**2016 Football Parent/Player Meeting**

* + - 1. **2016 Coaching Staff**
			2. **Athletic Eligibility**
				1. Athletic Packet
				2. Gear Issue
			3. **Academic Eligibility**
				1. Must have passed 5 out 6 classes last semester
				2. Grade Checks (Watch List)
				3. Wednesday Study Tables
			4. **Team Rules/Requirements**
			5. **Lock-In**
			6. **Fundraising**
				1. Gold Cards
			7. **Team Pictures and “Father-Son BBQ” – August 20th**
			8. **Spirit Packs**
			9. **Team Schedule**
				1. Varsity – Policy for Suit List
				2. JV and “C” Team – Policy for Playing Time
			10. **Parent Expectations**

<http://www.auburn.wednet.edu/Page/1231>

**2016 Auburn Mountainview Coaching Staff**

|  |  |  |  |
| --- | --- | --- | --- |
| Coach | Position | Offense | Defense |
| Jared Gervais | Head Coach | QB **x** | - |
| Kent Rodseth | Defensive Coordinator | - | DB **x** |
| Kevin Nishimoto | Linebackers | - | LB **x** |
| Brian Grout | Run Game Coordinator | OL **x** | DL |
| Ken Colburn | Running Backs | RB **x** | - |
| Ross Wood\* | Wide Receivers | WR **x** | - |
| Bobby Sparks | Head JV Coach | WR | DB |
| Jeremy Hunt\* | Offensive Line Coach | OL | DL |
| Zach Rivera | Assistant Coach | RB | LB |
| Byron Wilson | Defensive Line Coach | OL | DL **x** |

**x** Head Position Coach

\* First Year at Auburn Mountainview

|  |
| --- |
| **Athletic Eligibility Clearance**  |

**MUST HAVE ATHLETIC CARD TO BE ELIGIBLE FOR PRACTICE ON AUGUST 17th!**

Players must take completed Auburn School District Athletic Packet through Skyward (Student Access and Parent Access), an updated physical form, and a receipt for their Athletic Fees/ASB. Coach Carr’s office will be open starting on the 15th of August and players need to turn these items completed to be cleared for the first practice at 5:00pm on August 17th.

Also, all players are required to watch the Concussion Prevention Video and Heads-Up Football Video before they are allowed to participate in any football related activities. The team will watch this video together before the first practice on August 17th at 9:00 am. All players are required to attend and verify that they have watched both videos.

If you have any questions about athletic eligibility or clearance cards contact Coach Rodseth at krodseth@auburn.wednet.edu or Chris Carr at ccarr@auburn.wednet.edu.

|  |
| --- |
| **Gear Issue**  |

**GEAR WILL BE ISSUED ON WEDNESDAY, AUGUST 17th AFTER THE CONCUSSION VIDEO AND TESTING**

**ALL OTHER PLAYERS WILL RECEIVE HELMETS AND JERSEYS AT THIS TIME**

Players that participated in Spring Football have already received gear. Gear will not be issued to players until they have turned in their athletic clearance card. *ALL PLAYERS MUST HAVE A LOCK – each player has access to a locker, but must obtain their own lock! Coaches and Auburn Mountainview High School cannot guarantee that the locker rooms will be secure at all times.*

At all times players are required to be legally equipped to participate in practice. If a player loses or forgets his pads, he is to ask the managers for a replacement pad before practice (we have extra pads) and return it after practice or washing it! However, if a player attempts to practice when not legally equipped without informing the coaches he will be required to ROLL THE DICE at the conclusion of the practice.

|  |
| --- |
| **Academic Eligibility** *(Coach Nishimoto)* |

**IN ORDER TO PLAY IN GAMES, PLAYERS ARE REQUIRED TO BE PASSING 5 OUT OF 6 OF THEIR CLASSES AT ALL TIMES!**

In order to monitor that players are meeting the academic requirements; players will come to Study Tables each Wednesday before practice. Players are always allowed to meet with teachers before and after school for help; the coaches strongly encourage the players (if possible) to meet with teachers before the school day begins. If a player does have to meet with a teacher during practice, he needs to bring a note from the teacher excusing him from the start of practice.

