

Charger Football Families,

Welcome to the 2019 season! Below is an easy to follow outline of what is required to participate during the 2019 season. Please email Coach Curry at STCurry@Fcps.edu if you have any questions.

Required Paperwork

- [VHSL Physical Form completed May 1, 2019 or later](#)
- [FCPS Emergency Care Card](#)
- Concussion Education (must be completed by [athlete](#) **and** a [parent/guardian](#))
- [Player Information Sheet](#)

It is important to note: *No athlete will be permitted to participate if any of the above forms are missing or incomplete.* Please complete the forms as soon as possible. Please note, due to football acclimation rules, missing **just one** day of practice prior to Saturday 8/4 will prohibit a player's participation in the Purple/White game.

Required Equipment

The following items are required for participation and must be purchased *outside the program*:

- **Football Cleats:**
 - To be worn during practice and games
 - various styles permitted but must be black and/or white; purple and/or silver may also be incorporated
- **Seven Pad Girdle**
 - We are switching from 5 pad and will have limited knee pads. Phasing out knee pads.
 - To be worn during practice and games
 - Must be NFHS/NOCSAE approved
- **Black Shorts**
 - To be worn during practice and workouts (spirit pack item)
- **White Athletic Crew Socks**
 - To be worn during games. For both uniformity and simplicity, we will wear *white athletic crew socks*. Socks should be:
 - Athletic *not* tube
 - Crew length neither knee length nor no-show will be worn
- **Dress Shirt and tie:**
 - To be worn to school on gameday; please refer to previous announcement about "Dress Code" for more information.

The following items are required for participation and must be purchased *through the program*:

- Practice Jersey
- Program Shorts
- Game day compression shirt
- Gameday Drawstring Bag for travel
- Uniform belt

Athletes will receive one free mouthguard. Additional mouthguards will be available for purchase for \$1. Athletes have the option to purchase their own as well.

Optional Equipment

Athletes may opt for the following equipment. The optional equipment must meet the listed criteria:

- **Gloves:**
 - Must be NFHS/NOCSAE approved
 - Same color requirement as cleats
- **Visors:**
 - Must be NFHS/NOCSAE approved and CLEAR
- **Towels:**
 - Must meet NFHS length/width requirement
 - Must be white
- **Compression (“Shooting”) Sleeves:**
 - Must be NFHS/NOCSAE approved
 - Must serve a medical purpose deemed necessary by the ATCs (Ms. Bishop or Mr. Boss)
 - Same color requirement as cleats

Please understand the above stipulations are a result of:

1. **NFHS/VHSL Rules** for Equipment/Uniforms (towels must be white; visors must be clear, etc.)
2. Team policies regarding equipment (see “Dress Code” announcement from spring)

If you have questions, just ask! When in doubt, ask prior to purchasing a product.

In the coming weeks, an entirely optional “spirit store” will be made available to athletes and families; **all profits will go back to the program!**