

# Parents' Football Season Prep Guide

## **Warrior Week**

Prior to arrival: Hydrate all Day with Water. Eat a good Breakfast and Lunch. Snack before arrival. Refrain from eating one hour prior to Conditioning.

Arrive 15 mins early to acclimate to weather.

Cleats

Socks (Parents might want to double-up socks to prevent blistering)

Shorts

T-Shirt

½ Gallon of Water or Substitute

After Conditioning every night, More Water or Gatorade. Shower and a Full Meal. During the Summer maintain a restful night's sleep.

## **Practice (Full Pads)**

Prior to arrival: Hydrate all Day with Water. Eat a good Breakfast and Lunch. Snack before arrival. Refrain from eating one hour prior to Practice.

Arrive 15mins early to acclimate to weather.

Helmet w/Mouth Guard – ALL ONE PIECE

Practice Jersey

Practice Pants

Shoulder Pads

Girdle

Athletic Supporter (Cup)

Cleats

Socks (Parents might want to double-up socks to prevent blistering)

½ Gallon of Water or Substitute

After Practice every night, More Water or Gatorade. Shower and a Full Meal. During the Summer maintain a restful night's sleep.

**Coaches:**

Coaches are volunteers as well, dedicating their time and talents to our kids. If for any reason a player is unable to attend a practice session or game, we ask that parents contact their head coach prior to the practice or game.

**Injuries:**

Any participant injury that requires the attention of a doctor or other medical professional, including injuries NOT occurring during practice or games, must have a physician's note stating that they can return to the field.

**Practices:**

All tackle football players must complete conditioning. We ask that everyone adjust their schedules so that players do not miss these important practices.

**Parental Attendance:**

Parental attendance or a designated responsible adult is encouraged at all practices and games. This is intended to ensure proper adult supervision in the event of injury, illness, suspension of practice/game due to inclement weather or other emergency circumstances in which the child is required to stop participation. It is also intended to allow for schedule conflicts, carpooling, and attendance sharing among families. If a parent is unable to attend a practice or event, the identity of the designated responsible adult must be made available to the coach prior to the practice or game. It is also the responsibility of the designee to keep an eye on the activities of the child/children they are responsible for.

**Field Safety:**

Due to safety concerns and insurance reasons, parents, relatives and children watching the practice are asked to stay at the periphery of the field during the entire practice season.

**Parking:**

Please park safely at the park, and please be respectful. We share in the use of this park and want to continue to use it in the future.

DO NOT PARK on the grass at Rockton Sports Complex