

# Rocky Football

Dear Parents,

Thank you for allowing us to coach your child during the upcoming football season. While we work with your athlete, we would like you to know what we do and why we do it. This document will provide you with information about the foundation of our program, what you can expect from us as coaches and as an organization, and lay out the expectations we have for your athlete throughout the season. Additionally, this document provides resources for you and your athlete should he wish to pursue football as a career.



*"To open minds and hearts; enhance souls by growing righteous values within, and instill that one's maximum effort on a daily basis is the only pure way to live an honest and fulfilling life."*

**Mark Keller, M.S**

Your child's success or lack of success in sports does not indicate what kind of parent you are. However, having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient, communicative, advocates for himself, and tries his best every single day **is** a direct reflection of your parenting.

We look forward to having your child on our team and having your support during this season. If you have any questions or concerns, please feel free to contact us.

**– Rocky Football Staff**

## Mission Statement

"Rocky Mountain Football Activities will instill a winning attitude, excellence in character, and a prideful tradition through preparation, dedication, desire, and respect."

## Coaching Philosophy

Rocky Football is about creating an environment conducive to learning and the continuous development of one's self. As coaches, we encourage our athletes to strive for personal excellence, to maintain open lines of communication with our athletes and parents, and we demonstrate the desired traits we expect our athletes to emulate.

We provide an environment that continually challenges the athlete to develop and hone skills needed to succeed both on the field and in real life. We encourage our athletes to improve their individual characters through responsibility, effort, and hard work. We help them develop core skills and provide a solid base of knowledge through challenging, repetitive drills that require effective decision-making and precise execution under pressure.

Communication in our program is crucial. We provide the student-athlete with direction and motivation to keep them on task and keep them informed of important changes, skills, and opportunities.

It is our responsibility to demonstrate effective leadership by maintaining the desired standards of behavior we expect from our athletes.

## Why do you Play Football?

When looking at what motivates our student-athletes and parents, It is important to get some facts out on the table.

1,023,712 approximate number of high school football players each year in the USA	100%
61,000 athletes playing football at various levels collegiately in the USA	6%
6,000 will be scouted by the NFL	0.6%
875 will actually sign an NFL contract	.09%
300 will make an NFL roster	.03%
1,023,412 high school football players will not play in the NFL	99.97%

Make sure your priorities are straight when joining the Rocky Mountain High School Football Program. This is a development of character experience. We are not here to create college football players, we are here to develop character and assist young athletes transition to responsible adulthood. However, if a player desires to play college football, we will help him find a college home that allows him to fulfill his dreams.

As you can see above, approximately 6% of all high school players can play at the collegiate level. As a staff, we will be honest in our assessment and recommendation as to the best level of competition for each student-athlete.

## What does it Cost to Field a Team?

From a cost standpoint, there are six main components to building and maintaining a football program:

- **Hard Gear**  
Includes helmets, shoulder pads, kneepads, and all yearly reconditioning costs. Helmet technology is constantly evolving, and mid-range helmets are approximately \$215. Shoulder pads cost \$190-\$350 based on position. Reconditioning cost are \$50 per helmet and \$30-\$50 per shoulder pad - all helmets need to be reconditioned once every two years and shoulder pads once every four years. All helmets and shoulder pads are cleaned and sanitized annually.
- **Soft Gear**  
Includes practice jerseys and pants, Rocky logo shirts, shorts, socks, mouth guards, cleats, sweats and sweatshirts. Most of these items are purchased by parents directly from the vendor.
- **Uniforms Field Equipment**  
Game uniform cost is \$110 per jersey and \$75 per pair of game pants. Each player is assigned both a home and an away jerseys and pants.
- **Staffing**  
We have 24 coaches to support approximately 190 players over three levels. To provide a safe and educational environment, we adhere to national guidelines of an 8 to 1 player to coach ratio.
- **Player Incidental**  
The program pays for summer camp, game-day transportation, pre-game meals and snacks, Gatorade, bottled water, player development outings, athletic training tape and supplies, continuing education, summer, spring and winter weight lifting and conditioning programs, referees, and administration supervision for home football games, etc.

