

OXFORD GOLDEN BEARS ORGANIZATION

A commitment to teach winning youth football. the right way...

Welcome Parents and Football Players to the 2015 season! Please read below for important information and dates:

Equipment Pickup for Tackle Football: Registration must be paid in full prior to equipment pickup. Equipment will be handed out at Oxford Mini Storage, 256 Barnsley Road in Nottingham from 6:30 to 7:30 on the following dates:

- July 27th: Sophomore Football Team.
- July 28th: Junior Football Team.
- July 29th: Senior/ Unlimited Football Teams.

New Tackle Football Divisions: Sophomore, Junior, Senior, and Unlimited. Please refer to the OGB website for age/weight guidelines ([CLICK HERE](#)).

Tackle Football Heat Acclimation Period: Aug. 3rd to 7th, 6:30 to 8pm at Elk Ridge Fields.

***All tackle football players should attend.** Bert Bell Conference requires player participation in 5 days of heat acclimation workouts before practice in full pads is permitted. Players should wear cleats, light colored shorts and T-shirts. Bring plenty of water, no carbonated or caffeinated drinks permitted. *Any player with an existing medical condition (breathing, heart, or allergies needs to be cleared by a doctor prior to participating. Please contact [Scott Fetterolf](mailto:Scott.Fetterolf@hotmail.com) (sfetterolf@hotmail.com), Player Safety Coach, with questions.

Physicals: Completed physical must be turned in to Coach by the first practice. Physical forms can be found on the OGB website ([CLICK HERE](#)).

Practices begin August 10th at Elk Ridge School: Tackle practice is 6 to 8:00 pm, 5 nights a week until Aug. 28th, then 3 nights a week starting Aug. 31st.

- Senior and Unlimited teams practice on the field in front of the school.
- Flag, Sophomore, and Junior teams practice on the backfield behind the school.

Parking at Elk Ridge School: In the back lot, the parking spaces in the front row are reserved for coaches. Please do not park on the grass.

Parents: Please attend Parents Player Safety Meeting August 10th at 6:30pm.

Proper practice attire:

- OGB to supply: Game jersey and pants, helmet, shoulder pads, and set of 7 pads.
- Player to supply: Practice jersey and pants, girdle, cleats, protective cup, mouthpiece.

Field Rules: We rent the fields and must follow League Rules (and/or School District Policies):

- No smoking (or using tobacco products) or alcohol on the property.
- No animals allowed.
- No skateboarding.
- No parking on the grass.
- All trash must be thrown away before leaving the premises.

Bert Bell ID's: August 25st at Hockessin Firehouse. If you are a new player, please plan to attend. Returning players that require an updated ID will be notified.

Medical Volunteers Needed: Please email [Betsy D'Annunzio](mailto:betsyd110@gmail.com) (betsyd110@gmail.com) if you are in the medical field and can help cover games throughout the season.