WAKE COUNTY PUBLIC SCHOOL SYSTEM

Athletics

MEMORANDUM

TO: High School Athletic Directors, Football Coaches, and Athletic Trainers

FROM: Deran Coe, Senior Administrator of Athletics

DATE: January 23, 2018

SUBJECT: **WCPSS Football Skill Development Guidelines**

In order to respect the demands that Athletic Trainers already have placed upon them in WCPSS, to preserve the spirit of encouraging multi-sport participation by student athletes and coaches, and to create an equitable situation for all WCPSS schools the following guidelines are being put in place beginning January 23, 2018.

- Football coaches may work with an unlimited number of players for a maximum of 1.5 hours per day within the NCHSAA guidelines for skill development periods.
- No protective equipment may be worn at any skill development session after the conclusion of the season for that team and prior to the completion of the regular season for spring sports.
- Football coaches may work with their athletic directors and athletic trainers to select 10 week day skill development sessions between the end of the spring sports regular season (May 7) and the final 10 days of the semester (May 24). Each session is a maximum of 1.5 hours.
- An athletic trainer or first responder must be on the field if helmets or shoulder pads are worn.
- Athletic Directors will be responsible for reporting to the Senior Administrator for Athletics the days on which equipment will be worn prior to May 1.
- If a day is lost due to weather, the day may be made up on another weekday prior to the last 10 days of the semester.
- If a school is found to have violated these guidelines their school will be penalized by delaying the start of fall tryouts/practice by 2 days for each violation.

These guidelines were developed by a committee comprised of the following WCPSS employees.

Football coaches: Daniel Finn, Reggie Lucas and David Greene

Athletic Trainers: Mike Guerrero and Miles Kliewer

Athletic Directors: Mike Dunphy and Jack Rogers