West Ada School District considers sports as extracurricular activities, which means the cost to play is funded by player fees and fundraising.

### Player Fees

The actual cost to play football is \$1,200 per player. Player registration fees cover approximately 45% of the total amount needed to fund the football program, while the remaining amount is subsidized by fundraising efforts through the Rocky Mountain Football Association (RMFA). Player fees are \$450 for Freshman and \$550 for JV and Varsity players.

### Fund Raising Programs

The RMFA coordinates several fundraising efforts throughout the school year. These efforts include:

- **SNAP Raise:** Snap Raise is a social donation program that utilizes email for donation solicitation. We ask each of our athletes for 20 email address of friends and family. Once we have the email address we create a short team video explaining our efforts to fund raise for Rocky Football. Snap Raise is simple, effective 21<sup>st</sup> century way to fund raise.

- **Booster Club:** Join the booster club for \$50 and participate in RMFA. All proceeds go directly to support the football program. This is a straightforward way to help the team and become involved in all our support programs.
- **Advertising:** The RMFA administers the advertising program in Brighton Stadium on the visitor section bleachers and the north end zone fence. Metal signs are 4'x 8' and sold on a yearly contract, with the first year priced at \$1,250 and \$1,000 for annual renewals thereafter. Parents and players can earn a \$200 commission per sign (first year only.)
- **Dinner Auction "Adult Night Out":** **This is** our season kick off and major fund raiser. It's an opportunity to meet other parents and coaches **and hear about the upcoming season.** Each parent can participate **to meet their volunteer commitment by soliciting donations for silent and live auctions, setting up, cleaning up or donating an item,** This is a big effort, and requires everyone's participation.



*"When necessary, all activity or program participants will be expected to fund raise or make a personal payment for fees in lieu of fundraising."*

#### JOINT DISTRICT #2 -POLICY TITLE FUND RAISING ACTIVITIES

## Parent Commitment to the Program

We want all parents to support their kids by watching their child play. However, we **need parents** to volunteer to help in the concession stand when their child is not playing and participate in other fundraising efforts. Participating in a minimum of three fundraising events are required by each family throughout the year.

**Parents who elect to not volunteer, are asked to pay an additional \$650 to cover their child's cost to play football.**

## Social Media

With the continuous growth of social media platforms such as Twitter, Facebook, YouTube, Snap Chat, and Instagram, social media has become a major part of our daily lives. When used responsibly, it can be a good way to connect and communicate with friends and family and show support. However, these platforms are often used to cyber bully other users. It can be a place where boastful and slanderous statements can be posted anonymously. These statements can be both harmful and hurtful to a person, family or team. **We will NOT stand for cyber bullying of any kind.**

- Absolutely no negative postings or discussions directed at another student, football program or team, referees, or coaches.
- Social media will be monitored, and violations will be disciplined up to and including dismissal from the team.

We never boast, brag, or challenge anyone through any of these platforms. We never post game footage or information that pertains to our program.

## Eligibility and Team Rules

The following outlines the expectations for student-athletes:

1. Show respect for teachers, administrators, and coaches.
2. Do not cut classes. You must attend all classes on a game day, unless you have a doctor's excuse. A truancy from any class will result in missing that week's game.
3. You must have passed 6 of 8 classes in the previous semester to be academically eligible (subject to change).
4. Turn in all required paperwork. This includes physicals for Freshmen and Juniors, online IQ form, and the rules and expectations acknowledgement page at the end of this document.
5. Participate in all team fundraising events. Participation in team fundraising is mandatory.
6. Always display good sportsmanship towards teammates, opponents, officials and coaches.
7. Communicate with your coaches. Communicate special needs, concerns, or individual circumstances as they arise to help the coaches help you.
8. Demonstrate Integrity. You are representing Rocky Mountain High School, your parents and this community. Take pride in who you are and who you represent.
9. Plan to compete and work hard every day.

## Grade Checks / Study Halls

Every student-athlete must do his part to keep his grades at passing or better. It is the athlete's responsibility to stay on top of his grades. Athletes are **not** allowed to compete in a game if they have a failing grade (No F Policy). Any student-athlete with a D grade must participate in Griz Period.

