To: CIAC Football Committee

From: CHSCA Football Committee

Date: November 29, 2019

Re: Supplement to the CAAD Proposal to Create a Universal Starting Date and the Elimination of Spring Football

The CHSCA Football Coaches Committee would like to propose the creation of 3 “Non-Exertional Organized Team Activities” days (OTA’s). These 3 OTA’s would immediately precede the start of the football conditioning week in August and will not exceed 90 minutes each day. (Note: The three OTA days can be in addition to a regularly scheduled out of season conditioning program as defined by CIAC Article XII section 2.6)

*Rationale – The proposal supplements the elimination of spring football by allowing schools that traditionally used that time to organize and properly plan for their program.*

What Will Be Allowed During OTA’s:

* Equipment distribution and proper helmet fitting
* Issuing Lockers
* Review of Program Rules and Locker room behavior
* Review of Team expectation
* Issuing playbooks and pertinent handouts
* Chalk talks and video review
* Teaching proper stretching
* Teaching of proper safety techniques
* “Walk through teaching” of drills, stances, spacing and cadence
* Any other organizational team activity needed to prepare the student-athletes for the upcoming conditioning week

What Will Not Be Allowed During OTA’s:

* The use of any equipment including helmets, pads, footballs or the simulation of a football
* Any Full speed activities
* All Exertional activities such as pass patterns or sled work, etc.