The coaches have access to the football players grades at all times (throughout the school year) through SKYWARD. Therefore, we will not require that players take around grade checks to their teachers as we have in the past. If you have any questions about academic eligibility, please contact Coach Nishimoto at knishimoto@auburn.wednet.edu or Chris Carr at ccarr@auburn.wednet.edu. *Official Grade check days are October 5th and November 2nd*

|  |
| --- |
| **Auburn Mountainview Football Rules and Requirements** |

Welcome to the Auburn Mountainview Football Program! It is our hope that each player will have a fun, productive, and rewarding season where individual and **TEAM** milestones can be reached. We believe that **“Better People Make Better Football Players”** and that when athletes understand the importance of serving each other and cooperation, great things happen on the football field and classroom. Players have to meet these basic requirements to create trust and cooperation with their teammates and coaches.

* + 1. **PRACTICE**
			1. Fall Camp begins August 17th and continues until the first varsity game versus Kentlake on September 2nd. In order to be eligible for the Kentlake game players must be at 12 **practice days**; because of the fact that we only have 14 practice days before the Kentlake game attendance is critical.
			2. Practice during the school year will be held from 3:15 – 5:45 every day of the school week, except Wednesdays when practice will be moved to 4:45pm to 7:15pm to accommodate team study tables and film study.
		2. **ATTENDANCE POLICY (please see 10 Things Every Parent Should Know)**

\*You are required to attend all practices. You will be excused for the following reasons:

* + - 1. Illness from school.
			2. Pre-arranged appointments. (Please schedule all appointments outside of practice time)
			3. Emergency Situations

\*If there is an absence you must do the following:

* + - * 1. Bring coach a note excusing your absence signed by your parent/guardian before missed practice
				2. If you forget to bring a note it will be counted as an unexcused absence.
		1. **UNEXCUSED ABSENCES**
			1. First unexcused absence: Ineligible for the first half of the next game
			2. Second unexcused absence: One game suspension
			3. Third unexcused absence: Short Term Suspension from games/Possible Expulsion
			4. **Fourth unexcused absence: Removal from team**
		2. **ATTENDANCE REQUIREMENTS**
			1. Players must be in the end zone, dressed, and ready to participate at 3:15pm or the designated starting time of practice or they are late and will ROLL THE DICE!
			2. If a player is unable to physically practice on Wednesday and Thursday this will affect their ability to play in the game on Friday night.
			3. If players miss practice during the week – for any reason – it will affect their eligibility to suit up for the Friday night game.
			4. BE PUNCTUAL – Four Tardies = One unexcused absence!
			5. Players that are late to practice, whether EXCUSED or unexcused will need to complete an alternate warm-up so that they are prepared to practice with their teammates.
		3. **SCHOOL RELATED ACTIVITIES OR DETENTION**
			1. Players are always allowed to get extra help from teachers after school. However, players must bring a note from the teacher excusing them for being late to practice and we encourage players to meet teachers before school.
			2. **Wednesday Night School** and **In-School Suspensions** will result in an automatic one game suspension (this is a school rule).
			3. Participation in school related activities during regularly scheduled practices must be approved by a coach. ***NEVER*** miss a practice without DIRECTLY communicating with a coach!
		4. **TRANSPORTATION**

Unless otherwise noted, the Auburn School District will provide transportation to and from games. Each athlete is required to travel with the team to and from games. Players should be dropped off and picked-up at Auburn Mountainview. If you need to drive your son home from a game; your son needs to bring a signed note to Coach Gervais the day (or practice) before the game. Players need to be picked up as soon as possible after games.

