

# ***OAK RIDGE JR. TROJANS***



## **2015 FOOTBALL INFORMATION PACKET**



# Welcome to the Oak Ridge Jr. Trojans Football Program – 2015 Season



Thank you for signing up for the Oak Ridge Jr. Trojans Football Program. This is the 15<sup>th</sup> year for this exciting program in El Dorado Hills. We are a feeder program for Oak Ridge High School, so our focus is preparing our Athletes for Oak Ridge Football. We are once again in the Sierra Athletic Conference; the website gives access to the other teams in our league. <http://sierraathleticconference.com>.

## **TEAMFORMATION:**

The Football Program has five age/weight divisions: Mighty Mites, Jr. Pee Wee, Pee Wee, Jr. Midget and Midget. A maximum of (35) players will be selected for each of the five divisions. (See *attached chart for age placement information.*) A maximum of (5) Red Shirt players will be allowed for each of the five divisions.

## **TRY-OUTINFORMATION:**

Try-outs will be held to select players for all divisions. Every effort will be made to accommodate players in their respective age and weight categories prior to cuts. Players are ***strongly encouraged*** to prepare themselves prior to tryouts with aerobic exercise and endurance running. This will quickly separate players from those who have not prepared themselves.

Prior to try-outs, initial registration fees must be paid and a signed Player Consent (signed electronically when registering online) and Medical Release Form must be submitted. At Final Paperwork check-in, you must provide a **copy** of the player's birth certificate (new player's only), proof of residency, and the Medical Clearance Form dated after 4/15/2015. The balance of registration fees (including \$100 mandatory pre-paid raffle ticket fee, \$100 volunteer deposit (Midget's only) & \$50 equipment deposit) must be paid prior to equipment check-out or registration deadline.

## **FOOTBALLEXPECTATIONS:**

This will be a competitive program with emphasis placed on developing football fundamentals, promoting a passion for football, building confidence, developing leaders and having fun. Players will be expected to practice 3-5 days per week with games on the weekends. Players will need to be in good physical shape (endurance, flexibility, strength, discipline).

## **SAFETYFIRST:**

Our first priority is the safety of your child. The best equipment available and the most qualified coaches attainable are provided in our program.

## **GAMES&PLAYOFFINFORMATION:**

A (8) game football season will be played starting August 22, 2015. Games will be played on Saturdays. **FEW (if any) GAMES WILL BE PLAYED ON SUNDAYS.** The regular Football Season ends on October 17, 2015. Playoffs begin on October 24, 2015 with the Championship game on November 7, 2015.

## **Registration:**

Registration will be completed online via our website [www.jrtrojans.org](http://www.jrtrojans.org).

## **WHATISDUEATFINALCHECK-IN(JULY):**

- Player/Parent Contract (completed on-line)
- Code of Ethics (completed on-line)
- Release of Liability (completed on-line)
- Medical Clearance Form SIGNED AND STAMPED by Physician (***must be completed AFTER April 15<sup>th</sup> current year***)
- Copy of Certified Birth Certificate (NEW players only)
- Copy of Proof of Residency
- Football Player must be weighed in and photo taken

## **WHATISDUEATEQUIPMENTCHECKOUT-(JULY)**

- Balance of registration fees
- \$50 refundable equipment deposit
- \$100 pre-paid Raffle tickets (fundraiser)
- \$100 refundable volunteer deposit (Midget's only)

# 2015 Age & Weight Chart

## Ages and Weights Subject to Change

1. All players must meet the age/weight limits in order to certify. Any player not certifying by the 3<sup>rd</sup> game of season will be dismissed from the team.
2. The player's age on August 1<sup>st</sup> of the current year shall be the certified age for the coming season.

Age	Mighty-Mite	Jr. Pee Wee	Pee Wee	Jr. Midget	Midget
7	Up to 90				
8	Up to 90	Up to 110			
9	Up to 65**	Up to 110	Up to 130		
10		Up to 110	Up to 130	Up to 150	
11		Up to 75**	Up to 130	Up to 150	Up to 175
12			Up to 85**	Up to 150	Up to 175
13				Up to 105**	Up to 175
14					Up to 175

*Weight limit for male and female players are listed above.*

**FLYWEIGHTS - \*\*Age 9 MM's (first year player's only), Age 11 JPW's, Age 12 PW's and Age 13 JM's are limited to a maximum of 3 kids per team\*\***

1. Mighty Mites are allowed to have twenty (20) eight (8) year olds per squad.
2. There is no required minimum weight for any player.

