

Player/Parent Handbook

Message to parents,

Your child's success or lack of athletic success does not reflect the type of parent you are. But, raising a student-athlete that is coachable, humble, great teammate, mentally tough, embraces accountability, communicates, advocates for themselves, and tries their best every single day is a direct example of your parenting.

Our Philosophy

The Eagle high school football program is about creating an environment that is beneficial for student-athletes. Every day is a chance to improve our overall self. Your athlete will not be spoken down to by coaches or cussed at by coaches. Your athlete will be coached in a teaching manner. If a mistake is made, your athlete will be coached on how to eliminate that mistake. Eagle football players will be constantly challenged using positive-constructive feedback. We as coaches are to provide challenges to improve accountability. These challenges come in the form of time in the weight room, skill work, team/position meetings, and community service. Each athlete needs to act responsibly to develop core life skills. The repetition of these varied tasks will instill confidence in our student-athletes.

Communication is imperative for the program's growth. The goal is to develop young adults, and to keep them motivated to make sound conscious decisions. It is the coaching staff, administration, faculty, and parent's job to cultivate these opportunities.

The student-athlete's priority is to fulfill academic obligations first and foremost. Eagle football is not a platform to be a division 1 football factory. If there is a desire for you to play college football, we will strive to find a home for you to continue your football career. Not everyone is fit to play on a top 25 football program. However, if there is a place for you to play at the next level, we will help find that for you. Our staff will be honest and strive to make the best assessment for recommendation in level of play.

Practice

Practice will start at 3:30 daily. At 3:30 you are expected to be on the field ready for warm-ups. 3:30 start time gives you the opportunity to take care of business after school. Example: If you need to communicate with a teacher about a missing assignment or test.

A weekly grade report will be obtained by Coach Cluphf. If a player is carrying an "F" in a class, that player will be required to attend study hall. Study hall will run Mon-Wed 2:45-3:15

If you are injured, you need to report to the training room. If you miss school due to sickness, you need to communicate with Coach Cluphf before 1 p.m. that day.

The training room is not an excuse to be late to practice. Plan accordingly so you can receive treatment/taping prior to the start of practice.

Practice attire: it is your responsibility to have your practice attire with you at practice. Practice jersey (O or D), Eagle football shorts/practice pants, and "work socks". Wash your gear on a weekly basis.

When in doubt check the website...

The football website will be up to date, if you have any questions or concerns regarding the calendar check the website. Updates will also be sent out via social media.

Parent to Coach Conversations...

Our players are encouraged to advocate for themselves first. If there is a question regarding playing time, the player is to ask their position coach first, or JV/Freshman head coach. If it is not resolved, they can approach Coach Cluphf. The next step would be for the parents to contact Coach Cluphf.

There is NEVER a conversation between a parent and an assistant coach (JV/Frosh head coaches included). Do not approach any coaches after practice or a game with conflict. Allow 24 hours to pass before contacting Coach Cluphf to schedule a meeting. Again, all parent to coach meetings will be with Coach Cluphf.

Health Related Concerns

Hydration

Heat illness is the number two football related injury and is 100% preventable.

How much water should I drink before and after practice/games?

Drink 12 fluid ounces of water 30 minutes before activity begins. After, drink every 20 minutes for an hour to replenish the fluids lost.

Does temperature matter?

Yes, cold water absorbs in the body quicker. It also cools down the body to retain caloric intake longer (the warmer your body the more calories burned).

How much water should an athlete drink during physical activity?

An athlete weighing more than 90 lbs. should drink 9 ounces every 20 minutes. One gulp equals approximately 0.5 OZ. Citrus fruit, melons, and vegetables are all a great source for hydration.

Quality caloric intake is also a method of hydration

We encourage our athletes to consistently fuel their body with the right food, and correct timing. Athletes should have a balanced meal of protein and carbohydrates after any exercise.

Concussions

It is common for an athlete to falsely report on a concussion to avoid loss in playing time. Concussions that are not treated properly put our athletes at a high risk of catastrophic injury. As coaching staff, training staff, parents, and faculty we must work together to recognize and treat concussions properly, no questions asked.

Signs and Symptoms of a Concussion:

- Dizziness
- Nausea
- Vomiting

- Problems with Balance
- Fatigue
- Disturbance in sleeping patterns
- Sensitivity to light and noise
- Mood changes

Concussion Diagnosis and Treatment

Proactive diagnosis and treatment help prevent serious concussion complications. Baseline data retrieval is vital in having an accurate reading to allow athletes to return to competition. All players must go through concussion protocol before returning to the competition.

Appreciation

Your support and cooperation in helping your child, and the Eagle Football program reach a great level of success is valued.

Sincerely,

James Cluphf

Eagle Football

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