

# Parent/Athlete Pre-Season Meeting

## General Information:

Player and Parent must sign attendance sheet prior to leaving. Fill in e-mail address

## Expectations of Student Athletes

1. Accept seriously the responsibility and privilege of representing your school and community.
2. Treat opponents with respect.
3. Display modesty in victory and graciousness in defeat.
4. Play hard, but play within the rules.
5. Exercise self-control at all times, setting an example for others to follow.
6. Respect officials and accept their decisions without gesture or argument.

## PRIDE – DISCIPLINE - VICTORY

**DISCIPLINE YOURSELF ... AND NOBODY ELSE WILL NEED TO**

**COOPERATION – RESPONSIBILITY**

**RELIABILITY – ACCOUNTABILITY**

**THE “DO THE RIGHT THING” RULE**

IS IN EFFECT 24 HOURS A DAY – 7 DAYS A WEEK – 365 DAYS A YEAR

... ALL 4 YEARS!!

ALL DECISIONS REGARDING THESE PLAYER GUIDELINES ARE MADE AT THE DISCRETION OF THE HEAD FOOTBALL COACH.

## Meeting:

### Jane Peterson - Athletic Secretary in main office

White permit to practice form must be given to me before you are allowed to practice

Physical or alternate year card

\$15.00 participation fee

Activity code agreement

Injury waiver

Emergency medical card - get from main office and hand in to me

### Sally Egan - Athletic Trainer

Water - get a drink as you need it! There will be water bottles dispersed by each drill/position group.

Drink plenty of water between reps during practice.

### If injured

If you go to the doctor, you must give doctor note to me before you can practice.

ICE all injuries!!

## **Shawano Football Players and Parents / Guardians,**

Welcome to what should serve as a positive and exciting experience for your child. We, the coaching staff of the Shawano Football Program, have put together an information packet for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills.

The Shawano Football Program demands a lot of time from our student-athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the participant and the team. We need you to support us in this effort and make sure that your child is available for the scheduled practices, games and other events such as fundraising.

Thank you for allowing your child to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Players and parents are encouraged to make the most of this opportunity and time spent competing in high school athletics. Be proud members of the football program, constantly strive to improve and find ways to help your team, but remember to keep high school sports in the proper perspective.

Shawano High School football players will be disciplined and fundamentally sound, with an emphasis on character, playing the game right, and working hard. We will achieve the most when players are playing football the way it is meant to be played while enjoying their experience and building memories that will last a lifetime. After leaving the field Shawano football players should be recognized as not only good football players, but respectful, classy young men.

In this program handbook, you will find an assortment of information attempting to improve communication and expectations between coaches, parents, and players. If you have any additional questions, please email me at [tomowa1@shawanoschools.com](mailto:tomowa1@shawanoschools.com) or call (715) 584-4690.

The coaches are looking forward to working with all of you and a great season of Football!

**Alan Tomow**  
**Varsity Football Coach**  
**Shawano High School**

## **The 2017 Shawano Hawk Football Coaching Staff**

Please feel free to contact us with any questions or concerns.

**Luke Neubauer** - Co-JV Offense/Wide Receivers

**Phil Rizzio** - Freshmen Offense/Running Backs/Special Teams

**Austin Gueths** - Co-JV Offense/Offensive Line

**Steve Zais** - Linebackers/Defensive Backs

**Ron Schmalz** - Defensive Coordinator/Linebackers

**Mike Homan** - JV Defense/Defensive Line/Special Teams

**David Ambrosius** - Defensive Backs

**Alan Leiser** - Freshmen Defense/Defensive Line

### **Handouts:**

Concussion (back page)

### **Picture forms:**

August 12, 2017 @ 10am

Forms will be given to each player prior to pictures

### **Practice Schedule:**

4:00-7:00 pm (lifting will be part of practice schedule) prior to school starting

Weight lifting will be twice a week for Varsity, and three a week for JV & Freshmen

Intra-squad scrimmage set for Saturday, August 5 at 7:00pm. All parents, family, and friends invited to attend.

