

Del Norte High School Football Varsity Point System

High School Varsity football, specifically San Diego North County football, demands a high level of mental and physical preparation, including extensive knowledge and understanding of game plans, the opponent's schemes, techniques and tendencies. In addition, we must foster an atmosphere of trust & commitment. In order to develop a cohesive, effective and competitive team, we have to have a clear understanding of our expectations. This point system insures that our players will be both mentally and physically prepared for the rigors of San Diego North County Varsity Football. The Point System also helps with the safety, protection and welfare of our players by insuring that they know safe, proper techniques, are physically prepared for the demands of San Diego North County Varsity football and understand the schemes and strategies that we utilize in games.

The point system and an example are attached to this sheet. After you've read the entire Point System and example, discuss it thoroughly with your student/athlete. Then detach the Point System and example to keep for your records. Return this signed form to Coach Cole.

By signing below I, Print Student/Player name here, affirm that I have read and agree to the terms of the Del Norte High School Football Point System.

Student/Player Signature: _____

By signing below I, Print Parent/Guardian name here, the parent or guardian of the student/player listed above, affirm that I have read and agree to the terms of the Del Norte High School Football Point System.

Parent/Guardian Signature: _____