

## **LTHS FOOTBALL**

### **2014 Football Tryouts (August)**

#### **Preseason Requirements**

- 1. Must have recorded all strength /agility/fitness tests (in May)**

**Test includes:**

- Strength - Bench/Squat**
- Speed - 40 yards**
- Lateral - Pro shuttle**
- Agility - L Drill**
- Endurance - Rope Hop at 1 minute**
- Explosive - Standing broad jump**

- 2. Must have recorded stamina test (in June)**

**Test includes:**

- 16 X 110 yards at 23 seconds for linemen and tight ends**
- 20 seconds for skill**

- 3. Must have passed required number of academic credits for eligibility**
- 4. Must have recorded medical exam with school**
- 5. Must have a clear discipline record**
- 6. Must have parent permission recorded**
- 7. NJSIAA steroid form signed and recorded**
- 8. Concussion policy signed and recorded**
- 9. Sudden cardiac death form signed and recorded**
- ✓10. School drug and alcohol policy signed and recorded**
- ✓11. Random drug testing / consent form signed and recorded**

**Note- All student athletes will be pre-evaluated on their attitude and desire to be a football player. Great character demonstrated by loyalty and athletic commitment, through playing school sports or training during the off season, being coachable, and a respect for the tradition that is Lacey Football will be expected all the time.**

**Student athletes who do not complete the requirements for pre-evaluation will not be offered the opportunity to play football for Lacey Township High School.**

**Student athletes who make poor decisions by not doing all that is expected of them, will be warned. A second incident may bring about a suspension with a required parent meeting. A third problem may end up in dismissal from the team.**