



The Saugus Gridiron Will Be Offering  
**Summer Camp/Football Physicals**

Saturday, May 30<sup>th</sup>

Saugus H.S., Rm D4

**\$25.00 due at time of exam**

**(Make checks payable to Saugus Gridiron – part of  
this money goes directly to the football program)**

**By Appointment Only:**

**Varsity: 9:00 – 10:00**

Contact Cheryl – [aguirre63@sbcglobal.net](mailto:aguirre63@sbcglobal.net) or 661-297-0244

**JV: 10:15 – 11:15**

Contact Ronda – [ronda.wein@thehartford.com](mailto:ronda.wein@thehartford.com) or 661-296-4901  
or Dena -[ndgitti@sbcglobal.net](mailto:ndgitti@sbcglobal.net) or 904-1927

**Freshman: 11:30 – 12:45**

Contact Contact Penny – [PennyD501@aol.com](mailto:PennyD501@aol.com) or 661-296-4396

**Please fill out the white “Certificate of Physical Examination”  
form included in the summer packet and bring it with you.**

**All players must have the physical form filled out by a physician and turned in before  
June 8<sup>th</sup>. Players will not be allowed to practice without this form on file.  
You may have your physical at this event or have the form completed by your family  
physician.**



# Custom Made Mouth Guard

Saturday, June 13<sup>th</sup>

\$50.00

By Appointment Only – 9:00 am to 11:00 am:

**Varsity:** Contact Cheryl – [aguirre63@sbcglobal.net](mailto:aguirre63@sbcglobal.net) or 661-297-0244

**JV:** Contact – Ronda – [ronda.wein@thehartford.com](mailto:ronda.wein@thehartford.com) or 661-296-4901  
or Dena - [ndgitti@sbcglobal.net](mailto:ndgitti@sbcglobal.net) or 904-1927

**Freshman:** Contact Penny – [PennyD501@aol.com](mailto:PennyD501@aol.com) or 661-296-4396

Doctors Allen and Kelly Smudde have generously offered custom made mouth guards at a greatly reduced price.

Fitting will be done at: 27450 Tourney Road, Suite 250  
Valencia, 91355

Mouth guards are mandatory and one of the most important pieces of equipment an athlete owns. Studies indicate that each year over 200,000 sports related injuries in high school and college are prevented because of protective face gear and mouth guards. Professionally made mouth guards virtually eliminate injury to and around the mouth. Players wear them at least 90% of the season.

#### Details on the mouth guards:

1. Protection – Custom fitted and double laminated for superior strength and shock dispersion. This reduces the possibility of tooth damage.
2. Comfort – they have a natural feel in the mouth. This comfortable and secure fit will ensure that it will stay in place in the athlete's mouth.
3. Oxygen – Good oxygen flow is extremely important. Benefit in improved performance and reduction in muscle fatigue in the athlete.

After researching these mouth guards with other dentists in the valley, we found that these mouth guards are valued at approximately \$300 each. Please make checks out to Dr. Smudde, **NOT** Saugus Gridiron.

Questions? Contact Lillian Davis at [lilsboxers@aol.com](mailto:lilsboxers@aol.com) or call 297-1215. Thanks!