

Dear Parents and Athletes:

Looking forward to the start of the 2023 football season, I would like to give you an outline of our practices and what each athlete will need for practice. Practices will be on the JV football field. Please drop off athletes at the gate on the south end of the parking lot. Please see the attached weekly schedule.

The health and safety of our athletes is our top priority. **Hydration is key.** Drink plenty of water. Athletes should be drinking a gallon of water each day before practice. Soda, coffee, and energy drinks are highly discouraged.

Equipment Pick Up Plan:

-Equipment for all athletes will be distributed TBA.

Our daily preseason schedule is as follows:

-Please see schedule attached for daily times. We will hand this out at the start of each month to be as accurate as possible. Note – often due to outside influencing factors times may change slightly each day and will be communicated at practice to the players and on the weekly practice file sent by Mr. Keith.

Athletes will need to bring the following Monday August 14th & Tuesday August 15th:

A light and healthy snack and a drink such as Gatorade or water.

Football cleats (black or team colors)

Mouth guard

Sneakers (in case of thunderstorms we will be inside)

Shorts and t-shirt

Helmet

Notepad & Pen (BRING EVERY DAY)

Beginning Wednesday August 16th:

All pads and protective gear outside of girdle & practice pants.

Optional equipment such as gloves, elbow pads, and clear visors are allowed and encouraged.

Athletes may wear a protective cup if they wish, but it is not required.

Feel free to contact us with any questions or concerns,
OV Football Coaching Staff