## X-Man Ages & Weights

Age	7	8	9	10	11	12	13	14	X-Man Weight
<b>Mighty Mite</b>	Yes	Yes							unlimited
<b>Jr. Pee Wee</b>		Yes	Yes	Yes					unlimited
<b>Pee Wee</b>			Yes	Yes	Yes				unlimited
<b>Jr. Midget</b>				Yes	Yes	Yes			unlimited
<b>Midget</b>					Yes	Yes	Yes	Yes	unlimited

Cells with "Yes" in them are eligible X-Man participants. All others are NOT eligible.

1. X-Man players shall be limited to a maximum of six (6) players per team on Midgets. All other squads are allowed four (4) X-Man per squad.
2. X-Man players are limited to the Line of Scrimmage to outside shade of the Offensive Tackle positions. Note: only a maximum of 4 X-Men can be on the field of play at any given time  
Example: May be Tackle, Guard or Center. May NOT be Defensive End or Tight End.
3. X-Man players must play from a 3-point or 4-point stance. Only Offensive players and players on Kick Off and Kick Return have the option to play from a 2- point stance.
4. X-Man players may not advance the ball, except a fumble, interception or onside kick.
5. X-Man players may be on Kick-off or Kick-off return teams, however must line up between 10 and 12 yards of the free kick line.
6. X-Man players must wear a jersey numbered in the range of 90-99.
7. Any player wearing 90-99 will be deemed an X-Man for rules interpretation.
8. Any Players wearing 90-99 is NOT an eligible receiver or back.

## In-season weight gain

Players are allowed to gain weight during the season, beginning with the first regular season game, according to the following chart below:

1 <sup>st</sup> weekend	1 lb.	6 <sup>th</sup> weekend	1 lb.	11 <sup>th</sup> weekend	1 lb.
2 <sup>nd</sup> weekend	1 lb.	7 <sup>th</sup> weekend	1 lb.	12 <sup>th</sup> weekend	1 lb.
3 <sup>rd</sup> weekend	1 lb.	8 <sup>th</sup> weekend	1 lb.	13 <sup>th</sup> weekend	1 lb.
4 <sup>th</sup> weekend	1 lb.	9 <sup>th</sup> weekend	1 lb.	14 <sup>th</sup> weekend	1 lb.
5 <sup>th</sup> weekend	1 lb.	10 <sup>th</sup> weekend	1 lb.		

**Note: All associations at all levels must strictly adhere to the above age-weight schematic. There will be NO exceptions or waivers to the above.**

# Football Policies and Guidelines – 2015

## Oak Ridge Jr. Trojans

For safety and fairness to fellow players, attendance requirements and associated discipline for Jr. Trojans football players will be as follows:

### **Tardiness**

- Each Head Coach will outline his policies if a football player is tardy for practice.
- Tardy is defined as being late by 5 minutes or more.
- 2 Tardies = 1 Absence
- Football players are expected to arrive at least 1½ hours prior to game time. If a player misses Certification, (s)he may not be able to get certified until half-time, and therefore will sit out the 1<sup>st</sup> half of the game.

### **Absences**

- If a football player misses 1 practice in a week (unexcused), his/her playing time will be reduced for the next game (s)he attends (at the coaches' discretion).
- If (s)he misses two practices in a week (unexcused), (s)he automatically sits out the next game (s)he attends.
- Players will be allowed 3 unexcused absences during the course of the season after which they will be required to sit out the next game they attend for each unexcused absence.
- Absences cannot be used for Mandatory Events, Games or Practices, such as:
  - Tryouts on July 27<sup>th</sup> -- August 7<sup>th</sup> (New Date)**
  - Jamboree Certification on **August 15<sup>th</sup> (ORHS)**
  - Football Playoffs on October 24<sup>th</sup> -- November 7<sup>th</sup> (Season officially ends on November 7<sup>th</sup>)
- There will be no Football games played on Labor Day Weekend- official bye for all Teams in League

NOTE: This policy does not apply to excused absences. Excused Absences to practices or games will be for the following reasons and will not count toward the 3 Absences:

- School sponsored event (must discuss in advance with Coach in order to be excused)
- Religious Holidays
- Family Emergencies
- Serious medical illness (requires a signed, verifiable note and phone number from a doctor).

### **Departure**

- Football players need to be picked up as soon as practice is over.
- Football players who want to walk home after practice or meet their parents in the parking lot need to bring a note signed by their parent. The note will authorize them to walk home or wait in the parking lot without parental supervision.
- Football players who want to stay at the field after practice and wait for a sibling who is still practicing will need to bring a note signed by their parent authorizing them to stay at the field without parental supervision.

