



Middle School Families –

We are already looking to the fall and are excited to be preparing for a full fall athletic season! If your child is interested in participating in fall sport, please be sure to read the information below.

All Athletes must have an athletic physical signed by a physician dated after 4/15/2021.

Families can schedule athletic physicals with their family doctor, walk-in clinics or take advantage of Beaumont's **FREE** student heart check which includes their athletic physical.

Beaumont **FREE** student heart checks that include:

- medical history evaluation
- blood pressure check
- physical examination
- electrocardiogram, or ECG
- echocardiogram, quick look

Next Event: Saturday, June 26, 2021

Click link for registration: <https://www.beaumont.org/services/heart-vascular/heart-centers/student-heart-check/upcoming-dates>

Time: 9:00 AM - 1:00 PM

Location:

Beaumont Hospital, Royal Oak

3601 W. 13 Mile Rd.

Royal Oak, MI 48073

FinalForms:

Parents and Athletes are to complete the student registration in [FinalForms](#). Those that registered in FinalForms last year, you will have to review your information and update if there are changes. This must be completed prior to attending tryouts and/ or practices.

Boys & Girls Cross Country -

- Grades 6-8
- Practices Begin Wednesday, September 8

Middle School Sideline Cheer -

- Two teams - 6/7 combined and 8th.
- Cheer Registration – Follow the link below to be added to the mailing list
 - <https://forms.gle/AWPnSCuoZToQuep8>
- [Middle School Cheer Info](#)
- [LOMS Summer Cheer Calendar](#)

Girls Basketball -

- Grades 6 – 8
- Tryouts – Wednesday, September 8, 2021, through Friday, September 10, 2021
- Athletes are expected to attend all 3 days of tryouts.

Middle School Football -

The 2021 Lake Orion Football season is right around the corner! To best prepare your football player for the upcoming season, Head Lake Orion High School Coach, Mr. John Blackstock, and his coaching staff will be hosting an interactive football camp this summer! Please join them on **July 26th** and **July 28th** from 7:00-8:30 pm up at the high school field at NO COST to you and your player.

Highlights Include:

- Skill development by position
- Fundamental team play
- Discussions on proper techniques, safety, and teamwork

Click [HERE](#) to sign up today!
Stay Green & Go Dragons!

Fall Season important dates:

8/23: Equipment issue 3-5 p.m. at home middle school

8/25-8/27: Practice w/ helmets, 3-5 p.m.

8/30 - 9/2: Practice full pads, 3-5:30 p.m.

9/7-9/10: Reg full practices continued, 3-5:30 p.m.

