

6th, 7th & 8th Grade Flag Football General Information

Requirements to Try-out

- All students must have a completed physical form turned in prior to the start of tryouts. All physicals are good for 1 year from the date taken. At the bottom of this document there is a direct link to the form if you need a copy. If you are unable to schedule a physical with your primary physician, there are many Action Day Urgent Care facilities that can accommodate. Many of our families use this for last minute physicals and the cost is in the approx. \$60. Please turn completed physicals into the athletic office by mail or scanned email. Mail: 100 Skyway Drive, San Jose Ca 95111 EMAIL: sportsmedicine@vcs.net
- Please have your child wear athletic shorts, athletic shoes and a dress code appropriate t-shirt for tryouts. Students can change in the locker room or restroom after school. If they are selected for the team, they will need a mouth piece and rubber cleats.

Tryout Days

- Each team will host a two tryout days to determine their team. Additional days will be at the coaches discretion and will be communicated directly with the players. In some cases we are able to extend tryout days to students that are sick or injured, but those need to be communicated directly with the Athletic Director & Coach.

Season info

- General season timeframe is 7 weeks starting towards the end of August and ending in early October.
- Commitment level for practices and games will be Monday through Thursday after school approx. 3:15-4:30/5:00pm. Once each team has been chosen, you will receive a complete game and practice schedule.
- Each player will purchase their game jersey that will cost approximately \$42.00. Our coaches will set a date for uniform distribution and cost of jersey will be billed directly through VCS pay fees. PE shorts that you purchase at L.O.S.T. night will be used as their game shorts.
- There will be a fee of \$75.00 that is charged to your child's account at the completion of the season that covers transportation, equipment, coaching stipends etc.
- Coaches info: Please contact Mr. Gill at agill@vcs.net if you need contact information for our current set of coaches.

Physical Form

https://www.vcs.net/uploaded/athletics/Athletics_Physical_Form.pdf