



Viking football



General info: Van Hoosen offers participation in the great game of football to 7th and 8th grade boys. Van Hoosen divides their teams by weight between a “Lightweight” and “Heavyweight” team, with the cut-off weight being 115 lbs. (players that are just below that weight requirement and have extensive playing experience, as well as authorization from a parent can choose to “play up” on the Heavyweight team). There are no ‘cuts’. Everyone makes the team. A Pay-to-Participate fee will need to be paid, and each player needs a current physical on file.

Schedule: Van Hoosen competes against the other 3 Rochester middle schools and the 4 Troy middle schools in a 6-game schedule, with one pre-season scrimmage. Practice begins the first day of school, and the season lasts about 10 weeks. Practices are usually right after school and last until about 5:00. There are no weekend commitments for the boys, although we might tailgate at an Adams game.

What to bring / Cost: As stated, all players need a physical on file with the main office and need to have their pay-to-participate fee taken care of in order to compete. Players are required to purchase football cleats and socks. All other equipment is provided for the athletes, (although many players choose to purchase their own girdles). Players are responsible for all their equipment once it has been issued to them, and it is encouraged that all players purchase a combination lock and keep their gear in the locker room at school, if possible.

Questions: Email any questions to either Jack Beall (Jbeall@rochester.k12.mi.us) or Ray Dawood (RDawood@troy.k12.mi.us)