

**2018 Valley Ridge Hawks Football  
Parent Meeting 3/21/18**

Head Coach – Rafael Dominguez

**Spring Season football dates:**

- 3/21 - Parents Meeting 6:15-7:00pm
- Week of 4/2- TRYOUTS! \$25 NON-REFUNDABLE TRYOUT FEE, must register & pay on SJMSAA.com prior to tryouts.
- Register on SJMSAA.com for those who make the team.
- 4/9- VRA FOOTBALL SPIRIT NIGHT @ THE NOCATEE LOOP, 6-8pm! Invite all your family, friends & neighbors!
- 4/16-4/20- Conditioning Practices
- Equipment pick-up TBD
- 4/23-5/18- Full Pads Practices, PHYSICALS DUE PRIOR TO START OF FULL PADS PRACTICES
- 5/19- Spring Game!

**FALL DATES TBD**

**Try-outs**

1. \$25 NON-REFUNDABLE TRYOUT FEE, must register & pay on SJMSAA.com prior to tryouts.
2. All middle schools will only have one varsity team. This is mandated by SJMSAA.
3. Grades – Follows FSHAA rules. Must maintain a cumulative 2.0 grade point average on a 4.0 unweighted scale. This includes 3<sup>rd</sup> & 4<sup>th</sup> quarters. Will check 3<sup>rd</sup> quarter grades when they are released. Coach Rafael will check progress thru 4<sup>th</sup> quarter.

**Football Fees**

1. \$315 Due to SJMSAA to play football. Register once roster is posted and your child has made the team.
2. Football fees go toward ALL the costs of playing football...to name a few: Renting fields, painting fields, buying equipment, maintaining equipment from year to year, referee costs, game day medical trainers, administrative costs, etc.
3. There are refunds up until the spring game. There will be something written up once the roster is set as to what dates fees are due and when refunds are processed.

**Equipment**

1. Each player will receive the following equipment and **MUST RETURN by the end of the fall season, or sooner if the player is no longer playing:**
  - a. Helmet
  - b. Shoulder pads
  - c. Game pants
  - d. Practice jersey
2. Players get to KEEP their game jersey.

3. Players **must provide their own** cleats, mouthguard, undershirt & socks.

### **Physicals**

1. Due prior to start of full pads practices, 4/23/18. No player will be allowed to practice in pads until physical is received.
2. I MUST have one dated to take thru Spring game, but to keep things easiest please attempt to get a physical that will go thru fall season too.
3. Use FHSAA physical form, which can be found on the Valley Ridge Academy website under Athletics AND [www.sjmsaa.com](http://www.sjmsaa.com).

### **Volunteering**

- Expectation is to volunteer. VRA Football is successful with parental involvement. Ways to volunteer include:
  - Game day setup
  - Game half-time drinks & snacks
  - Gate money collection (great way for older teens to earn volunteer hours!)
  - Fundraising! Fundraising is for:
    1. Team gatherings
      - food
      - Location
    2. Team snacks (before games - bananas/snack bars)
    3. Homecoming extras
      - flowers
      - decorations
      - cookies
      - photographer
    4. End-of-season banquet
      - food
      - location
      - gifts for each player (last year we did a t-shirt & photo)
      - coaches gifts

### **Other items to note**

1. Practice times may vary according to the best schedule for coaches as well as best preparation for games, PRACTICES WILL USUALLY BE FROM 5-7 or 7:30pm
2. Fall games will MOSTLY be on Wednesdays at 5pm or 6pm. MANY factors can affect this- weather, field conditions, mosquito spraying, etc...
3. Buses are only provided one-way and only if the field is 20 minutes or more from Valley Ridge. If no bus, must provide own transportation to field for arrival 1hr prior to game.

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