

2020 Varsity Football

We will begin our winter conditioning here at Isle of Wight Academy on January 11th at 3:30 for all non- basketball players grades 8-12. (Basketball players are welcome to attend with coaches permission). We are compliant with all guidelines set by Governor Northam. Isle of Wight Academy has submitted our health mitigation system to the VCPE therefore meeting all requirements as stated in an earlier letter.

All Varsity workouts will meet VHSL and VISSA standards for social distancing and cleaning practices set by the Governor. Players must bring a mask and football gloves to these workouts as well.

We will work out every day and do agility and skills (7v7) as many days a week as possible, weather permitting. All varsity players should attend these workouts and skill days. Please be prepared for inside and outdoor activities. (i.e. cleats and warm clothes)

All varsity players will meet at school two Sundays in January at 3 o'clock. This meeting will last two hours and will cover Offense and Defense plays and formations. It is **IMPORTANT** that all players be at these Sunday meetings, January 17 and 24.

We will have equipment handout on Sunday January 31st . We will start at 1 pm so families may attend church and still get here. Players must have physical, medical release and concussion policy forms at the time of equipment handout.

Our regular season official practice date is Monday February 1st at 3:30. This practice will be helmets only. Thursday and Friday will be helmets and shoulder pads, February 4-5. Saturday February 6 will be our 6 a.m. contact day. Players are expected to be on the field at 6 ready to go!

Our first game is scheduled for February 26th with Rappahannock High School at Isle of Wight Academy with a 7:00 pm start. I am still trying to find games so a final schedule is not available at this time.

I am prayerful that we will be able to have a football season for our school, our families, our players and most importantly our seniors. I am excited to get back on the field and get back to work!

If you have any questions please contact me via e-mail at dalechapman@iwacademy.com or on Instagram at dale_chapman42.

I look forward to seeing you so we can begin to build for a successful 2021 Spring football season.

Go Chargers!

Thank you
Dale Chapman
Director of Athletics
Head Varsity Football Coach
Isle of Wight Academy