

# TPHS Falcon Football

## Incoming Freshman Frequently Asked Questions and Answers

### **Q. What paperwork needs to be completed and when?**

A. In order to be participate in freshman football, you must complete and submit an Athletic Packet. The Packet consists of various forms and can be picked up at the TPHS Athletics Department located in the lower level of Building “B” near the Library Media Center. It can also be downloaded from the TPHS Athletics Web Page at:

<http://tp.sduhsd.net/athletics.php>

The completed Packet should be submitted to the Athletic Director’s Office no later than August 1st. It is best to physically drop off the Packet. The Athletic Secretary, Pam Brand, will review all the forms and make sure everything is complete. Once this is done, your son’s name will appear on a “Cleared List” which is posted on the Athletic Bulletin Board and the TPHS web site.

### **Q. What is the minimum GPA requirement to play football?**

A. You must have at least a 2.0 GPA from your last semester (8th grade or previous school) in order to be eligible to play freshman football. You must include a copy of your summer report card if it helps raise your GPA to a 2.0.

### **Q. Does my son need to have a physical exam?**

A. Yes. A Sports Physical Form is part of the Athletic Packet. Physicals are good for one calendar year, so if your son plays other sports at TPHS during his freshman year, his physical for football will cover his other sports as well. TPHS has a Physicals Night on campus in early June where local physicians give athletic physicals to anyone interested in playing school sports. There is a nominal cost, around \$30, for the physical. You may also obtain the physical from your own doctor.

### **Q. When does football practice start, and what are practice days/times?**

A. The first day of practice is shown on the calendar found on the main football web page. These will be two-a-day practices including Saturdays. See summer schedule for practice dates and times. In season, practices are M, T, W and Friday (film session). Freshman games are on Thursdays.

### **Q. Where are practices held?**

A. On campus.

### **Q. When and where is football equipment distributed? What will I need to purchase?**

A. Equipment will be distributed to freshman on campus on equipment days. See the calendar for this years dates and times. You will need to purchase cleats for your son. As in Pop Warner, players may provide their own helmets and shoulder pads as long as they meet certain standards.

### **Q. Where does my son store his equipment?**

In the freshman/JV team room until he makes the varsity, and then in the varsity team room.

### **Q. Are there cuts?**

A. No. If your son is willing to put in the time and effort that we require, we would love to have him as part of our football family.

### **Q. When and where are the games?**

A. Games are on Thursdays, usually at 5PM. They are played on our campus, and at other high schools. Refer to game schedule on the TPHS frosh football website.

**Q. How do players get to and from away games?**

A. Players ride together on a team bus.

**Q. What is the Summer Weights Program?**

A. This is a non-mandatory program designed to help your son be in the best athletic shape possible. The Summer Weights Program is held on campus and begins in June. See the calendar for exact dates and times this year. Incoming freshman generally workout M, T, W and Thursday from 8AM – 10AM. JV and varsity workout these same days but at later time slots. You will receive a registration form and consent form to participate in Summer Weights. The fee is around \$200.

**Q. Can my son miss some or all of Summer Weights?**

A. Yes, although he will get more out of his freshman experience if he is there as much as possible.

**Q. Can my son participate in Summer Weights at a different time slot than assigned for his class level?**

A. Yes, but the freshman class is designed for the beginner lifter, and each subsequent class is coached at a higher skill and intensity level. In addition, working out with freshman teammates will help build camaraderie.

**Q. Does football count as a P.E. class?**

A. Yes, and this year the freshman football class will also satisfy the “Year One P.E.” requirement, which is a physical education course with a health component integrated with the course.

**Q. What and when is the “dead period”?**

A. See the calendar on the main web page for the exact dates of this years dead period. There are no football activities during this time, so it is a good time to schedule family vacations.

**Q. Are there any football related activities during the remainder of the school year?**

A. Yes. Spring (flag) football runs from mid-May through early June. We also encourage our football players to play another sport in high school.

**Q. Who is this year’s head freshman football coach?**

A. Mike Whalstrom. Mike can be reached at 858-755-0125, ext. 2291.

**Q. Can I talk with the coaching staff if I have questions or items to discuss?**

A. Yes, but follow the chain of command. Many questions can be answered by checking the TPHS football website. The Parent Liaison can also answer many questions.

If there are questions regarding playing time, your son should approach his position coach first. Then he should approach the head coach. If there is still an issue, the parent may schedule an appointment with their son’s head coach. At no time should such questions be addressed on the field.

If there is ever a need to discuss issues other than those mentioned above, parents may always contact their head coach, and if they feel it necessary, they may contact the Head Coach of the football program, Scott Ashby.

**Q. Who is the Freshman Football Parent Liaison, and what is their role?**

A. A team parent will be designated as the Freshman Football Parent Liaison by the coaching staff. The role of the parent liaison is to facilitate communications, answer questions, and to organize and oversee the many parent volunteers who are needed to ensure that the football program is adequately funded and supported.

**Q. Why is fundraising necessary for the TPHS football program?**

A. The high school and the school district do not contribute to the expense of the football program, it is entirely funded by the parents and the community.

**Q. What are the key fundraising events/activities for the TPHS football program?**

A. There is an annual Falcon Football Golf Classic in June that serves as our biggest and most important fundraiser. The event includes a golf tournament, followed by a preseason banquet/party, and live and silent auctions. This event is a blast and incoming freshman parents are invited and encouraged to golf and/or attend the party.

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