

# SCICOH SHARKS FOOTBALL

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## PRACTICE CHECKLIST

- Arrive on time.
- Do not arrive hungry or dehydrated.
- Be ready with all necessary gear on before the start of practice.
- **REQUIRED PRACTICE GEAR:** water, helmet (with Guardian Cap attached with mouth guard attached to face mask), cleats (rubber molded - no metal spiked cleats are allowed), practice jersey, practice pants, and shoulder pads. Gloves, hand warmers, padded under shirts etc. are all optional.
- Cell phones and personal items must be stored/set aside in a safe place.
- Have fun, be focused, be disciplined, and work hard. Always be encouraging and respectful to your fellow team mates and coaches.
- Leave with what you came with. Pick up and take all personal items, gear, trash, etc. with you.

*"For every pass I caught in a game, I caught a thousand in practice."*

- Don Hutson

## GAME DAY CHECKLIST

- Arrive on time. Game day arrival is at least 1 hour before game start time. All time and location info will be communicated by your head coach. All players are required to weigh in before each game. If a player misses weigh in, they are disqualified from that day's game play per OCYFL By-Laws.
- Do not arrive hungry or dehydrated.
- Be ready with all equipment on before the start of game day warm ups.
- **REQUIRED GAME GEAR:** water, helmet (Guardian Cap removed with mouth guard attached to face mask), shoulder pads, game pants, game jersey, cleats (rubber molded - no metal spiked cleats are allowed). Gloves, hand warmers, padded under shirts etc. are all optional.
- Have fun, be focused, be disciplined and work hard.
- Every player matters. Every play matters. Give it your best on every down until the whistle blows.
- Every Sharks touchdown belongs to every player on your team. It takes a complete team effort to be successful - 100% of the time.
- No matter what, we don't give up. We play SciCoh football until the game is over.
- Win or lose, always be encouraging and respectful to your fellow team mates, coaches, cheerleaders, game officials, volunteers, fans and opposing team.
- Leave with what you came with. Pick up and take all personal items, gear, trash, etc. with you.

*"Winning is not everything--but making the effort to win is."*

- Vince Lombardi

