



Weightlifting Information

Below you'll find more information regarding the athletic development program offered by the NG High School football organization. This program is for rising 8th and 9th graders who want to advance their athletic skills and preparedness to compete at the high school level.

Coaches:

* North Gwinnett High School Coaches will be instructing the weightlifting/training class. The coaches will come over from the HS and bus students to HS. No student is to walk to HS without a coach. NO EXCEPTIONS.

Training Days:

* Athletes will meet for training three times a week: Monday, Tuesday and Thursdays. Participants will be expected to be in the MS Bulldog Café directly after dismissal. If digital learning, please drop off at front of HS and walk to the fieldhouse. Pick up time will vary from 5:30-5:45 and will be at the front of the HS. Do NOT pick up in circle by fieldhouse. First training day will be Monday, January 25th. Last day will be Thursday, April 15th for those not playing fall football.

Cost:

* The fee to participate in this athletic development program is \$100.00. Registration will be on the North Gwinnett Touch Down Club website: www.ngfootball.org. **Required** athletic physical examination documents are located on website..

Red Pass:

**** Once you have registered online, submitted the high school athletic physical forms and registered with Rank One, your child will receive instructions on picking up a red pass.*** Pass shows that all registration is complete and athlete can ride the bus (Coaches ask to see pass before allowed on bus) to HS and begin training. **. NO player is allowed to participate without a red pass showing registration process is complete; NO EXCEPTIONS.**

Attire/Light Snack:

* Athletes should plan to dress in the same manner as they would for PE. Players will change when they arrive at the HS. Colors are as follows: Monday is black, Wednesday is red and Thursday is white attire (shirt and shorts).

- Depending on the athlete, a light snack may help sustain their energy for the duration of training. If a snack is necessary, please keep it "light" as to not hamper with the athlete's ability to train effectively.

Communication:

* Coaches will communicate information to your child for them to pass that information along to you. At times, additional communication will come from our sport engine site (once registered). **Parents may contact me with any registration questions, any other questions "player" is to contact with inquiries.

Chris Skinner
678-471-7791
ngfootballregister@gmail.com

[1-www.ngfootball.org](http://www.ngfootball.org) is to register your son for the football program.

[2-www.rankonesport.com](http://www.rankonesport.com) is to register your player with Gwinnett High School athletic department. (Some of these forms are the same as you filled on the football registration but both are required).

****Physical **** This is required in every H.S. sport and no child is able to participate without one. Physicals are good for one year. If you have any questions regarding your rank one forms or physical, please contact Kathy Johnson at the H.S. athletic department. She may be reached at [770-271-5140](tel:770-271-5140) or room 600. Her email is Kathy_Johnson@Gwinnett.k12.ga.us

****If you have a copy or original physical, you may do one of 3 things to get it turned in.**

1. You may email to me : Ngfootballregister@gmail.com
2. You can take to the H.S. to room 600 and give to Kathy Johnson.
3. You may also email it to Kathy Johnson.

****Once you have registered for TDC, registered on rank one sport and turned in a completed physical, I will email you and your son and let you know your red bus pass is ready to be picked up in the front office at the middle school.***

Helpful RankOne instructions: www.rankonesport.com

Click on for parents Login

Electronic Forms lookup state: GA

Electronic forms lookup school: North Gwinnett High

Home page for online participation form: Start online forms

Next page will ask question to get your account set up.

After you get your login set up you will then register your athlete.