## Practice

Practice starts daily at 3:45PM during the school year, walk Thru's are at 3:30. You are expected to be on the field during stretch lines by 3:45.

- If you are injured or sick, you need to go to the Athletic Training Clinic to see our athletic trainers.
- If you are sick and at home, you must call the school and email or HUDL message Coach Culig prior to noon.
- If the illness is after the noon deadline, still make contact. We need time to adjust practice plans as they pertain to personnel. If you are sick and can still view/learn by attending practice – please do so. Obviously, if you are contagious, stay away!

Official Rocky practice gear is required and includes white socks, black shorts, and grey Rocky logo shirt. This gear is required anytime you are on the field, in the weight room or conditioning. You are responsible to have the correct gear daily (practice jersey, practice pants, shoes, socks, etc.).

## Athletic Training Clinic

Visiting the Athletic Training Clinic is **not** an excuse to be late to practice. The Athletic Training Department is open immediately after school

You cannot play if you miss practice! In order to start in a game, you must practice at least two days prior to the game. Coach Culig will oversee all injury situations with the training staff.

## Follow the calendar

Always check the calendar for important communication, schedules, and updates on our team website. [www.Rockyfootball.com](http://www.Rockyfootball.com)

## Parent and Player meetings

Players are encouraged to advocate for themselves and communicate with their coaches about play time and position.

If you have an issue with playing time, you should first see your position coach, then the specific offensive or defensive coordinator, and with Coach Culig last.

No Coach will talk with a parent about playing time or scheme, including the Head Coach.

Players should allow 24 hours to pass after a game before asking for a meeting.

Please know that **all** personnel decisions are made by Coach Culig and the player. Coaches will never force a player to play a certain position. However, they will advise them on which position would play to their strengths and benefit the team most. Ultimately, the player will have the final decision.

## Letter and/or Certificate Requirements

Earning a Letter and a Certificate of Participation:

1. Complete the season as a member of the Varsity football team.
2. Attend all practices – no unexcused absences.
3. Turn in grade checks and participate in Griz Period when required.
4. Participate in all fundraising events.
5. Perform a team sponsored community service event (2-hours).
6. Acknowledgment letter signed, and all gear returned to RMHS.

## Health Concerns

Staying healthy is just as important as showing up for practice. Here are some suggestions for staying in the best health throughout the season:

### Stay Hydrated

Drinking liquids is a necessity. Coaches and parents should be mindful of keeping their players' hydration in balance.

- The best preparation for workouts is coming into practice well-hydrated. Football players need to monitor sweat loss and increase fluid intake as their exercise level increases.
- Drink 12 fluid ounces 30 minutes before activity begins. After activity, drink every 20 minutes during the first hour to make up for fluid loss.
- Cold water is the best fluid to drink during an activity. Sports drinks work well after an activity to help replenish lost electrolytes.

- Children weighing more than 90 pounds should drink 9 ounces every 20 minutes. **Easy tip:** A child's gulp equals half an ounce of fluid. Therefore, a child 90 pounds or less should drink at least 10 gulps every 20 minutes.
- Don't allow thirst to be your guide to drinking. By the time you feel thirsty, you are already dehydrated.
- Your urine should look like lemonade and not apple juice. Urine color can be a non-scientific indicator that the body is becoming, or already is, dehydrated.

Players and coaches should keep water and sports beverages available during drills and training sequences.

**Signs and symptoms of dehydration include:** feeling fatigued, lack of energy, muscle cramps, headaches, dizziness and thirst.

"Heat illness and dehydration are not a 100 degrees Fahrenheit issue. Heat illness has been known to occur in temperatures of 82 degrees Fahrenheit. When the right combination of air temperature, relative humidity and exercise intensity are present, so is the risk of dehydration and heat illness.

At Rocky we will alter practices, allowing for a gradual increase in exercise intensity and providing proper fluid intake designed to make dehydration and heat illness preventable.

We ask the athletes to hydrated during the school day especially when the weather turns COLD. This is when we start to see the most cases of chronic muscle cramping.