Scrimmage vs DC Everest/Preble/Stratford on Friday, August 11 at 3:00pm

August 14 until school starts will be from 4:00-6:00 pm

Once school starts, will remain from 3:00-5:00 pm

### **Test outs:**

January and July at completion of Phase II and Phase IV

Players will be tested on Power Clean (1-3 rep max), Bench (1-3 rep max), Back Squat (1-3 rep max), Deadlift (1-3 rep max) 40 yard sprint, pro agility, vertical jump

### **Absences:**

If absent without letting me know before hand, you will have to make up that time before you will be allowed to play.

Two unexcused absences and you will be asked to turn in your equipment.

Late to practice. If school related, bring a note from a teacher. Otherwise minutes will add up and be made up before you can play.

## Goals for our football program:

- **Goal Number One—Academic Success**
  - o That each student-athlete would realize their academic success by aiming high, showing constant improvement, and carrying the work ethic learned from athletics into the classroom.
- **Goal Number Two—Determination**
  - o To challenge each student athlete to learn what it means to do one's best
- **Goal Number Three—Accountability**
  - o To teach the meaning and value of personal commitment – a trait we would like to develop in every student-athlete. Success in athletics nearly always involves teamwork and self-sacrifice.
- **Goal Number Four---Personal Growth**
  - o To teach self-discipline and humility – qualities which come from learning to function effectively within the framework of rules which benefit the team, the school, and most importantly, the individual.
- **Goal Number Five--Success**
  - o That each student-athlete would achieve their greatest potential in athletic performance, and by doing so, they would not only contribute to their own success as a Shawano Hawk athlete, but to the overall success of our team as well.
- **Adhere to the “DO THE RIGHT THING RULE” at all times**

### Specific FRESHMEN TEAM GOALS include:

Introduce young athletes and their families to the demands of high school athletics.  
Ensure understanding of the connection between academic achievement and athletic eligibility.  
Provide an opportunity for as many students as possible to discover if football is an activity they wish to continue for the duration of their stay in high school.  
The development of viable players for the Junior Varsity and Varsity squads ... identifying those who have the greatest chance of playing varsity football when they are juniors and seniors.  
Player development takes precedence over winning games.  
Freshmen will be encouraged to try a variety of sports and will be motivated to train year round as athletes.

### Specific JUNIOR VARSITY team goals include:

Successful competition at a level greater than Freshmen football  
Increased expectations involving off-season training as an athlete and as a football player;  
continued encouragement to be a multiple sport athlete.  
Continue high academic achievement.  
Develop viable football candidates for the varsity squad that can be projected as reliable junior and senior prospects.

### Specific VARSITY team goals include:

Competitive team of loyal athletes who have progressed through the Freshmen and JV levels.  
To field a team of players who are committed to training year round as athletes and as football players; continued encouragement to be a multiple sport athlete.  
To field a team of athletes who remain academically eligible for the entire school year and achieve at the highest academic levels.  
Provide a realistic evaluation and opportunity for those wishing to continue their academics and athletics beyond the high school level.  
Giving 100% effort to allow our Seniors to play at least a 10th game

## **Philosophy:**

Tough

Smart

Disciplined

### **“INDIVIDUAL” RIGHTS NEVER SUPERCEDE “TEAM” RIGHTS**

- The Shawano High School Football Program is based on PRIDE, COMMON SENSE, GOOD CITIZENSHIP, RESPECT, LOYALTY and ACADEMICS ... we are not a “win at all cost” football program.
- An athlete wishing to join the Shawano High School Football Program must first commit to proper and appropriate behavior on and off the field ... must promote a feeling of pride, loyalty and respect for his team, school, community, family, faculty and administration ... coupled with the understanding that his primary purpose at here is to be an excellent student/citizen ... his secondary purpose is to play football.
- An athlete’s decision is not whether he wants to adhere to these disciplinary guidelines ... but whether or not he wishes to join the team. Once an athlete chooses to join the team, his decision in terms of these disciplinary guidelines has already been made.

## **Parent contact:**

Communication is very important. I will do my best to send out as much information through email. Players will fill out an information sheet with a spot for player and parent email.

