

Osborn Park Football 2018 Team Policy

I would like welcome all parents and athlete to the 2018 Osborn Park Football Program. Our team has made great strides this off season in preparation for the 2018 season. Our football staff is excited to work with the Osborn Park Football players and we look forward to a successful football season. Below some guidelines and policies that will help Osborn Park Football coaches, athletes, and parents have a successful season.

Varsity and Junior Varsity Summer Practice Schedule

1. July 26th and July 27th, Report Time 4 PM, Practice Time 5 PM to 8 PM
2. July 30st to Aug 3rd, Report Time 2 PM, Practice Times 2:45 PM to 4:30 PM, 6 PM-8PM
3. Aug 6^{th-9th} , Aug 13^{th-15th}, Aug 17th, Aug 20^{th -23rd}
 - a. Report Time 4 PM, Practice Time 5 PM to 8 PM
4. Scrimmages Aug 10th at Wakefield (Arlington) 6 PM, Aug 17th Home Manassas Park 5:30 PM

*Athletes should arrive at the report time to get ready for practice and to see the trainer if necessary. . Athletes should bring a light snack and water for the multi day sessions. Athletes are not permitted to leave the school on their own during the multi sessions. Athletes may be picked up or leave after 8:00 PM. Parents may observe practice from the large hill that leads to the practice fields.

Freshmen Summer Practice Scheule

1. Aug 1^{st -3rd} , Aug 6^{th -9th}, Aug 13^{th – 15th}, Aug 17th , Aug 23rd
 - a. Report Time 5 PM, Practice Time 6 PM to 8 PM
2. Scrimmage Aug 20th at Home vs TC Williams 5:30 PM

Regular Season Practice

1. Varsity

- a) Monday through Thursday: 3:30 PM – 5:45 PM

2. Junior Varsity/Freshmen

If the JV/Freshmen game is on Monday

- a) Tuesday through Thursday: 3:30 PM - 5:45 PM
- b) Friday: 2:45 – 4:00 PM

If the JV/Freshmen game is on a Thursday

- a) Monday through Wednesday: 3:30 PM – 5:45 PM
- b) Friday: 245 – 4:00 PM

*Athletes will have mandatory study hall Monday through Thursday from 2:20 PM until 3:05 PM. Athletes can use this time to either get homework done, meet with teacher, or lift weights with a coach. Parents may observe practice from the large hill that leads to the practice fields

Team Rules and Policies

Team Rules

1. Be on time.
2. Give your best effort in school, practice, and in games.
3. Be respectful of all OPHS staff, faculty, coaches, game officials, and students.
4. Athletes are to be respectful in the locker room. This means that athletes should not take an items from another player's locker. Athletes also should not be engaging in any rough housing or touching other players in the locker room.

Injury Policy

Athletes who are injured or may be injured need to see Ms.Katz, our athletic trainer, as soon as possible. Athletes should check in with Ms. Katz at the Report Time each day. If an athlete cannot practice, they must report to Ms. Katz during practice time for treatment. Athletes are required to sign in with Ms. Katz and, once treatment has been completed, are to report to the field to observe practice. Those who follow the injury policy will have his absence count as excused. Failure to follow this policy will result in an unexcused absence.

Exceptions for observing practice

1. Treatment does not conclude until the end of practice
2. If the athlete cannot be in sunlight due to a concussion
3. Athlete has a doctor's appointment to examine the injury. If a player is going to miss observing practice due to a doctor's appointment, a parent or guardian needs to contact Coach Evans at 703-447-3736

Injuries and Concussions

The Osbourn Park Football Staff takes injuries and concussions very seriously. The athlete's wellbeing is paramount. Please report any injuries to a coach or trainer as soon as possible to receive appropriate treatment

Illness Policy

If a student athlete cannot practice or observe practice due to an illness then a parent or guardian should call Coach Evans at 703-447-3736. This policy is effective for students who are absent from school or have to leave school early. Students who follow the illness policy will have their absence count as excused.

Academic Policy

The OP Football Staff takes academics very seriously. We believe that athletes should be attentive and well behaved in class. We also want athletes to have ample time to start their homework assignments and get help from teachers. There is a mandatory 45 minute study hall that begin at 2:20 pm everyday to help students get their homework completed or to see teachers for extra help or to make up tests. Students will also have computer access during this time. If a student is making up a test and the test takes more

than 1 hour, then the student will be excused tardy for practice provided he started working with that teacher at 2:25 pm. If a student is frequently late to practice for making up tests with teachers, then OP Football Staff will recommend that the student athlete focus on academics prior to returning to the football team.

OP Football Practice Attendance Policies

Attending football practice every day and on time is mandatory for OP football players. Attending football practice every day helps increase our likelihood for success on game day. We understand as a staff that, family emergencies, deaths in the family, or mandatory court appearances may occur throughout the season. If any of these situations occur, please call Coach Evans at 703-447-3736. These types of family emergencies will be treated as excused absences. Any other reasons for missing practice including for a student to work a full or part time job are considered unexcused absences.

