

Chaminade College Preparatory Middle School Tackle Football – Fall 2017 General Information Updated 5/24/17

Welcome!

We are excited about your interest in Chaminade's Tackle Football program. The information below is designed to answer many of the questions you might have regarding this middle school program.

General Information

- The Tackle Football team is open to any Chaminade student in the 7th or 8th grade that is enrolled for the 2017-2018 school year
- There are no Tryouts to make this team; the only tryouts associated with this team are for specific positions and will be done in conjunction with conditioning and pad practices.
- Chaminade will field ONE team this season in the Junior High Delphic League
- Our returning Head Coach for the 2017 season is James Contreras. Assistant coaches include a number of returning coaches from last season.
- Team Practices begin the week of August 2 (schedule is posted on the Chaminade Middle School Athletic Web-Page & Middle School Athletic Calendar)
- Practices
 - Prior to the Scrimmage, 3-4 days per week of conditioning (10 hours); Pad Practices, Contact & Hitting (10-20 hours) after completion of conditioning hours
 - Following the scrimmage – Practice 3x's per week after school, on campus (2 hour practices 3:30-5:30pm)
- Most games are scheduled on Saturdays – Home Games will be played at Chaminade High School & Chaminade Middle School
- Season will consist of 6-8 season games and a 1-2 playoff games
- Chaminade Middle School will continue to provide a Certified Athletic Trainer to be available at all tackle football practices and games.

Chaminade Middle School Tackle Football Requirements

- All athletes must have a Physical Examination and return the **Medical Information & Physical Exam Certification Form**, filled out by parent and doctor, prior to participation in contact drills. Each athlete's physical exam covers 1 year from the date of the exam. An athlete's exam must take place after **November 15, 2016** to cover the entire season or another exam will be required. An updated form is available on the Chaminade School Web-site under Middle School Athletics, in the General Information section.
- The **Participation, Consent & Release Agreement Form** and the **Medical Information & Physical Exam Certification Form** are due by Friday, August 11, 2017. The following day is the first scheduled day for contact drills. Athletes will be allowed to participate in practice but will not be allowed in contact activities until the form is turned in to the Athletic Director. This form can be downloaded from the Middle School Athletics Web-page; click the **Forms and Fees** quick link.

On-line Forms and Fees

- Once the team roster is posted, further instructions will be provided for access to SportsWare, our on-line registration program. All forms (excluding the Medical Information and Physical Exam Certification Form) and fees necessary for the program will be located here. Tackle Football Sports Fee is \$200 for the season and should be paid through the SportsWare online program.

Tackle Football Equipment

- Chaminade will provide all equipment and uniform except for a cup and cleats.
- Chaminade refurbishes and/or replaces all damaged equipment. All equipment is certified by a professional recertification company for use each season.
 - *Athletes wishing to use their own helmet must show proof of purchase (new helmet) or re-certification to the Athletic Director. Helmets must be Navy Blue, with a Navy Blue facemask and must be cleared for use by the Athletic Director.

Junior High Delphic League Teams Participating in the Fall 2017 Season

Brentwood, Campbell Hall, Chaminade, Harvard-Westlake, Heritage Christian, Oaks Christian, Village Christian and Viewpoint
School teams will play in one division this year.

**Please note that Chaminade will only schedule games with other middle schools.*

Delphic League Guidelines and Rules -

- 10 hours of Conditioning – minimum (prior to contact in pads)
- 10 hours minimum to 20 hours maximum in Pads before playing in a game/scrimmage
- Maximum of 6 hours practice time per week following first game/scrimmage
- Weigh-in prior to each game
- League is scheduled to have ? division(s)
- Weight requirements
 - No minimum play weight to play
 - Weight maximums, per division for Skill position and X-player positions

Tackle Football Weight Maximums for Fall 2017

Week	Date	Skill Player	X Player
Week 0 (Scrimmage)	26-Aug	155	195
Week 1	2-Sep	156	196
Week 2	9-Sep	157	197
Week 3	16-Sep	158	198
Week 4	23-Sep	159	199
Week 5	30-Sep	160	200
Week 6	7-Oct	161	201
Week 7	14-Oct	162	202
Week 8	21-Oct	163	203
Week 9	28-Oct	164	204
Championship	5-Nov	165	205

Game Schedule

- The Junior High Delphic League Tackle Football Scrimmage will take place on Saturday, August 26 @ TBD from 9:30am-12:00pm.
- Most games will be scheduled on Saturday.
- A tentative schedule has been posted on the Tackle Football Calendar and will be confirmed once all schools have officially declared their teams. The Tackle Football Calendar can be found on the Middle School Athletic Webpage.

Game Rules

- Intermediate Composite Football
- Standard CIF Junior Varsity Rules
- CIF Rule exceptions
 - Mercy Rule
 - Special Teams Rules
 - X-Player Rules

Hosting a Game

- Each school must provide a Certified Athletic Trainer (EMT or Doctor are acceptable substitutes) and necessary game equipment
- Each school must provide **three (3) volunteers** for Chain Gang & Down Marker

*** Athletes must commit to play for the season by Friday, August 18.**

Quitting the team after this date will result in consequences for remainder of the 1st semester.

We hope that this information has been helpful. If you have any questions regarding tackle football at Chaminade Middle School, please feel free to contact Mr. Stewart. We are looking forward to a great season and your participation in our program.

Go Eagles!

Walt Stewart
Director of Athletics
Chaminade College Preparatory Middle School
818 363-8127 x 554
wstewart@chaminade.org