

## 2018 OP Football Conditioning Requirement

Conditioning is one of the most important parts of playing football. Proper conditioning will not only help you play better but it will keep you safer. Players can be at risk for heat illness or heat stroke. To help our players be in better condition OP Football is implementing a new conditioning policy. Athletes must meet one of the following conditioning requirements to participate with a helmet on the first day of official practice on July 26<sup>th</sup>.

1. Attend at least 18 OP Football Workouts, 7-on-7's, or camps Sessions ( 10th, 11th,12th Graders).  
Attend at least 10 OP Football Workouts, 7-on-7's, or camps (Rising 9th Graders).

Or

2. Pass the Conditioning Test  
(Rising 10th, 11th, or 12th Graders)

14 100 Yard Dashes

Skill Players (QB, RB, WR, DBS) 17 Seconds

Medium Players (TEs, LBs, DES) 18 Seconds

Big Players (OL, DTs) 21 Seconds

(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. If you have any questions please let me know.

Thanks,

Coach Evans

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