

Peet Football Extra Activities

EA's will be performed at the beginning of practice

EA's will be performed by a Peet Football Player when one or more of the following actions occurs

EA's apply but are not limited to the below actions

Actions

Disrespecting a coach, teacher, player, or student

Quitting during practice then attempting to come back to practice

Quitting football and attempting to come back to the team

Forgetting locker combination

Losing Football equipment

Leaving football equipment on the locker room floor or on the shower floor

Leaving football equipment or apparel at home

Activities Applied and Amounts

Hills 10

Gassers 10

Bear Crawls 100 yards

Air Raids 200 yards (push up form)

Push Ups 10-30 (Primarily used for forgotten locker combinations)

Towels (Gym) 10

*Students will have water readily available while completing activities and Bathroom Breaks as needed

*Hills and Gassers will never exceed 20 due to lack of effort or incorrect form

*Bear Crawls and Air Raids will never exceed 300 yards due to lack of effort or incorrect form

*A coach will decide the activity to be performed

If a student quits football and is allowed back he/she will have to complete 4 of the above activities before he/she will be allowed to practice

Thank You: Peet Junior High Football Program