



OSBORNE CARDINAL FOOTBALL

RISING 9th Grade Information

**Practices and games will be held at Osborne HS on the turf game field.
Additional information is below.**

Osborne Football has recently upgraded the weight room with 17 new power racks and all new weight equipment. We also recently upgraded the fieldhouse to better accommodate our players. Osborne Football has some of the best facilities in Cobb County.

Cost: \$350 - Includes Equipment Use and Player T-Shirt/Shorts. (Players must purchase their own girdle, mouthpiece)

Please go to this website to register and pay: <https://registration.teamsnap.com/form/22887>

Spring Practice Dates: April 30th, May 1st, 5th, 6th, 7th, 8th, 12th, 13th.

Summer Workouts Begin on June 2nd and are Monday-Thursday 8am-12pm (Must have a current physical submitted in ParentVue). Players are expected to attend these workouts to improve their skills, get stronger and for injury prevention.

Physicals will be done via PT Solutions for **FREE** on April 19th. Be at the Fieldhouse by 7:15am to go with the Football Team.

Please email Head Coach Derek Cook if your son is interested/planning to play for our 9th team this fall or if you have any additional questions. derek.cook@cobbk12.org