## Nutrition

We like our athletes to eat several small meals throughout the day. If this is not possible, please ensure the athletes are eating breakfast and something at lunch to carry them through the day.

It is extremely critical that athletes have a post exercise snack. Our directing physician usually recommends a small snack that has Carbohydrates + protein within 30 mins after activity. An example a granola bar and small yogurt. Then eat their regular meal.

## Sports-Related Concussion

To avoid losing playing time, athletes who experience a concussion sometimes fail to report their symptoms. Concussions that are unrecognized or are mismanaged put athletes at considerable risk of potentially catastrophic sequelae from re-injury.

A concussion does not require a loss of consciousness. If an athlete sustains a blow to the body or head and post-concussive symptoms subsequently develop, by definition, that athlete has sustained a concussion.

The most notable complication of concussion is second impact syndrome. In this syndrome, an athlete who is recovering from an initial concussion sustains a subsequent concussive injury, resulting in diffuse brain swelling and severe, permanent neurological dysfunction or death.

**Signs and symptoms include:**

- |                      |                     |  |
|----------------------|---------------------|--|
| • Dizziness          | • Balance Problems  | • Sensitivity to light and Noise           |
| • Nausea and Fatigue | • Sleep Disturbance | • Mood Changes                             |
| • Vomiting           |                     | • Difficulty with concentration and memory |

•

Each concussion presents in a unique manner, and it is well established that a concussion does not require a loss of consciousness. Furthermore, a brief loss of consciousness does not provide any information regarding concussion severity.

### Understanding who is at risk

Athletes who engage in contact sports are at increased risk of concussion. Young athletes may be more susceptible than are adults to concussions due to a larger head-to-body-size ratio, weaker neck muscles or increased vulnerability of the young brain to concussion.

### Timely diagnosis and treatment

Timely diagnosis and prompt treatment can help prevent more-serious concussion complications. Obtaining pre-injury baseline data on athletes who engage in contact sports can make the sideline assessment more accurate.

Baseline assessments include a brief cognitive test, a computer-based neuropsychological test, and the Post-Concussion Symptoms Scale.

### Protocol for evaluating and treating suspected concussion

- Remove the athlete from competition immediately and do not allow him to resume play for the remainder of the game.
- Monitor for worsening of symptoms and/or focal neurologic deficits, including weakness and sensory change, every 15 to 30 minutes during the first several hours after injury.
- If symptoms worsen, the athlete should be transported to an emergency department for further evaluation, because changes may suggest an injury more serious than a concussion, such as intracranial hemorrhage.
- If symptoms remain stable or improve, the athlete can be sent home if an adult caregiver is present. The caregiver is given a list of symptoms to be aware of and that would warrant a trip to an emergency department, and the athlete is not allowed to drive.
- Place the athlete on physical (no sports, running, jumping, or weightlifting, for example) and cognitive (no school, studying, or video games, for example) rest to minimize stress on the brain.
- Have the athlete follow up with his or her physician within 24 to 48 hours for a physical examination and symptom evaluation, as well as additional cognitive testing.

### Resuming athletic activity

Once an athlete is asymptomatic and has normal neuropsychological measures, he or she can begin a functional return-to-play process. This process involves gradually increasing cognitive and physical challenges in a systematic, stepwise fashion, over the course of five days. If the athlete has symptoms at any time, he rests again until the symptoms stop. Then the athlete can resume the protocol from the first step.

Idaho allows the Athletic Trainer to diagnose and clear to play athletes after concussion. The athlete will need to go through Return to Learn (RTL) before Return to play (RTP). Meaning they are back in school full time and can take tests and quizzes.

## Acknowledgement

We appreciate all your support and cooperation in helping your child and the Rocky Mountain High School Football Team reach the greatest level of success in the upcoming season.

If you have read and understand the rules and regulations on the previous pages, please sign below.

Sincerely,

*Chris Culig*

Chris Culig

Head Football Coach

Rocky Mountain High School

[Culig.Chris@westada.org](mailto:Culig.Chris@westada.org)

Athlete Name (please print): \_\_\_\_\_

Athlete Signature: \_\_\_\_\_

Parent/Guardian Name (please print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Sign and return directly to Coach Chris Culig**