



Hrv FOOTBALL



*Team * Attitude * Perseverance * Effort*

Objective: Use football as an extension of the educational process in assisting each athlete to excel at being *great citizens (leaders), students, and athletes!*

Coaching info: All coaches are certified by NFHS and USA Football. Below is a list of coaches. If you have questions, please begin with the head coach at your student-athlete's specific level. Contact listed below "Communication".

Varsity	Junior Varsity	Freshman
Caleb Sperry (HC)	Jeremy Dyal (JV HC)	Jon Hiatt (Frosh HC)
Bruce Burton	Ryan Donica	Eli Bello
Vinnie Schlosser	Justis Mosqueda	Jim Donnelly
Aaron Hildebrandt	Steve Nash	Obed Bello

Expectations:

1. Work hard in the classroom and be a respectful person.
2. Model correct behaviors/goals outlined and signed in the athletic contract.
3. Attend and be on time to class/ practice every day!
4. Communicate with teachers/coaches.
5. Improve every day.
6. Have a "coachable spirit."

Athletic Contract: Please understand what you have committed to.

Practice/schedules:

Use program calendar under football at hrvathletics.com

Regular schedule is 3:30pm-5:55pm during school week (Monday's will go until 6:10).

The OSAA has mandated practice guidelines for doubles and contact that we will follow.

Labor day will be our last different" schedule allowing families to get out of town one last time.

Columbiariverconference.org is the most accurate for game schedules.

Attendance:

Playing football is a HUGE commitment. It takes a lot of time and effort to get 77 different positions to know their skill, technique, and assignment. We are a five-day-a-week program, with either practice or games during those five days. Please be selective when making medical/dental appointments.

Our policy will be as follows:

Communication: The key is effective communication, best done in person.

1. IF a player has to miss for an illness or emergency situation, he needs to communicate with coach before the event, or it will be an unexcused absence.
 - a. If the athlete is at school, he should make personal contact with one of the in-school coaches.
 - b. If the athlete is not at school, he should make contact by phone or email before the event. **No text messages.** Contact info at hrvathletics.com.
 - Not all communicated absences will be considered “excused.” For example, a player will not be excused from practice to shop for school supplies regardless of whether or not he communicated prior to the absence.
2. Excused absences: communicated illness, doctor appointments, or family emergencies.
 - a. 1st time missed, no effect on playing time.
 - b. 2nd time there will be a small effect in playing time.
 - c. Multiple excused absences will result in continued playing time loss.
3. Unexcused absences: Absences that are not communicated and/or not an appropriate reason for missing.
 - a. The player will have an immediate consequence upon returning.
 - b. The player will have playing time loss.
 - c. Athletes will be dismissed after their third unexcused absence.
 - If an athlete is feeling a little under the weather, coaches will persuade him to attend practice in street clothes to learn what he can.
 - This would not be considered an absence, unless it becomes chronic.
 - A player cannot help the team if he doesn’t understand the game plan heading into the next game.
4. If an athlete misses a entire week, or a game, the athlete will miss the next game and will be eligible to play once they are in good standing at practice.
5. If an athlete is tardy there will be an immediate consequence.
6. If extra help is needed in class, he should communicate with a coach and bring a note from the teacher when they return.
7. Athletes must complete their “240’s” before they are eligible to play in the next game.

Equipment: Each athlete has been issued proper gear. The athlete is responsible for the proper care and timely return of gear. Gear should be returned clean, by the Monday after the season is over. Failure to turn in gear on time or returned in an altered state will result in a replacement fee.

- Please don’t modify any equipment, including trying to inflate helmets.
- Please clean and hang-dry equipment weekly and do the same to game uniforms as soon as you can after games.
 - You may need to soak whites and please wash with like colors.

Game wear: We will wear black shoes with minor white accents, and all sleeves and leggings will be solid navy, black, or white (away). We will also wear solid black socks for home games and solid white for away. All auxiliary equipment must be navy, black, or white (away).

Playing time. Each level is unique to its competitive level.

* Freshmen will be on the freshman team. We will have a role for each athlete, with the aim to still be as competitive as possible. With the game on the line, coaches will play for the win with players that will best achieve that goal.

* JV will consist of sophomores and juniors. If a player is not a regular on varsity, they will play some configuration of JV. JV is preparation to become a varsity player. We will attempt to have a role for every player with the goal of being as competitive as possible.

* Varsity will consist of sophomores - seniors. This is the most competitive level we have. We will put the best players in the best places to help us achieve the most we can as a team.