* + 1. **BEHAVIOR AND SAFETY**
			1. Behavior: any behavior that creates a disruption in practice will result in the player be required to ROLL THE DICE at the end of practice.
			2. Safety: any behavior that creates an unsafe environment for the player, teammates, and coaches may result in the player being removed from practice and becoming ineligible to participate in the first half of the following game (ex – throwing a helmet, intentionally using gear incorrectly, fighting)
		2. **CONTACTING COACHES REGARDING FOOTBALL**
			1. If a parent or player wishes to discuss football related issues with one of the coaches they must first get in contact with Coach Gervais and set-up a time to meet with the desired coach.
			2. Do not attempt to meet with coaches before or after practices/games to discuss these issues they will simply refer you to the correct way to set up a meeting with a coach.
			3. *During practice, the field, the track, and the area around the Locker Rooms are off-limits to everyone except coaches, players and AMHS Staff. We share the field with Cross Country and Girls Soccer and they have agreed upon the same policy.*
			4. Please refer to the Parent Expectations (last page of the packet) if you have any additional questions.
		3. **VARSITY LETTER POLICY**
			1. Required to play in eight quarters of varsity football on offense or defense (1 play = 1 quarter)
			2. Start on any Special Team unit during two games of the current season
			3. ***Coach Gervais’ Discretion – these players will receive additional consideration regarding lettering***
				1. ***Juniors/Seniors that practice every day with the Varsity***
				2. ***Injured Juniors/Seniors that remain in attendance at PRACTICES and games***
			4. MUST END THE SEASON IN GOOD ACADEMIC AND ATHLETIC STANDING WITH THE TEAM

|  |
| --- |
| **ROLL THE DICE** |
| **Behaviors that will automatically result in rolling the dice:** | **Possible Consequences:** |
| * Being Late to Practice
 | 1. 3 Gassers
 |
| * Not being properly equipped
 | 1. 2 360˚
 |
| * Swearing
 | 1. 1 Gasser
 |
| * Lunch Detention
 | 1. 100 Sprint, 100 Backpedal, 100 Bear Crawl
 |
| * If a teacher gives player a negative report
 | 1. Coach Wilson’s Choice
 |
|  | 1. 2 Husky 100’s
 |

**Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |
| --- |
| **2016 TEAM LOCK-IN**  |

The team “Lock-In’ is designed as a team building, after practice activity for all players on the football team. It provides players the opportunity to get to know their teammates better, as well as, getting to know the coaches and what drives each member of the team to make the 2016 Football Season a part of their life. However, it does require that each player on the team stay at Auburn Mountainview until midnight and will require some parents to come and pick them up, much later than normal.

**Items to Bring:**

* **Change of clothes**
* **Towel for shower after Wednesday night practice (optional)**
* **Snacks (optional)**

**Tentative Schedule:**

* **8:30pm: Pizza and Gatorade Team Dinner**
* **9:00pm: Class Meetings (Milestones and Commitments)**
* **10:00pm: Team Meeting in AMHS Gym**
* **10:45pm: Team Building and Introductions**
	+ **Seniors introduce Freshmen; Freshmen introduce Seniors**
	+ **Juniors introduce Sophomores; Sophomores introduce Juniors**
* **11:45pm: Players are released to go home**

**SPIRIT PACK ORDERING**

This season we are using our original athletic gear supplier to complete our spirit pack orders – Sterling Athletics. We decided to do this because they can provide additional options, in a variety of price ranges. All purchases will be online and we will provide additional information when the website is set-up and ready to use. If you purchase only the required items the cost of this year’s “Spirit Pack” should come out to around $40 to $50. **The extra items are additional items that players and parents can purchase if they so choose.**

Also, there will be an additional ordering period at the beginning of September in which more items will be available for purchase. For now the required items are, if your son already has these items he is not required to purchase new ones – the old ones will work just fine):

* **Mountainview Football T-Shirt (any of the options)🡪 $18.25 to $22.00**
* **Mountainview Football Dri-Fit Shorts 🡪 $27.50**

**There will be more items on the team stores and none of these items are required but are still available for purchase; these items include:**

* **Auburn Mountainview Polo**
* **Auburn Mountainview Football Pom Beanie**
* **Auburn Mountainview Football Hat**
* **\*NEW\* Auburn Mountainview Football Headband**
* **Auburn Mountainview Sweats**
* **\*NEW\* Auburn Mountainview Crossover Jacket (Men and Women)**
* **Auburn Mountainview Women’s Long Sleeve**
* **Auburn Mountainview Women’s Hooded Sweatshirt**

Currently, the on-line sale of these items is planned to go from Monday, August 15th to Wednesday, August 31st; this way we will receive these items around the middle to end of September. All of the items will ship directly to AMHS and will be distributed to players after practice. If you have any questions let Coach Gervais know at jgervais@auburn.wednet.edu or Sterling Sales Associate Alex Winter at awinter@sterlingathletics.com.

