

Hello Dolores Bear Families,

I hope everyone has enjoyed what feels like the quickest summer in history. The Dolores Athletic Administration would like to share some "Early Bird" information with you as we prepare for the upcoming Middle School Football fall season.

1) Communication –

Dolores Middle School football utilizes a phone app call BAND to communicate. If you can please download the app. You can scan the QR code below. In some instances you will have to download the app first. In the app stores it is called BAND and is a green icon with a white “b” on it. Any issues reach out to Coach Rantz 970-570-3002



Dolores Middle School Football

[Scan this QR code and join!](#)

2) Important Date and information -

- The coaching staff will be hosting a "meet and greet" BBQ as an opportunity for High and Middle school players, families and the community to meet the coaches. There are new faces on the HS staff as well as new MS staff that we would love for you to meet. Please plan on attending if you are able to:
 - Where: Dolores High School Football Field
 - When: July 22, 2021
 - Time: 6pm-8pm
 - **FOOD, MUSIC, FUN AND GAMES!! ALL INVITED-SPREAD THE WORD**
- Off Season workout have started and have had MS players attending to this point. Workouts are Monday thru Thursday from 5:45 to approx. 7:30 pm. We start with an hour in the weight room then go to the field or gym to do conditioning or drills. Bring water bottle and cleats if you have any. (we do have used cleats players can use for the season if interested ask a coach)
- Tentative date “highly recommended” football camp starting Aug. 2nd. We will start handing out gear and will conduct as a normal practice. Start time will be announced on the BAND app. Most likely a 5:30 start time, which means they need to be dressed out by that time ready to start stretching.
- Aug 9th first day of mandatory practice! Football schedule is posted on the BAND app.
- Aug 21st annual Escalante days fund raiser, bake sale, donation drawing sale and bear gear sale. More information to come on this as it is available.

3) Sports Physicals

Dolores High School and Middle School students have been given an opportunity to take advantage of low to no cost physicals provided by the Four Corners Youth Clinics. The clinic will be available to give physicals on

Tuesday, August 3rd, Wednesday, August 4th, and Thursday, August 5th. Please contact the clinic by phone at (970)-560-4890 or email at RDoughty@everychildpediatrics.org or Swells@everychildpediatrics.org if you are interested.

Every athlete, both middle school and high school, will be required to have a physical prior to beginning the first day of practice for their sport.

CHSAA's PRACTICE START DATES FOR HIGH SCHOOL FALL SPORTS IS MONDAY AUGUST 9TH. Every athlete, both middle school and high school, will be required to have a physical, student athlete paperwork, and paid "pay to play" in order to participate in practice. Please plan to have all of this taken care of prior to the first day of practice.

If you have any question please reach out to Coach Rantz 970-570-3002

We're excited and looking forward to a fantastic fall sports season! GO BEARS!