF THIS YEAR.

\_\_\_\_\_ 2. CONTACT HEAD COACH ABOUT SUMMER CONDITIONING AND PRE-SEASON WORKOUTS.

\_\_\_\_\_ 3. CONTACT HEAD COACH REGARDING SEASON CALENDAR INCLUDING FIRST PRACTICE/TRYOUT DATE, GAME SCHEDULE, ETC.

\_\_\_\_\_ 4. PURCHASE NECESSARY EQUIPMENT (SPIKES, TENNIS RACQUET, MOUTH GUARD, ETC.).

\_\_\_\_\_ 5. VERIFY ENROLLMENT.

\_\_\_\_\_ 6. CHECK IN AT SCHOOL WEBSITE/BLOG FOR UPDATES ON THE UPCOMING SEASON.

\_\_\_\_\_ 7. FOLLOW SCHOOL AND SPORT SOCIAL MEDIA ACCOUNTS ON TWITTER/INSTAGRAM/FACEBOOK.

\_\_\_\_\_ 8. CHECK YOUR SCHOOL EMAIL PERIODICALLY OVER THE SUMMER.

EFHS ATHLETICS WEBSITE: <https://efthunderbirds.com/>

EFHS ATHLETICS TWITTER: @EFThunderbirds

EFHS ATHLETIC BOOSTER CLUB: <https://www.facebook.com/efhsboosters/>

EFHS MHSAA SITE: <https://www.mhsaa.com/schools/edselford>