* Athletes get their "chance" at practice Monday-(Wednesday) Thursday to demonstrate their knowledge of the scheme, fundamentals, and skill. They will also have the opportunity to display their commitment, attitude, and effort put forth in practice.

* All Sophomore-Senior players are considered "varsity" players and will travel and be a part of the team at every event.

Your Role as a Parent: There are four roles to every athletic event: Participant, Coach, Official, and Spectator. Everyone should focus on their role with great enthusiasm. We welcome you to observe any part of our week. Please be supportive and respectful of your athlete, other athletes, parents, coaches, and the program. If something is not going well, please communicate. 99% of our player/coach/parent issues are from poor communication. We coaches are going to uphold expectations, and demand Teamwork, Attitude, Perseverance, and Effort. We have a shared vision and goal to make each athlete, and the program, as successful as it can be on and off the field.

Communication: We welcome communication from parents. Our experience has taught us that following these guidelines leads to the clearest and best communication:

1. In most cases, if your player has an issue, it's best if the player talks to his position coach or his head coach face-to-face about the issue.
2. We will use the "24 hour" rule. We will not have conversation directly after games or practices. Allow 24 hours to pass, and then call or email to set up a meeting with the coach.
3. We will discuss; your student athlete and how they can improve as a player, their behavior, or their attitude.
4. Things we will not discuss; Other athletes, scheme, plays called, or playing time.
5. Players will be included in all parent/coach communication.
6. ***Please do not text coaches. We have found that this form of communication often leads to misunderstandings.***

Contact Info:

caleb.sperry@hoodriver.k12.or.us - 541 386 4500 ext. 4619.

jeremy.dyal@hoodriver.k12.or.us

Jon_hiatt@hotmail.com

Letter Guidelines: A full-time varsity player who is committed to helping the team achieves its highest level.

Check hrvathletics.com for info on the season.

* Sign up for alerts on front page, this will be the main mode of communication.

* We also have a Facebook page. Hood River Valley Football.

* columbiariverconference.org will have most up-to-date info on all games.

Injuries: Football is a physical game that lends itself to various injuries. Our first priority is the health of our athletes. We want to make sure the athletes understand the difference between being uncomfortable and dealing with an injury. Below are our procedures for injuries:

- We are fortunate to have a certified athletic trainer on site. Chris Rogers works in conjunction with Gorge Spine and Sports Medicine and Providence Hood River

Memorial Hospital and has access to other medical support if the needs arises, and may even be able to improve time to be seen.

- All coaches are Concussion, Heat, Steroid, and 1st aid/CPR trained.
- We participate in IMPACT – a concussion management tool that gives us a baseline and post injury comparison. This is one of the many tools we use to ensure an athlete is ready to return to play after sustaining a head injury.

Procedure:

1. Communication. If an athlete is injured, they need to tell a coach right away so we get them to see Coach Rogers. He will evaluate the injury and decide the next best action to take.
2. Coach Rogers is available each day, before and after practice, to help prevent and treat injuries in our athletic training room.
3. Coach Rogers will communicate with coaches regarding returning to participation or limitations athletes may have.
4. Athletes must be able to practice leading up to the next contest to show they are able to play, once cleared by Coach Rogers.
5. We can help in gaining access to more specified medical help; we just need help with communication.

How we prevent injuries:

1. ***USA Football Certified:*** All Oregon High School Football coaches must be USA Football certified. This means we have been trained in best tackling/blocking practices (teachings), concussion awareness, equipment fitting, and how to prevent and treat heat illness and Sudden Cardiac Arrest.
2. ***Techniques:*** We teach and practice proper techniques and fundamentals, at practice and in games. AT NO TIME do we instruct players to use the head or face to make a play.
3. ***Conditioning:*** It is important that athletes are enrolled in a weightlifting class and keep active year-round. Most injuries we see are from athletes who are not in shape, but who then ask their bodies to perform at a high intensity and volume immediately.
4. ***OSAA guidelines:*** The OSAA has regulations on practice times and contact limits within daily practices. As a program, we do not believe in heavy contact on a daily, every-drill basis. We will have 15-30 minutes a day where we practice “full contact,” but no more than 3 days a week.
 - Please feel free to contact Chris Rogers with any questions about athletic injuries, concussion, or our various protocols in relation to athletics. chriscr@gorgemedpt.com

Transportation:

1. If you want to drive your athlete home from an away game, please sign them out with the coach after the game.
 - a. Students can leave with a parent signature.
 - b. If a student is coming home with another family, or another family member, we need a note before we leave on the trip.
 - c. This year’s activity bus will leave the school at 5:30. If you need help with upper-valley transportation, we have families that are willing to help.

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