



# Football Guidelines

**Practices Start:  
February 4, 2021**



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# Contact Information



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# Football information

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HARRY'S REDEEM TRIAL

THOMAS JEFFERSON SCIENCE & TECH HIGH SCHOOL

ATHLETICS

HOME ATHLETIC REGISTRATION ATHLETICS ACTIVITIES ATHLETIC BOOSTERS FORMS Notify Me!

**Fall Sports**  
Golf Girls  
Football  
Volleyball Girls  
Field Hockey  
Cross Country  
Cheerleading  
Golf

**Winter Sports**  
Basketball Boys  
Basketball Girls  
Wrestling  
Gymnastics  
Swim & Dive  
Indoor Track

**Spring Sports**  
Football  
Volleyball Girls  
Field Hockey  
Soccer Boys  
Soccer Girls  
Baseball  
Softball  
Lacrosse Girls  
Tennis Girls  
Outdoor Track  
Tennis Boys  
Lacrosse Boys

**UPCOMING EVENTS**

**Friday, Feb 5, 2021**  
TBD  
Gymnastics: Girls - Region Finals vs. Woodgrove  
@ Woodgrove High School

**Saturday, Feb 6, 2021**  
12:00pm  
Indoor Track: Varsity District Tournament vs. Multiple Schools  
@ Falls Church High School

**Monday, Feb 8, 2021**

More events

**SCOREBOARD** All Scores >

Basketball Boys Varsity Falls Church @ Thomas Jefferson Science and Tech 32 Jan 21 23	Basketball Boys Varsity Thomas Jefferson Science and Tech @ Justice 47 Jan 09 39	Basketball Boys Varsity Thomas Jefferson Science and Tech @ Hayfield 30 Jan 07 71
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Football Schedules and rosters can be found under **SPRING SPORTS** Select **FOOTBALL**



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# NEW FCPS ONLINE SPORTS REGISTRATION & CONCUSSION EDUCATION PROCESS

- **MANDATORY** registration for athletics & activities
  - Register for ALL sports & activities you are interested in
  - <https://tjhsst-ar.schooltoday.com/>
- Parents & students will complete the required concussion education as part of the registration process.
- Parents & students can submit the emergency care card & weight room waiver online
- VHSL physical paper copy will still be turned in to the school's athletic trainers
- Parents can also check that their paperwork has been received & entered via rSchool.
- Paper copies of concussion ed and ECCs will not carry over and must be completed online.

# Parent & Student Checklist for Fall Sports

- ✓ Register online at [www.tjsports.org](http://www.tjsports.org) for **ALL** sports you want to play.
- ✓ Complete your registration by completing the concussion education and ECC
- ✓ MAIL your VHSL physical to Heather Murphy at TJ.
  - ✓ Short on time? Turn it in, in-person. TJ Main Office closes at 4pm.
  - ✓ Can be collected at tryouts. Ensure that EVERYTHING is complete on the form.
  - ✓ DO NOT EMAIL FORMS
- ✓ Contact coach and tell them you are interested in playing
- ✓ Choose a mask to use for athletics
- ✓ Get a 32oz water bottle to use everyday. Put your name on it.

# Practice Schedule

- **USE DOOR 9**
- February 4<sup>th</sup>
  - 5:00 Seniors
  - 5:45 Juniors
  - 6:15 Sophomores
  - 7:00 Freshmen
- February 5<sup>th</sup>
  - 5:00 Specialists
  - 5:15-7:30pm Practice Field
- February 6<sup>th</sup>
  - 10:30am-1:00 Game Field
- Feb 8-12
  - 5:15-7:30pm Practice Field



# Pre-Practice Screening Guidelines

- ALL students need to bookmark the TRYOUT Google form & complete the Google Form after 4pm (on school days), before arriving at practice.
  - All athletes **must** check in at **Door 10**
  - [https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy\\_liSfT5h98o3wQjY-091\\_cQw/viewform?entry.131793729=Jefferson+HS&entry.1026318360=Football](https://docs.google.com/forms/d/e/1FAIpQLScghPQkwaKSDHxvolmAv4e1wy_liSfT5h98o3wQjY-091_cQw/viewform?entry.131793729=Jefferson+HS&entry.1026318360=Football)
  - **Do this every day**



# FCPS Return to Sport Protocols

- **Please stay home if you do not feel well. Do NOT come to school or practice if you experience any symptoms. You will not be penalized for missing due to illness.**
- **COVID Reporting**
  - Parents and students must report COVID19 exposures and positive tests ASAP to Ms Murphy and Head Coach
  - Coaches, Athletic Trainers, Athletic Administrators will report all instances of COVID-19 symptoms to school administration and will request a note from the parent before the student can return to practice.
- **Disinfection Guidelines**
  - The Activities Office in cooperation the TJ Custodial staff will develop general and activity-specific guidelines as specified by FCPS for cleaning, use of PPE, the disinfection of shared materials, equipment before during and after practices and games.
- **Transportation**
  - Busses will be available for **GAMES ONLY**.
  - Students must transport themselves for practices and to TJ on game days, unless they were at TJ for school.
- **Masks**
  - Students **MUST** wear a mask at all times. Masks are attached to the helmet. If students remove their helmets, they will need to have another mask to use.



# Football Equipment Disinfection

- **Helmets** will be cleaned with a bleach & water solution every day at the end of practice and stored in a TJ locker.
- **Helmet masks** will be cleaned every day at TJ.
  - When the athlete removes their helmet, they need to have another mask available to put on.
  - Must wear a mask at all times.
- **Shoulder pads** should be kept in TJ lockers.
  - If they go home, they are cleaned prior to practice
- **All clothing/cloth goods** should be taken home and cleaned every day. Do not leave this in the locker.
- **Mouthguards**
  - When taken out of the mouth, the mouthguard must be cleaned with a bleach and water solution. Wait 15 mins and then rinsed with water.
  - Students should have several mouthguards to use during practices and games.
  - Athletes should use hand sanitizer after replacing or touching the mouthguard.

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