



Handbook

Parent and Player Contract

Dear Parents,

Thank you for allowing us to coach your child during the upcoming football season. We are excited about the upcoming season and look forward to working with your son. We believe the game of football is the best sport ever created. As coaches we would love to just focus on football, but there are certain realities that we must face. The first is that funding a football team is not free and it is not funded by taxpayers. This means parents must make a financial commitment in order for their child to participate. We are also a "team/family" which means parents have a commitment to participate in activities that benefit our team.



Rocky Football

T.E.A.M = Together Everyone Achieves More

The second reality is that we are not a team without players, and we are not a great team without unselfish players. My focus as a coach is to develop a team of players. We not only focus on football, but on the development of character, the act of sacrifice and the commitment to success and the stronghold of community. We require our players to be more than football players. We require their best effort on the field, in the classroom and in their community. They must show up on time, be ready to work, be positive and give themselves and their team their best effort each day. That is all we ask and in return we as coaches will give them honest feedback, our commitment to their development, and a positive football experience that will last a lifetime.

The third reality is that we are more than a team, we are a community, a family of parents, players, coaches, administrators, trainers, etc. As such, we expect our parents and players to always behave in a manner acceptable to the district as well as to their teammates and community. We ask that parents come to practices and games with a positive attitude and support the team and coaches. We will not accept behavior that is degrading to any member of our community. We will not accept behavior that tarnishes the reputation of our community or the legacy we hope to leave for future players.

Please read through the following requirements. Sign the electronic waiver acknowledging that you and your student athlete have read and agree to the requirements set forth.

Thank you and welcome to Rocky Football,

Scott Criner Rocky Mountain Football Head Coach

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Mission Statement

All stakeholders involved in our program are on a mission to develop the “whole” player. We strive to impact young people's character, academics, involvement in community, and athletic development in a team atmosphere. We believe that all four components are essential to the Rocky Mountain Football Program. It is our mission that players leave Rocky Mountain with an UNCOMMON commitment to these values, and the lessons taught are embedded in their values for Life.

Coaching Philosophy

Rocky Football is about creating an environment conducive to learning and the continuous development of oneself. As coaches, we encourage our athletes to strive for personal excellence, to maintain open lines of communication with our athletes and parents, and to 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.

In order for your child to be successful, he only needs to be on time, be honest, and communicate while maintaining positive body language, energy, attitude and passion. Come to all activities prepared to be coached and learn.

I 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 me.

Your greatest physical and mental effort is all I ask.

Success is a Choice.

What Does it Cost to Field a Team?

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

- **Hard Gear**
Includes helmets, shoulder pads, knee pads, and all yearly reconditioning costs. Helmet technology is constantly evolving, and mid-range helmets are approximately \$295. Shoulder pads cost \$190-\$350 based on position. Reconditioning costs 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 girdle, Rocky logo shirts, shorts, socks, mouth guards, cleats, sweats and sweatshirts. Most of these items are purchased by parents directly from the vendor. Rocky football does not markup the cost of these items.
- **Uniforms Field Equipment**
Game uniform costs \$125-\$200 per jersey and \$75-\$100 per pair of game pants. Each player is assigned both a home and an away jersey and pants. These will be checked out at the beginning of the season and checked back in at the end. Failure to return game uniforms or hard gear results

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in fines on the student's school account. Game uniforms need to be washed weekly after each game. Do not use bleach on the white uniforms. Rocky football pays for all field prep including paint, markers, etc. Footballs, and all other equipment are also paid for by Rocky Football.

- Staffing

We have 24 coaches to support approximately 150+ players over three levels. To provide a safe and educational environment, we strive to adhere to national guidelines of a 7 to 1 player to coach ratio. We also employ professionals to execute our summer, winter and spring weightlifting and conditioning programs.

- Player Incidentals

The program pays for pre-game and weekly meals as well as snacks, tournaments, game-day transportation when travel is far away and requires bussing, Gatorade, bottled water, player development outings, athletic training tape and supplies, continuing education, summer, spring and winter weightlifting and conditioning programs. Also, Referees, security officers, administration supervision for home football games, video, photography, stat keeping and any other game-day expenses that may arise.

West Ada School District (District) defines athletics as extracurricular activities, which means all the costs described above are funded by player fees and fundraising. They are not funded by taxpayers through the District.

As published at www.Westada.org - "Students Right to a Free Public Education, West Ada's Guideline for Student Fees"

Idaho Code 33-512(12) Paulson v. Minidoka Meridian School District 1986 State of Idaho 1986 State of Idaho: Guidelines for Charges of Student Fees	<i>"Extracurricular activities are not part of the regular academic courses or curriculum, are not considered a property, liberty or contract right of any student, and are considered to be a privilege. As such, students may be charged for all extracurricular activities in which they voluntarily participate."</i>
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Rocky Football Registration/Participant Fees

Registration per Varsity and JV player is \$650, and freshman are \$400 per year. Varsity and J.V. fees include their fee to attend a non-Rocky hosted team summer camp. Parents with more than one player are offered a \$50 discount per player. The actual cost to Field a Team is approximately \$1,100 per player per year. Player registration fees cover 60% 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). The district charges separate fees to participate in athletics, please see District Fees below.

Parent Commitment to the Program

We want all parents to support their kids by watching their child play. However, for our program to be successful, and affordable, we **need parents** to volunteer and fundraise. Families are required to participate in **three** concessions stand volunteer activities **per player** throughout the year. Please contact Head Coach or any RMFA board member for volunteer opportunities. Also, download the TeamSnap app to sign up for specific events.

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Parents that do not volunteer and shift the responsibility to other parents and boosters to meet the needs of the program. Therefore, any parents electing to not volunteer are asked to pay an additional \$550 to cover their student athlete's actual cost to play football.