# Try- Out Information for Football 2015

**Try-Outs:** July 27<sup>th</sup> – July 31st (1<sup>st</sup> cuts are August 1st)  
August 4th – August 7th (Final cuts are August 7th)

**Where:** Oak Ridge High School – back practice fields

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**What to Wear:**

1. Rubber soled football or all purpose cleats
2. Gym shorts (no jeans or baggies)
3. White plain T-shirt with first initial and last name in black ink on the back

**Note:** For **SAFETY** reasons, please adhere to the above requirements to ensure that injuries do not occur.

**What to Bring:**

1. Water bottle(s)
2. Towel
3. Gym bag to carry gear

**Players will be evaluated on the following:**

1. Time and endurance drills
  2. Punctuality, attitude and dedication
  3. Knowledge and understanding of the game
  4. Safety
  5. Respect for players and coaches
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**Try-Outs:**

Try-Outs will be held for each age and weight division. Try-Outs will last at least 2 hours each day, and players must stay until the end of each practice. **Attendance is MANDATORY.** No player will be allowed to participate in tryouts without all completed forms.

**1<sup>st</sup> week:** Players learn basic knowledge of the game and participate in endurance and time drills

**2<sup>nd</sup> week:** Players wear pads and helmets

If your child is chosen for a team, you will be notified within 24 hours from August 8th (posted on the website & posted on fence at the high school near the main ticket booth).

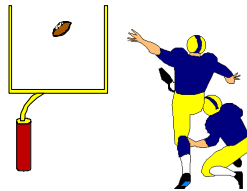
# 2015 Practice Schedule and Important Dates

## 2015 Schedule - Mark your Calendar:

- **Equipment check-out for PW, JM & M** July 25<sup>th</sup> – 9 am to 2 pm
- **First week of Tryouts** is July 27<sup>th</sup> – July 31<sup>st</sup>
- **First round cuts** is on August 1<sup>st</sup>
- **Equipment check-out for MM & JPW** July 24<sup>th</sup>– 2pm to 4
- **Second week of Tryouts is August 3<sup>th</sup> — August 7<sup>th</sup>**
- **Final cuts** are August 7<sup>th</sup>
- **Regular Season Practice** 10 hours per week, days TBD, August 10<sup>th</sup> – August 21<sup>st</sup>
- **Jamboree/Certification** is on August 15<sup>th</sup> at Oak Ridge High School. **Attendance is Mandatory. Details provided During Tryouts**
- **Regular Season Practice** 6 hours per week, days TBD, August 24<sup>th</sup> – October 17<sup>th</sup>
- **Post-Season Practice** 8 hours per week, days TBD, October 19<sup>th</sup> – November 7<sup>th</sup>
- **1<sup>st</sup> Season Game** is on August 22<sup>nd</sup>-It will be a Preseason Game & not count toward league standing
- **Last Regular Season Football Game** is on October 17<sup>th</sup>
- **Post-Season Football Games** are on October 24<sup>th</sup> , October 31<sup>st</sup> and November 7<sup>th</sup>  
 \*\*\*Note: host sites TBA at a later time-\*\*\*

The following are the (tentative) maximum allowable Practice days per week:

Regular Season	5 days/ 10 hours	August 10 – August 21
Regular Season	3 days/6 hours Plus 2 hours of “Chalk Talk”	August 24 – October 17
Playoffs	4 days/8 hours	October 19 – November 7



## Jr. Trojan Youth Football 2015 Season – Fees

	Returning	Adjustments
<b>Due at Registration:</b>		
Registration Fee	\$320.00	
Mandatory Pre-Paid Raffle Ticket Fundraiser \$25 is non-refundable fee if cut.	<b>\$100.00</b>	
	<b>\$420.00</b>	
	<b>\$50 late fee after 7/15</b>	
 <b>Due at Equipment Check Out (July):</b>		
Refundable Volunteer Deposit ( <b>Midget Level Only</b> )	<b>\$100.00</b>	<b>-\$100.00</b>
Refundable Equipment Deposit for Equipment	<b>\$50.00</b>	<b>-\$50.00</b>
	<b>\$150.00</b>	
 **\$320 until 7/15 \$370 from 7/16 to close of registration		
<b>Total Due for Football Player =&gt; \$470.00</b>		<b>-\$50.00</b>
<b>Total Due for Midget Football Player =&gt; \$570.00</b>		<b>-\$150.00</b>

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**Costs include the following for Football Player to keep:**

Away jerseys  
mouthguard  
socks

**Additional Cost to play are required for the following:**

Football shoes – parents are responsible for providing cleats (**ACRYLIC CLEATS ARE NOT ALLOWED**)  
Girdle – parents are responsible for providing a girdle  
(may be purchased for \$30 at equipment check out from ORJT)

**Notes:**

- \* A \$ 25.00 returned check fee will be required for non-sufficient funds.
- \* Game pants, practice pants, practice jersey, helmet, shoulder pads, equipment bag, belt, and knee pads are to be returned at the end of the season in good condition. *If these items are not returned in good condition, the equipment deposit may not be returned in full and/or additional costs may be charged to repair or replace the items.*