

Frequently Asked Questions for Wesleyan Football 2009

What are some important dates for parents and players to know?

Spring Practice for all rising 9th-12th graders not involved in a spring sport—April 21-May 1, 2009.

Summer Speed and Strength Camp begins June 4th and goes each weekday except Fridays until the start of summer practice (August 1st) excluding the two week period in July when the campus will be closed.

The varsity will be competing in a passing league this summer with dates and times TBA. Players in town and available are encouraged to attend but this is not mandatory.

Summer Practice Start Dates:

Varsity	Monday July 30th
JV	Monday August 11 th
7/8	Monday August 18 th

Who plays on the JV team?

Wesleyan Football will field a JV team that practices separately from the Varsity. It will have its own coaching staff. The JV will consist mainly of 9th graders with a smaller number of 10th graders added. Any 9th or 10th graders that the varsity staff feels like can play a significant and consistent role on the varsity will be moved up and will stay up. Having a few “swing players” that move from JV to varsity weekly is probably unavoidable but we will try to minimize the number. Generally speaking, 9th graders will practice full-time with the JV and 10th graders will practice with the varsity Monday and Tuesday, going with the JV Wednesday and Thursday. JV players will be invited to dress out with the varsity on home-game Friday nights but will not travel with the varsity to away games.

What about off-season workouts?

Currently the off-season workout program is underway for all football players not involved in a winter or spring sport. We are requiring from them at least four workouts a week with Tuesday and Thursday lifts after school in Yancey mandatory. The other workouts per week can take place at Wesleyan with Speed & Strength coach Dustin Wolf or by appointment with Ryan Goldin at CES or Marc Khedouri at Wesleyan. If a player cannot attend because of participation in a winter sport, an academic conflict, or another reason he should speak directly with Coach Pridgen. Accountability is mandatory and strength training is vital to our success in the fall.

Will the Varsity be going away to camp this year?

Yes. All 10th-12th grade players plus some invited 9th graders will be having a “mini-camp” experience Thursday August 14th through Saturday August 16th at 12:30pm. We will be practicing at Wesleyan but eating, sleeping, and meeting at the Simpsonwood Retreat and Conference Center near school. If your son is expected to participate you will be receiving more information later.

What will the weekly practice routine look like once the season begins?

It will vary from team to team depending on the game schedule but generally speaking the MS teams will play all their games on Saturdays and will have Mondays off. The JV will play on Thursdays with Fridays being a strictly conditioning day after which JV players are asked to dress out for Varsity home games. The varsity will come in at 3:45pm on Monday afternoons to watch game film from the previous week and practice until 7pm. Tuesday practice will end at 6pm and during the latter half of the season especially Wednesday practices will conclude at 5:30pm when appropriate. Thursdays are light, short practice days with the Varsity released by 5pm. Fridays are game-days and the varsity players have no football obligations Saturday or Sunday. Please see the head coach of your son’s particular team for more specific information once the season has begun.

How does a player earn a varsity letter in football?

In order to receive a varsity letter for playing football at Wesleyan in 2008 a player must meet at least one of the following criteria:

- He was a member of the varsity traveling squad for away games.
- All seniors who play football will receive a varsity letter assuming they complete the season as a part of the team in good standing.
- Any player who has been a part of the varsity team for two years or more will receive a letter.

The varsity coaching staff reserves the right to letter any high school player at their discretion.