Unexcused Missed Practice Consequences

1. 1st Missed --- Suspended 1st half of the next game or scrimmage
2. 2nd Missed --- Suspended for the next game or scrimmage
 - a) Meeting with Head Coach and Athletic Director/School Administrator
3. 3rd Missed --- Suspended for the next game or scrimmage
4. 4th Missed --- Removal from the Osbourn Park Football Program

Tardy Policy

Practice always starts promptly at the times listed. Athletes need to be dressed and on the practice field and ready to stretch at that time. Athletes should be down at the practice field 10 to 15 minutes prior to practice to stretch and work on other football skills. Frequent tardies to practice may lead to an athlete losing playing time.

Hazing and Stealing

Any athlete found performing an act of hazing as defined by the PWCS Code of Behavior on another athlete will be dismissed from the Osbourn Park Football Team. Any athlete found to be stealing from the team locker room will also be dismissed from the Osbourn Park Football Team. Hazing and theft will also be reported to a school administrator.

Lost Equipment

Players will be assigned equipment and football jerseys throughout the season. Any piece of equipment or jersey that is not returned at the end of the season will be billed to the parent. This includes items such as helmets, shoulder pads, game jerseys, practice jerseys, leg pads, hip pads, and tail bone pads. If the equipment is damaged beyond repair due to normal use the player should report it to Coach Evans or Coach Derosa as soon as possible to receive a replacement. Equipment that is damaged due to normal use will not be charged to a player.

Parent Concerns Regarding Playing Time

At Osbourn Park Football, we are always playing the best players that are following team rules. We understand that every athlete would like to play as much as possible. We as a staff are always willing to provide feedback on an athlete's playing time and what he can do to receive more playing time. If you have a question or concern regarding your athlete's playing time, please follow the following procedures. If the concern takes place after a game or scrimmage, please wait 24 hours after the game or scrimmage to discuss the concern.

1. Have your athlete speak with his position coach and their offensive or defensive coordinator at the level of our program (Varsity, JV, or Freshmen). The position coach and the offensive or defensive coordinator will speak with your athlete about his performance and what he can do to see more playing time.
2. Parent meeting with the Head Coach of the level of our program (Varsity, JV, or Freshmen) and the offensive or defensive coordinator of the program.

Varsity Program Concerns

Please do not hesitate to contact the football staff if you have any questions or concerns about your son's football experience. Please follow this procedure when you have a concern that is **not** related to playing time.

1. Parents of Varsity players should contact Coach Evans at 703-447-3736 or evansdj@pwcs.edu if they have a concern
2. If Coach Evans is unable to resolve the situation, the parents should contact Keith Laine the Activities Director.

Freshmen or Junior Varsity Program Concerns

Please follow this procedure when you have a concern that is not related to playing time

1. Parents of Freshmen and Junior Varsity players should contact Coach Kunkel at 703.328.7851 to discuss their concerns.
2. If Coach Kunkel is unable to resolve the situation, contact Coach Evans.
3. If Coach Evans is unable to resolve the situation, the parents should contact Keith Laine the Activities Director.

Hydration and Nutrition

Athletes should be taking care of their bodies on a daily basis. This means that athletes should be eating and hydrating prior to each practice. Athletes should be drinking only water or sports drink and should avoid drinking energy drinks or any other caffeinated products. Bagels, protein bars, fruits, and vegetables are a great way to eat prior to practicing.

Daily Items to Bring to Practice

1. Inhalers/Medication (To be checked in with trainer)
2. Cleats, Tennis Shoes, and multiple pairs of socks
3. Black Shorts (2 if there are multiple session)
4. T Shirts, cutoffs, or compression shirts for practice (2 if there are multiple sessions)
5. Underwear or compression shorts (2 if there are multiple sessions)
6. Water Bottle, Snacks if doing a multi-day session (Healthy foods)
7. Clean Towel
8. Soap/Shampoo
9. Lock

Fees and Expenses

The Osbourn Park Football Programs has a goal of providing a first-class experience for all football players. Many of these experiences come at a cost. We are asking each player to raise or write a check for \$120. The \$120 fee covers meals and additional football equipment to be used by the team. There were a number of fundraising programs offered for players to raise the \$120. If a player does not meet his fundraising goal then the difference can be written in the form of check or cash. **All checks can be made out to OPHS ABC.**

Additional Ways to Support

1. One of the biggest concerns as a coaching staff is that players are eating properly and hydrating prior to, during, and after practices. We would like to provide healthy foods and sports drinks for players here at OP. If parents or businesses would like to donate these items, it would be greatly appreciated. Please let the coaching staff know if you plan to donate any of the following items or make a donation to defray the cost of these items.

- a) Bagels
- b) Fruit (Bananas, Apples, Oranges, and Grapes)
- c) Gatorade/Powerade (Bottles or Powdered)
- d) Smuckers Peanut Butter and Jelly Frozen Sandwiches
- e) Crackers

2. **Supporting and volunteering with Athletics Boosters.** Athletics Boosters provides tremendous support to our football program including uniforms, equipment, and our use of the HUDL online football program. As one of the largest programs at OP, we as a team should volunteer our time to support booster activities such as concessions and the silent auction. Please see or contact an OP Athletic Boosters representative to see how you can help.