

2018 OP Freshmen Football

FAQ's

1. What do I need to do in order to play Osbourn Park Freshmen Football?

Answer: You need to do a face to face concussion training at a Prince William County High School. This needs to be done even though you have done one at middle school. You need to have a VHSL Physical form filled out after May 1st.

2. Are there cuts or specific tryout dates for freshmen football?

Answer: High School football is different than Middle School football because there are no cuts. Every player makes the team and stays on the team as long as they abide by team rules and come to practices and games. The first day that freshmen can practice in a helmet is Aug 1, 2018.

3. I have never played before. Is this going to be a problem?

Answer: No. I did not play football until I got to high school. All ability levels and experience levels are welcomed.

4. Are there summer workouts?

Answer: In High School football, we are allowed to work out with our players prior to the season. The OP Football Practice Schedule you can see these dates. Most weeks we are working out from 5 PM to 8 PM, Monday through Thursday. Freshmen can begin working out June 11, 2018.

5. When is the first day I can work out with the team?

Answer: June 11, 2018

6. Are the summer workouts mandatory? What happens if I can't attend all the workouts?

Answer: The summer workouts are not mandatory but highly encouraged. Freshmen work out with other freshmen and they are taught how to lift weights. We, as coaches, get the players in shape so they are prepared to deal with the summer heat. Players are also taught football fundamentals and plays at these workouts.

7. What should I bring to the workouts?

Answer: Tennis shoes, cleats, and a water bottle. If your son has asthma or allergies, they should bring their inhaler or EpiPen if necessary.

8. Do you have a conditioning test?

Answer: Freshmen athletes should attend 10 summer workouts over the summer. If they do this then they do not have to do the conditioning test. We will know by them doing the workouts that they are ready for freshmen football. If they do not do the 10 workouts they will have to perform the following conditioning test:

(Rising 9th Graders)

10 100 Yards Dashes

Skill Players (QB, RB, WR, DBS) 19 Seconds

Medium Players (TEs, LBs, DES) 20 Seconds

Big Players (OL, DTs) 23 Seconds

Any player that does not meet either condition will not be allowed to participate in a helmet until they are conditioned to the point where they pass the conditioning test. They will be allowed to attend practice and participate in all activities that do not require a helmet.

9. When is the first official day of practice?

Answer: Aug 1st 5PM.

10. What if I can't be there on the first day of practice?

Answer: We would love to have all of our freshmen start on the first day. We understand for our freshmen that since they are starting a new school this is not always possible. Come out to practice as soon as you are ready and have completed your concussion training and physical.

11. Do freshmen come to two a day practices?

Answer: No they do not. The only practice they come to is the second practice. The report at 5 PM each day that there is practice.

12. Are there any fees associated with football? When are they due?

Answer: Each player should be prepared to pay \$110 for the football season. This fee covers meals prior to games, and upkeep of equipment and uniforms. They are due one week after the first day your report for practice.

13. How can I contact you?

Answer: CoachEvansOPHS@gmail.com or 703.447.3736