



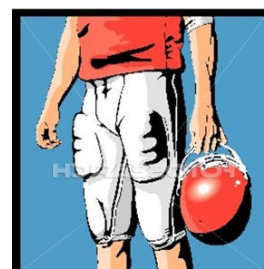
# New Canaan High School RAM FOOTBALL



## -EQUIPMENT-

### WHO PROVIDES WHAT

NCHS Provides:	Players Must Provide:
-helmet	-practice jersey
-chin strap	-practice pants [1]
-shoulder pads	-mouthguards (mg) [2]
-game jerseys	-girdle with pads
-game pants	-cup and strap [3]
-game belts	-game socks (knee-high - 1 red, 1 black, 1 white)
-pant pads	-turf shoes
	-sneakers
	-wrist band
	-locker lock [4]



**(1) Practice Pants:** Players should get their own practice pants. NCHS provides the hip, thigh & knee pads worn in them. (We have some used pants for players who can't get their own.)

**(2) Mouthguards:** The CIAC requires every player on the field to wear a mouthguard. We have mouthguards available for players who need them, but we strongly recommend that each player get their own mouthguard (the kind that is melted to fit specifically to their own teeth.) This offers the greatest amount of protection for a player's teeth and jaw. It's a good idea to get two or three before the start of the season and pre-fit them so they always have a clean spare available.

**(3) Cup & Strap:** Players are not 'required' to wear a cup. It is considered a personal decision, but those players who opt not to wear one do so at their own risk.

**(4) Locker Lock: **THEFT HAPPENS!** Every player is required to bring a lock for their football locker and use it.** (Anyone who can't afford a lock should see Coach Marinelli for one that the school will provide.) Players are solely responsible for any personal belongings they bring to practices and/or games. They are also responsible for all of the equipment provided to them by NCHS and will be billed to replace lost or stolen items. We strongly suggest that personal items of value (wallets, watches, calculators, etc.) be left at home, locked in their regular school locker or car (if available), or given to a coach to lock up.

**For questions about what or how to buy equipment that the player must provide, contact John Marinelli ([john.marinelli@ramfootball.com](mailto:john.marinelli@ramfootball.com)).**

### EQUIPMENT DISTRIBUTION

**Varsity Program** (Fall Seniors, Juniors & Sophomores): Equipment is distributed to players on the first day of Spring Football. Any Senior, Junior or Sophomore who needs equipment during the summer (for camps and the like), should make arrangements with Coach Marinelli to get their equipment. Otherwise, equipment will be distributed during the first few days of Conditioning Week in late August.

**Freshman Program:** Incoming Freshmen who go to the Away Camp at the end of June will be given a date and time to get their helmets before hand. Freshmen who sign up for the Systems Camp (but who didn't attend the Away Camp) should arrive at the Systems Camp early so they can be assigned helmets. All other players will get their equipment during the Freshman Football Camp in late August. Players who cannot attend the August camp should report to the Freshman Coach before practice on the first day to get what they need.

## **CLEANING THE GEAR**

Players are required to take their practice clothing (and any other dirty items) home to be washed regularly. This includes practice jerseys, practice pants, girdles, Tshirts, socks... **everything**. **Parents are asked to help make sure this happens.** The locker room is shared by a large number of people, and players are putting themselves and their teammates at risk for serious skin infections and other illnesses by wearing and/or storing dirty clothing in their locker.

## **COLD WEATHER**

Once the weather turns cold, the boys should wear extra layers of clothing for practices and games. This extra clothing should be appropriate athletic wear (i.e. underarmour, long-sleeved shirts, sweatshirts, sweatpants, caps, etc.)

We recommend that players have a red, a black and a white long-sleeved shirt (underarmour or other type) to wear under their jerseys on game days. Remember that the cold weather can sneak up on us and these items get to be hard to find by late October... so buy them early.

When the temperature drops, hand warmers are a welcome item on the sidelines. If anyone would like to donate a box of hand warmers to the team, we will make sure they're brought to games and offered to the players. (To contribute a box of hand warmers, contact one of your Team Reps.)

## **NEEDED, LOST OR STOLEN EQUIPMENT**

Players who need to receive, change or report lost equipment should contact the Equipment Manager after school in the equipment room.

## **PLAYERS WHO QUIT THE TEAM**

If a player quits the team, they must return all of NCHS' items to the Equipment Manager within one week of quitting the team. Players will be charged for any items that are not returned.

## **EQUIPMENT RETURN**

Players at each team level will be told when and where to return their equipment at the end of their season. Players will be charged for any NCHS items that are not returned.



*(Updated August 2011)*