Fundraising Programs



"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

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

- **Booster Club:** Join the Booster Club 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 oversees the banner advertising program in Brighton Stadium.
- **Dinner Auction:** This is our season kick off and major fundraiser. It's an opportunity to meet other parents and coaches and hear about the upcoming season.

District Fees – Athletic Participation Fee

In addition to the Rocky Football registration fee above, the district also requires athletes to pay a fee for participation. As outlined in the RMHS Handbook "In order for a student to participate in competitive athletics in West Ada School District, a fee is required." The district requires all student athletes to purchase an Associated Student Body (ASB) activity card. The mandatory Pay to Participate fee is \$110 and the ASB card is \$44.50 and subject to change. These fees must be paid by August 10thth to the RMHS bookkeeper. These fees are independent of the Rocky Football Program and must be paid prior to playing in any jamborees or games.

Player Provided Gear and Required Spirit Pack

Players are required to wear ("Rocky Gear") a gray or black Rocky Logo t-shirt, black shorts, and white socks on the field and in the weight room. Players must provide their own cleats (purple, black or white only), mouth guard, padded girdle, and personal hygiene items. The program provides helmets and pads, but players can lease or purchase these items at a discount through our vendor program, if desired. In addition, a Spirit Pack is required, which is available through our team store. Spirit pack items are minimal and include a game-day polo, Rocky Gear items for weight room and field events (t-shirt, shorts), a practice jersey and game day belts for uniform pants.

Scholarships and Financial Aid

The Idaho High School Activities Association (IHSAA) prohibits organizations from providing scholarships to individual players. Therefore, Rocky Football cannot grant financial aid or scholarships to any player. Circumstances related to financial hardship should be directed to the Head Coach.

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Refund Policy

The Rocky Football refund policy is as follows:

- **100% Refund - If player signs up and participates initially but quits prior to participating in summer camp.**
- **75% Refund If a player quits after summer camp but prior to 1st practice**
- **50% Refund - If player quits after attending Summer Camp but prior to 1st Football Game.**
- **No Refund - If player quits after 1st football game.**
- **Late registration still requires the full registration fee. No discount will be given to those that register late.**

Please contact Head Coach for any refund requests.

Parent and Spectator Behavior Requirements

The RMHS Handbook requires all spectators to adhere to their Code of Ethics. These common-sense standards apply to not only games, but practices, tournaments, and camps as well. At no time is it ever appropriate to be disrespectful to coaches, referees, or other players.

SPECTATOR CODE OF ETHICS

1. **Spectators are an important part of the game and should conform to accepted standards of good sportsmanship and behavior.**
2. **Spectators should always respect officials, coaches, and players as guests in the community and extend all courtesies to them.**
3. **Enthusiastic and wholesome cheering is encouraged.**
4. **Booing and other disrespectful gestures, activities, or remarks should be avoided at all times.**
5. **Bells, whistles, or noisemakers of any kind are not acceptable at athletic activities and/or spectator events.**
6. **Face paint must not cover more than half the face.**
7. **Spectators that abuse the privilege may be asked to exit the premises and may be denied attendance at future events.**
8. **The way parents communicate is critical, should not be about performance or outcome or stats, that drives a toxic culture. Communication should focus on effort, the process, how did your student-athlete impact teammates, etc.**

Parent and Player Meetings with Coaches

If a player has an issue with playing time, they should first speak with their position coach. If further discussion is necessary, the player should meet with the specific offensive or defensive coordinator. Finally, if the issue has not been resolved, the player should meet with Head Coach

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

If a player does wish to speak with a coach, they should allow 24 hours to pass after a game before asking for a meeting.

Support your student in a positive way, never create distrust of the program or coaches. The way parents communicate is critical, it should not be about performance or outcome or stats, that drives a toxic culture. Communication should focus on effort, the process, how did your student-athlete impact teammates, etc.

Social Media

With the continuous growth of social media platforms such as Twitter, Facebook, YouTube, Snapchat, and Instagram, social media has become a major part of our daily lives. When used responsibly, it's an excellent tool to connect with the community, communicate with friends and family and show support.

Unfortunately, these platforms are also 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 player, 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.

Please follow us as we share important and positive information about the program.



@rockymountainfootball



@gorockyfootball



@gorockyfootball



TeamSnap

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 (District Policy).**
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.**
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.**

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. **Participate as a member of Playoff Team.**
4. **Participate in all fundraising events.**
5. **Participate in a team sponsored community service event.**
6. **Acknowledgment letter signed, and all gear returned to RMHS.**

Grade Checks and Goal

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). **Our goal is for everyone to have a minimum of a 3.2 GPA and win the Academic State Championship!**

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Practice

Practice starts daily at 3:30 PM during the school year, walk throughs are at 3:20 PM. You are expected to be on the field by 3:15 PM.

- **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 your Head Coach 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 positions. 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 or black Rocky logo shirt. This gear, called “Rocky 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.).

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 who is 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 hydrate 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.

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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**
- **Nausea and Fatigue**
- **Vomiting**
- **Balance Problems**
- **Sleep Disturbance**
- **Sensitivity to light and Noise**
- **Mood Changes**
- **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 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 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 the 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.**

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.

Athletic Training Clinic

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

You cannot play if you miss practice! To start in a game, you must practice at least two days prior to the game. The Head Coach will oversee all injury situations with **the direction directly coming from training staff.**

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 any questions or concerns, please feel free to email: rockygriz@gmail.com anytime!

If you have read and understand the rules and regulations on the previous pages, please acknowledge the waiver in TeamSnap or sign below and submit this last page to Coach.

Athlete Name (please print): _____

Athlete Signature: _____

Parent/Guardian Name (please print): _____

Parent/Guardian Signature: _____

Date: _____