

Charger Football Families,

Welcome to the 2022 season! Below is an easy-to-follow outline of what is required to participate during the 2022 season. Please email Coach Curry at [STCurry@Fcps.edu](mailto:STCurry@Fcps.edu) if you have any questions.

## Required Paperwork

A valid physical and RSchool Registration are REQUIRED to participate in practice! Please take care of these ASAP!

- [VHSL Physical Form completed May 1, 2022 or later](#)
- [FCPS Athlete Registration](#) (this covers Concussion Education, Emergency Care Card, and more.)

Need a physical fast? See below:

- [CVS](#)
- [Patient First](#)
- [INOVA Urgent Care](#)

**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.

## Important Information

- [Important Dates](#): 2022 Dates in one place.
- [Remind Text Alert Information](#): Click here to learn how to signup for text message updates.
- [Team Camp Registration](#): July Camp at Westfield; it is open to all football players.
- [Parent/Guardian Information/Volunteerism](#): It takes a village!
- [Athlete Clothing Sizes](#)

## 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 (see [Dress Code](#) for more information)
- **Seven Pad Girdle**
  - To be worn during ALL practices and games
  - Must be NFHS/NOCSAE approved
- **Black Shorts**
  - To be worn during practice
- **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 our [Dress Code](#) for more information.

The following items are required for participation and will be purchased *through the program* as our Spirit Pack:

- Practice Jersey
- Game day compression shirt
- 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, tape, braces, etc.:**
  - Must be NFHS/NOCSAE approved
  - Must serve a medical purpose deemed necessary by the ATCs (Ms. Bishop or Mr. Williams)
  - ***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](#)

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