

Important Football Information

Spirit Packs

All Valley Christian football players will be responsible for buying a “spirit pack”. The JV and freshman spirit pack will consist of team shorts, team T-shirt, game socks and a practice jersey for **\$60.00**. These items are for the athletes to keep.

The spirit pack for Varsity athletes will be different as the Varsity players will also be buying their pro-style Home game jerseys. The cost for the Varsity spirit pack will be **\$145.00**. The game jersey for the Varsity players should be a one-time purchase unless the student wants to buy a new jersey the following season. If your student is wearing the same home varsity jersey as last year, the cost of your spirit pack is **\$60.00**. *If your student-athlete has either changed his number or lost his jersey the cost will be \$145.00.* Please make checks payable to VCHS and turn in your spirit pack money on or before the first day of practice.

Athletes will not receive their practice jerseys (and therefore cannot practice) until the spirit pack fees have been paid. If the fees for spirit packs pose a significant financial strain on your family, please contact Coach Machado to work out alternative arrangements.

Physicals

A complete [Physical Examination](#) form should be turned in to the athletic office by **Friday July 29th**. **Players will not be able to participate in practice until completed physical forms have been received.** If interested, on-campus physicals will be offered by the athletic department on Monday July 25th for \$50 from 6:00-9:00 PM. Call the Athletic Office at (408) 513-2455 to make an appointment.

Concussion forms and parent permission to play

In addition to the physical forms, all athletes must submit a complete [Concussion Information Sheet](#) and a [Parental Permission to Play](#) form. **Players will not be able to participate in practice until completed Concussion Information and Permission to Play forms have been received.** All forms can be found online by visiting GoWarriors.net → Resources → Forms.

Important football dates

Thursday August 4th

Picture Day 12:00-3:00

Varsity football players should arrive no later than 12:00 to take team and individual photos. Junior Varsity players should arrive no later than 12:30 to take their photos. [Picture forms](#) can be found online by visiting GoWarriors.net → Resources → Forms, and they were also distributed during the summer workout class. Teams will have meetings after pictures where practice jerseys will be distributed to students that have completed all necessary paperwork and have paid their fees. Parents should expect the day to last until approximately 3:00.

Friday August 5th

First day of practice for varsity and JV 3:00-6:00

Saturday August 6th

Double day practice 8:00-4:00 on campus

During double day sessions, players should expect to arrive on campus an hour before the first practice begins to allow time to get dressed, meet, tape and/or rehab. Players should bring water and lunch for in between practice sessions

First practice 9:00-11:00

Second practice 2:00-4:00

Monday August 8th

Double day practice 12:00-8:00 on campus

First practice 1:00-3:00

Second practice 6:00-8:00

Tuesday August 9th

Practice 3:00-6:00

Wednesday August 10

Double day practice 12:00-8:00 on campus

First Practice 1:00-3:00

Second practice 6:00-8:00

****Freshmen will report to the locker room at 1:00 on this day (after "Freshman Sunrise" orientation). The freshmen will not be on the field this day, but coaches will hold meetings and distribute practice jerseys to students that have completed all necessary paperwork and have paid their fees. Freshmen parents should expect the day to last until approximately 2:30.*

Thursday August 11

Practice for Varsity, JV and freshmen 3:00-6:00

Friday August 12

Double day practice Varsity and JV 12:00-8:00

First practice 1:00-3:00

Second practice 6:00-8:00

Single practice for freshmen 3:00-6:00

Saturday August 13

Practice for Varsity, JV and freshmen 9:00-12:00

Monday August 15

Normal after school practice begins---approximately 3:00-5:30

Saturday August 20th Parent meeting and practice

Practice for Varsity, JV and freshmen 9:00-12:00

At 10:00AM we will hold a mandatory Parents Chalk Talk for all the parents of VCHS football players (Varsity, JV and Freshmen) in the gymnasium. The coaches will give the parents a look at some of the things the athletes have been doing on the field. Additionally, coaches will share thoughts and expectations and it is a great time for parents to ask questions and learn ways they can help.