**Football Team Fundraising**

**Gold Cards:** Players will be selling “Gold Cards” again this football season. This is fundraiser requires players to sell coupon cards to friends and relatives. The Gold Cards will be passed on August 23rd and we will have our “Sales Blitz” on Saturday, September 10th. This is easily our best fundraiser and we need all players to work hard to sell as many cards as they can. Please support your son and the program, by helping to sell Gold Cards.

**Booster Club Auction:** The date of the annual Booster Club Auction has not been set, but it will be in early spring. We already have a parent representative for the football team, but if you are able to provide items that could be auctioned off we would greatly appreciate it. More information will come after the season.

 **Team Dinners and Father-Son BBQ**

**Team Dinners:** We need parents to help volunteer with our pre-game dinners. The dinners will be held in the AMHS Commons at 3:15pm before all Varsity football games. This season all players will be staying at school for team dinners and to prepare for the game. Typically, we need at least four parents to help with the dinner – an online sign-up form will be available at volunteersignup.org and the exact link will be sent via email.

**Father-Son BBQ:** The first Saturday of the season, we would like to invite all the dads, grandpas, uncles, brothers to join us for a BBQ after practice and team pictures. The BBQ will start at 1:00pm on August 20th. Please spread the word because the coaches would love to meet as many of the dads as possible. WE ALSO NEED AT LEAST THREE VOLUNTEERS TO HELP BBQ!

**Team Pictures**

**Team Pictures:** Pictures will be on August 20th after our morning practice and before the “Father-Son BBQ.” Players will be provided with game jerseys and pants at that time. Players will need to wear mid-length black socks for team pictures. Individual pictures they can wear different socks, but they need to be team colors (blue, orange, gray, black or white). Photographs of Life is the company that will be taking the pictures – here is their web address: http://www.photographsoflife.com/

**VARSITY GAME DAYS**

**Game Day Apparel:** Players will wear the Varsity game jerseys on the day of the game. Jeans are preferred, but players can wear khaki shorts or khaki pants. **On the bus ride to the game players will wear their football pants and jersey; while carrying their helmet inside their shoulder pads. Players will also get taped before getting on the bus and not at the stadium. All tights/leggings need to be solid school colors or be approved by Coach Gervais.**

**Varsity Suit List:** Not all Auburn Mountainview players will suit up for Varsity games this season. However, seniors and juniors will suit-up for varsity games; this policy can be changed depending on player attendance during the practice week leading up to the game and the academic standing of the player. Selected sophomores and freshmen will also suit-up for varsity games.

**Pre-Game Meals:** The team will be providing a pre-game meal in the school cafeteria. This meal will consist of simple carbohydrates, salads, and lots and lots of water! This meal will be scheduled for 3:10pm and will help players get the necessary calories they need to perform at their highest possible level. WE NEED PARENT VOLUNTEERS (THERE IS A SIGN-UP IN THE BACK OF THE GYM)!

**Transportation:** Players will ride the bus to and from games. Parents can plan on picking their child up at Auburn Mountainview, unless they have made special arrangements with Coach Gervais and a school administrator.

**Post-Game:** Parents are welcome to meet their players at the fence after the conclusion of the game. The coaching staff would appreciate if parents and family would remain off the field until the players begin heading to the bus. The coaching staff will provide plenty of time for family members to talk to their players before the bus returns to school.

**JV/C GAME DAYS**

**Game Day Apparel:** Players will wear the Junior Varsity or Freshmen game jerseys on the day of the game. Jeans are preferred, but players can wear khaki shorts or khaki pants.

**Junior Varsity Suit List and Playing Time:** Players that do not play offense or defense (special teams does not count to the WIAA) in varsity games will be eligible to participate in Junior Varsity games. We are coaching these game to win…while at the same time trying to build a successful program and therefore we are going to try to get every player game experience. However, not all players will receive equal playing time.