If there are any issues that arise, parents/guardians should discuss all issues with your athlete first, and then contact the team’s coach if necessary. Appointments may be made with the appropriate coach based on that coach’s availability.

No player or parent should approach coaches before, during, or after a game to discuss an issue.

Parents should discuss any issue with their child before contacting a coach.

After talking to their child, parents may request a meeting to discuss the issue with the coach. (Please remember that if you just show up before or after practice without having scheduled an appointment the coach may not be available for discussion.)

## **Appropriate Concerns to Discuss with Coaches:**

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child’s behavior

## **Issues Not Appropriate to Discuss with Coaches:**

- Playing time
- Team strategy
- Play calling
- Other students / athletes

## **Equipment handout:**

August 1, 2017

3:00-8:00pm

All players are to check with Coach Tomow if they need to retake the impact test.

## **Playbooks:**

Each player has the responsibility to know their position assignments.

We will have offensive and defensive sessions after practice that players can voluntarily come to. This is designed to help them better understand their position.

## **Dress for varsity on day of game to school and to game:**

School - Travel shirt and khaki pants or shorts; NO BLUE JEANS!

Game - Travel shirt and khaki pants or shorts; NO BLUE JEANS!

## **Varsity:**

### **Lettering**

95% in-season weight room attendance (unless injured)

Play meaningful reps in over half of varsity games and suit up for 75% of games

Equipment handed in by due date

Hawk cards & money turned in

Any player who sits out a game due to suspension for any reason would not be eligible to letter

To be on varsity, a player must demonstrate an ability to understand the game and possess a

physical ability that is better than others at that position.

JV will dress for varsity games as assigned by coach.

MUST complete end of season test-outs in order to receive letter

## **Football Banquet:**

2nd Saturday after the season ends as to not coincide with other sports beginning practice

Pot luck

Everyone in program is invited (players at all levels and their families)

## **Hawk Cards:**

23 cards sold will get player - Travel shirt/money draw/2 free cards

30 cards sold will get player - above/hooded sweatshirt

## **Eligibility:**

If you are not eligible at the beginning of the season you will practice with the team and if conduct justifies allowing you to be on the team after your suspension then you will be added to the team. If conduct has not been acceptable, then you will be removed from the team.

## **Apparel Sale:**

Fan Store

Game Day concession stand

## **Questions??**

# Concussion

## Signs/Symptoms:

- Confusion/difficulty concentrating/memory dysfunction
- Headache
- Unsteadiness/balance problems/dizziness
- Nausea/vomiting
- Feeling in "a fog"/feeling slowed down/fatigue
- Visual blurring/double vision/light sensitivity
- May or may not involve loss of consciousness

## Classification/grading:

### Grade I - mild

Confusion with no associated loss of consciousness, may return to activity if symptoms do not worsen and resolve within 15-20 minutes

### Grade II & III - moderate and severe

Concussions will present with more obvious signs and symptoms including possible loss of consciousness.

Individuals sustaining a moderate or severe concussion should not return to play that day and must be cleared before returning to future play.

## What to watch for after a head injury:

Normal signs in the first two days include:

- Fatigue and desire for extra sleep (can be awakened normally)
- Headache (mild, not worsening)
- Nausea and vomiting (occasional, not persistent)

Problems with thinking, concentration and attention span (may persist for extended periods)

## Signs that suggest the need for immediate medical attention include:

- Marked change in personality, often with confusion and irritability
- Worsening headache, especially if associated with nausea or vomiting
- Numbness, tingling, or weakness in the arms or legs, changes in breathing pattern or seizure
- Eye and vision changes (double vision, blurred vision, unequal-sized pupils)

## Preventing head injuries:

- Understanding concussion severity and symptom presentation
- Follow a physician's "return to play" guidelines
- Equipment should be properly fitted, routinely checked and replaced or refitted when necessary (this includes protective oral devices such as mouth guards)
- Always follow "safe sports techniques" as they pertain to football
- A player with concussion symptoms should never be allowed to return to play