

TO: All-Star Football Players

FROM: Phil Weaver, NCCA Co-Executive Director and Director of the All-Star Games

RE: Preparation of players for the **East-West All-Star Football Game**

Your coach received **an outdated copy** of this checklist when he received your invitation to play in the East-West game. Please get with your coach to ensure you bring the necessary equipment.

The Board of Directors of the North Carolina Coaches Association has determined that it is the duty of a player's high school coach to ensure that his player:

- (1) has transportation to and from Greensboro
- (2) arrives at the appointed time
- (3) is in playing condition
- (4) is properly equipped to participate

We have developed the following checklist to help prepare for the All-Star Game. Please read and follow it carefully.

Neither the host school nor the All-Star Games will provide practice gear. Unfortunately, there have been instances in the past where players arrived in Greensboro unprepared to begin practice. We want each player to be equipped to do his best. Thank you for your cooperation.

A Physical Examination & Concussion Statement-must be completed and signed by a licensed physician; a copy of high school physical is acceptable if it will be current on date of East-West football game; (copy of college physical is acceptable) Forms are available online @ www.eastwestallstars.com

ALL-STAR FOOTBALL PLAYERS will need:

- Helmet *must be reconditioned* - be sure to include chin strap. If using a **special helmet**, the player must bring a **repair kit**.
- Mouthpieces (2)
- Shoulder pads (Check straps, buckles, strings; check for cracks)
- (2) Girdles (preferably sewn in)
- Arm/elbow/hand pads, if desired. These will NOT be provided by NCCA.
- Shorts & FB Practice pants **with belts** (Check for tears) *Game pants are provided.*
- At least 1 extra belt for FB pants and girdle
- Practice jersey (*Game jersey provided; player keeps as souvenir*)
- Practice and Game Cleats (Check cleats)- Tennis shoes are needed in the event of indoor practices.
- Gloves if applicable
- Practice socks - several pairs. (Game socks provided)
- Practice underwear, athletic supporters (2) t-shirts (2) shorts (We wash practice clothes daily.)
- Casual clothes for the week (No cut-off shorts, tank tops, torn t-shirts, etc.)
- Coat, tie and dress shoes** for All-Star Banquet and optional religious service.
- Personal toiletries (razor, deodorant, toothbrush, etc)
- Spending money (All meals are provided; extra money needed only for extra food, shopping, etc. He must use a personal cell phone for all outgoing telephone calls.)

If there are any questions or problems, please call us at the NCCA office (336-379-9095).

- All NFHS and NCHSAA equipment rules apply for the game. (No tinted visors, etc)

Updated 5-28-17