**Freshmen or “C” Team Suit List and Playing Time:** Freshmen that do not play offense or defense (special teams does not count to the WIAA) in varsity games will be eligible to participate in Freshmen games. We are coaching these game to win…while at the same time trying to build a successful program and therefore we are going to try to get every player game experience. However, not all players will receive equal playing time.

|  |
| --- |
| **AMHS PARENT EXPECTATIONS** |

1. **Communication with your student athlete:**
	1. **Be your son’s biggest fan! Support him unconditionally!**
	2. Try your best to be honest about your son’s athletic ability.
	3. Don’t compete with the coach…mixed messages can be very confusing.
2. **Communication with the Coach:**
	1. Have your son attempt to talk to his coach first; it will help teach him to advocate for himself!
	2. If you have a problem directly related to football: **wait 24 Hours** and then contact coach Jared Gervais, it will help yourself and the coaches cool down and reflect on the situation.
	3. Please contact Coach Jared Gervais before attempting to talk to other coaches we are more than willing to set up a meeting with you and the coach.
	4. Please do not come on the field at practice to speak with a coach; wait until the conclusion of practice and then we will be more than willing to talk to you.
3. **Appropriate concerns to discuss with coach:**
	1. The treatment of your child, mentally and physically (you know them better than we do!)
	2. Ways to help your athlete improve on the field and classroom
	3. Concerns about your athlete’s behavior
4. **Inappropriate concerns to discuss with coach:**
	1. Playing Time
	2. Team Strategy and Play Calling
	3. **Other Student Athletes**
5. **Get involved in the program! It will help you meet the coaches, players and other parents!**

**10 COMMANDMENTS FOR PARENTS OF ATHLETES** - Rose Snyder (via Jaapje Kukors 253-561-1143)

1. **Thou shalt not impose your ambitions on thy child.** Remember that sports are your child’s activity. Improvements and progress occur at different rates for each individual. Don’t judge your child’s progress based on the performance of other athletes and don’t push them based on what you think they should be doing. The nice thing about sports is people can strive to do their personal best and benefit from the process of competitive athletics.
2. **Thou shalt be supportive no matter what.** There is only one question to ask your child after a practice or a competition – “Did you have fun?” If meets/games and practices are not fun, your child should not be forced to participate.
3. **Thou shalt not coach thy child.** You are involved in one of the few youth sports programs that offer professional coaching, do not undermine the professional coach by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coach is responsible for the technical part of the job. You should not offer advice on technique or strategy or any other area that is not yours. And above all, never pay your child for a performance. This will only serve to confuse your child concerning the reasons to strive for excellence and weaken the athlete/coach bond.
4. **Thou shalt only have positive things to say at a sports event.** If you are going to show up at a game/meet, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember “yelling at” is not the same as “cheering for”. You also may want to consider being positive anytime you are at the game/meet.
5. **Thou shalt acknowledge thy child’s fears.** A first game or change in playing position can be a stressful situation. It is totally appropriate for your child to be scared. Don’t yell or belittle, just assure your child that the coach would not have suggested the change if your child was not ready to compete in it. Remember your job is to love and support your child through all of the experience. Most of their fears are one’s you have given them.
6. **Thou shalt not criticize the officials.** If you do not care to devote the time or do not have the desire to volunteer as an official, don’t criticize those who are doing the best they can. You too can be trained to be an official.
7. **Honor thy child’s coach.** The bond between coach and athlete is a special one, and one that contributes to your child’s success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child’s performance.
8. **Thou shalt be loyal and supportive of thy team.** It is not wise for parents to take their athletes and to jump from team to team. The grass isn’t necessarily greener in another team’s school. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracized for a long, long time by the teammates they leave behind and are slowly received by new teammates. Oftentimes athletes who do switch teams never do better than they did before they sought the change.
9. **Thy child shalt have goals besides winning.** Most successful athletes are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome, is much more important than winning. One Olympian said, “My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that effort.” What a tremendous outlook to carry on through life.

**Thou shalt not expect thy child to become an Olympian/NFL Player/Major League Star.** There are thousands of athletes in each sport. Only 2% of the listed athletes make it to the Top level in College and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child’s odds of become an Olympian are about .0002%. Athletics is much more than just the Olympics or Professional Sports. Ask your coaches why they coach. Chances are, they were not an Olympian or Pro Athlete, but still got so much out of athletic competition that they wanted to pass the love for the sport on to others. Sport teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians and Pro Athletes will tell you that these intangibles far outweigh any award they may have won. Sports builds good people, like you want your child to be, and you should be happy your child wants to participate