

SYRACUSE CHAPTER – NYS CERTIFIED FOOTBALL OFFICIALS, INC.

Physical Conditioning Program – effective 2010 – This conditioning program is to be worked on by each Chapter member prior to the start of the football season. Each member will then be physically tested prior to the start of the Chapter's Annual Clinic (at various sites) under the supervision of the Clinic site coordinators.

- STRETCHING – Hamstring, Groin, Hip, Back, Calf and Upper Body
- ATHLETIC AGILITY DRILLS (distances are minimums)
 1. Forward run 15 yards, forward run back.
 2. Sidestep (shuffle) 15 yards, forward run back.
 3. Forward run 10 yards, square-off 5 yards, forward run 5 yards, forward run back.
 4. Backward run 15 yards, forward run back.
 5. Cross leg (shuffle) 15 yards, forward run back.
- Cool down – walk or jog a minimum of ¼ mile.

It is recommended by the Executive Committee of the Syracuse Chapter New York State Certified Football Officials, Inc. that each official get a physical exam from a Doctor of their choice prior to the start of the Football season.