



Oakton football 101

A guide for parents and players



THE MISSION OF THE OAKTON HIGH SCHOOL FOOTBALL PROGRAM is to create a positive family environment that fosters the values of commitment, sacrifice and honor in the development of lifelong champions that value achievement at every opportunity given.

A WORD FROM COACH THOMPSON:

"I would like to take this opportunity to welcome you and your son into the Oakton football family. As a coaching staff, our mission is to create a positive family environment that fosters the values of commitment, sacrifice, and honor in the development of lifelong champions. Our football program has a rich tradition of hard work and success, and we place value on our players achieving at every opportunity given- not just on the field.

We have developed this document to help your family transition quickly and successfully into the football program and to provide answers to many of the questions that you may have. I look forward to developing a great relationship with both you and your son. Go Cougars!"

Joe Thompson



Oakton Football
Building Champions



Oakton Football
Building Champions

Head Coach: Joe Thompson
2900 Sutton Road
Vienna, Virginia 22181
703.319.2762 ph
Joe.Thompson@fcps.edu

Oakton football 101

Important information about Oakton Football

FACTS OF FOOTBALL LIFE

- ◆ Oakton Football is a year round commitment including weight training and team meetings.
- ◆ Make sure you are on the football email distribution list and read your emails daily. Important information is passed on to all parents via emails.
- ◆ Parent volunteers are critical to the success of the program. Get involved. Sign up for a committee, volunteer for concessions, chain gang, equip. management, social events, etc.
- ◆ Attend all Parent meetings. This is where you learn what is expected and what is going on. Don't expect your son to pass on to you what is important.
- ◆ Freshman year is a learning year. Every year, nearly 2/3 of incoming freshmen have never played organized football. Keep your son motivated to come back his Sophomore year; he will be bigger, stronger, and the game will come easier.
- ◆ Don't allow your son to miss practices even if he is hurting or feeling sick; he is better off being there to listen and learn. The trainers will not let him practice if there is anything seriously wrong. If your son absolutely has to miss practice, call the coaches immediately and let them know!!
- ◆ Practices will run longer than scheduled. Expect it! Try to carpool as much as possible.
- ◆ Leave Saturday mornings open for practice.



- ◆ Familiarize yourself with entrance #6 to the school. This is the entrance area to the locker room, weight room, gym and the area you will drop off and pick up your son each day.
- ◆ Use of alcohol, tobacco and illegal drugs are strictly prohibited and cause for dismissal from the team.

EQUIPMENT

- ◆ Your son will be expected to have football shoes.
- ◆ Your son will be expected to purchase a practice jersey, mouthpiece, hip pad girdle, and game socks through the football office. Football tee shirts, shorts, bags, sweats, etc. will be available to be purchased through the football office.
- ◆ All other football equipment (helmet, pads, practice pants, uniforms) will be provided by the school.
- ◆ Clorox or Lysol bleach wipes and Anti-bacterial "Wet Ones" are excellent to clean chin straps and inside of helmets to prevent bacteria which can exacerbate acne.
- ◆ Football shoes are often wet due to wet grass and perspiration. Balled up newspaper stuffed in shoes is an excellent way to dry shoes out overnight.
- ◆ Your son will be issued a football locker to store his equipment. Purchase a combination lock and instruct you son to keep it locked when not in use.
- ◆ Your son should keep a pair of sneakers in his locker for indoor practice due to inclement weather.
- ◆ Uniforms should be laundered IMMEDIATELY after they have been worn!!! Color transfer (bleeding) will occur when perspiration or water soaked garments are left in a pile.
- ◆ Use cool water and a mild detergent (Tide, Cheer & Wisk, etc.). Turn jerseys inside out. Wash colors and whites separately. Remove garments immediately after wash cycle to avoid color bleeding. NEVER USE CHLORINE BLEACH! It will fade colors and weaken fabrics.
- ◆ Garments should be air dried on rust proof hangers. If machine drying is necessary, dryer should be set at lowest temperature or "air only" setting.

PRE-SEASON PREPARATION

- ◆ Don't schedule vacation for anytime after the third week of July.
- ◆ You will need to schedule your son for an annual football physical early with his doctor. Don't delay (as soon after May 1 as possible), all kids are getting physicals over the summer and most doctors have 2-3 month waits to get an appointment. Your son can't practice without a physical and the related mandatory doctor-completed forms turned in. Oakton HS offers a one-night special with a doctor for fall sports physicals in the gym usually in June for a very nominal cost. You can find the forms and information on the school website <http://www.oaktonathletics.org> under Files and Forms.
- ◆ You will need to fill out an Emergency Care Form also found on the school website. Your son can't practice without this form turned in.
- ◆ The week prior to August practices are busy with team fitness, speed, and strength testing (also called Top 22 Testing) and equipment handout.

SUMMER PRACTICE

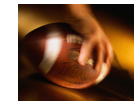
- ◆ The first several days of August practice are in shorts and tee-shirts but your son will be dog tired and sorer than he has ever been in his life at the end of the third day of practice. This is normal and he will get over it. Push him to get out of bed and to practice with a positive attitude. Everybody is hurting. The coaches know this.
- ◆ There are two practices a day in early August. The boys will stay at school between practices. Have them bring a healthy bag lunch every day and plenty of liquid hydration. Water breaks are provided often at practice. It is imperative to have your son drink plenty of water the rest of the day as well.
- ◆ Pack a clean Tee-shirt and extra pair of socks for the second practice each day.
- ◆ A certified trainer is on site every day. Blisters, abrasions, sprains, etc. will be treated by the trainer at least 30 minutes prior to the normal start time for practice and after each practice.

IN-SEASON

- ◆ Time management is critical for Football players. Players must learn to successfully budget time for both homework and practice.
- ◆ Freshmen players are expected to attend Varsity games and stay afterwards and help take down field markers, goal post pads, and flags.
- ◆ Sophomore year is a transitional year between JV and Varsity. The JV team practices with the Varsity team. Thursdays are very time-demanding with a Varsity practice and a JV game on the same day.
- ◆ It is a long time between school lunch time and the end of practice each day. A healthy snack should be packed each day for after school nourishment.
- ◆ Players are required to ride the team bus to AND from all away games.

POST-SEASON

- ◆ All equipment and uniform pieces will be collected immediately at the conclusion of the season.
- ◆ A post-season banquet including family will be held at the end of the season.
- ◆ A one-week team football camp is held usually in June and attendance is expected. Camps and/or leagues for the "passing game" are often held in late spring and early summer. Coaches will let those players directly involved with the passing game know who is expected to attend.
- ◆ The weight lifting program starts up soon after the season ends and runs through the summer right up until August practice begins. Participation is expected and monitored.
- ◆ Varsity Club meetings are held each month for all returning football players. The players and coaches set team rules and goals and plan for the upcoming season. Parents are also encouraged to attend the "guest speaker" part of each Varsity club meeting.



"If you don't invest very much, then defeat doesn't hurt very much and winning is not very exciting."

- Dick Vermeil

