

# Commonly Asked Questions and Answers about VC Football:

## 1) Why should I sign up for summer conditioning?

Weight training is the heartbeat of any sound, athletic program. There is only one way to get stronger, quicker, and jump higher – lift weights and be active in ALL sports. If you are not lifting, you will be left behind. Most of our outstanding athletes these days have participated in the summer conditioning programs since they were 5th graders. Be ready – weight lifting and conditioning are HARD! Anything good in life is hard work. The time is now to create a new you – disciplined, hard-working, and being a teammate.

## 2) What if I play another sport during the summer? Can I lift also?

Yes, if you have a conflict with another sport, family vacation, or academic pursuit – do it! Weight training will be there when you get back.

## 3) Why should I play football?

That is a tough question. Many athletes play because of the competition factor. Many enjoy the atmosphere of football in the Louisiana – some Friday night crowds' draw vast community interest! Others play football because there are more opportunities to play at the varsity level.

## 4) How dangerous is football?

Obviously, the potential of serious injury is always present. However, statistics show that Little League baseball or riding bikes is more dangerous than football.