

## Obetz 2019 Football Combine

### Player Information:

- Who and When: Minis and Juniors: Tuesday, July 23, 2019 at 6:00 PM at Fortress Obetz.
- Who and When: Seniors: Thursday, July 25, 2019 at 6:00 PM at Fortress Obetz.
- What players should wear: Shorts, tennis shoes or cleats, t-shirts. We will hand out numbers.
- What to do when you arrive: Start at one of the Check-in stations. There you will be measured, photographed, and assigned a group number and station.
- Next: Join up with your assigned group and station.
- Next: You will complete the event at each station. When your group is finished with a station, your group will move to the next station.

### The stations and rules:

- Station 1: 40 Yard Dash. You get two passes that will be electronically timed.
- Station 2: Shuttle Run. The shuttle run is also referred to as the 5-10-5 drill, as the player sprints five yards before changing their direction and running back 10 yards before sprinting through the final five yards.
- Station 3: Vertical Jump. You get two attempts to jump as high as you can.
- Station 4: Broad Jump. You get two attempts to jump as far as you can from a standing start.
- Station 5: Strength Test. How many push-ups can you do in a row?
- Station 6: Long Throw. You get two attempts to throw the ball as far as you can.
- Station 7: Accurate Throw. You get one attempt to hit each of three targets.

### Parent Information

- What time should we arrive? 6:00 PM.
- Is there a cost? No.
- What about Cheerleaders? We will hold a separate event for them with dates and times to be announce soon.
- Who can come? Anyone you want.
- Who can participate? League players or potential league players.
- How long will it take? A couple of hours, I think.
- What do we do for drinks or food? Concessions will be open. We take cards and cash. We will have water for the players.
- What do I do with the rest of my kids? Bring them. We will have a bounce house and other stuff for them to play with.
- Can I go on the field with my player? No.
- Do you have Wi-Fi? Yes. The Fortress has free Wi-Fi.
- Are there restrooms available? Yes.
- Are there player changing rooms available? No. Have your player come ready to go.
- Will you post the results online? Yes; but, only by the player's number. So, remember your number.
- Will we do this every year? Yes. This is the first, but not the last.
- Can I post on social media while at the event? Sure, just be kind to the kids.

- Where can we sit? In the Grandstand.
- What if it rains? It's football. What if it snows? It's football. What if there is lightening? We hide until its over, then it's football. What if (fill in the blank) \_\_\_\_\_ happens? It's football.
- Where do I submit ideas or feedback about the event? Please email Jacob Gifford [jgifford@obetz.oh.us](mailto:jgifford@obetz.oh.us) or Rod Davisson [rdavisson@obetz.oh.us](mailto:rdavisson@obetz.oh.us) if you have suggestions or ideas to make the event more fun for the kids.

We look forward to seeing you and your families there!

Sincerely,

Rod