



## **NOLAN CATHOLIC FOOTBALL**

### **Middle School Night -- Football/Conditioning "Viking Experience" Registration**

Hello, and thank you for your interest in the Nolan Catholic High School Football program!

We are excited to offer current 6th-8th grade students a chance to join the NCHS Football Team for a one-of-a-kind "Viking Experience" during our annual Middle School Night on Friday, September 20! Future Vikings will have the opportunity to meet coaches and players, run through the "Viking Tunnel," and watch the team warm up before the game! Students and families should check in before joining the Football/Conditioning Viking Experience by entering the Arena lobby. As you enter the front gate turn left to park and enter the Arena lobby.

\*\*\* All middle school students participating in a Viking Experience at Middle School Night MUST return a signed Waiver of Liability to participate\*\*\* You may download the form here: [Liability Waiver](#)

### **REGISTER FOR NCHS MIDDLE SCHOOL FOOTBALL NIGHT**

Students may either bring the waiver with them on Middle School Night, or you may submit a completed waiver via email to [admissions@nchstx.org](mailto:admissions@nchstx.org)

### **The itinerary for the Middle School Night "Viking Experience" is as follows:**

- 4:45 PM -- check in with a Nolan staff member in the lobby of the Arena
- 5 PM -- meet at the tunnel
- 5:05 PM -- run through the tunnel
- 5:05-5:15 PM -- stretch
- 5:15-5:35 PM - Speed School
- 5:40 PM -- Move to the sidelines to watch the NCHS Viking Football team warm up. Following the pre-game warmup, middle school students will be released back to their parents (approximately 6:20 pm) inside the Nolan Catholic baseball field.
- 6:20 PM -- Please pick up your student inside the Nolan Catholic baseball field.
- 6:30 PM -- All are invited to grab a seat in the stands to watch the football pregame show.

If you have any questions, please do not hesitate to contact Coach Aaron Mattox by email at [amattox@nchstx.org](mailto:amattox@nchstx.org). Thank you for your interest in the NCHS Viking Football Team! Go Vikings!