

Mount Si High School Football

Our Mission-To establish a program that maximizes the potential of each student-athlete in the classroom, on the field, and in our community.

Our Vision-To develop a spirit of competitive greatness and love for facing tough challenges together.

Our Core Values

Willing to Sacrifice-It's all about the TEAM. Serving others is an honor and makes us all better.

Integrity-Doing the right thing when no one is looking. Trust is earned with every decision and action.

Loyalty-Relationships are the key to our collective success. We will be at our best when we know we can count on each other.

Disciplined-Respect the process. Small details matter. We will prepare with intense focus and perform with great passion.

Competitive-We will be relentless in our pursuit of excellence and improvement in the classroom, weightroom, and on the field!

Accountable-Being a great teammate means holding each other to high standards. We will only achieve excellence together.

Tough-Grit is developed and displayed through challenges. We will attack each day with great effort and a positive mindset!



RESPECT THE CLIMB

Mount Si High School Football

Philosophy

Defense: We are an attacking defense that will play with tremendous effort!. We will play smart, fast, and physical defense and also have the flexibility to adapt our scheme to fit our personnel.

Offense: United, we will be the hardest working, most disciplined, best conditioned offense in the State.

Special Teams: We will Get The Edge by being elite with the small details, winning the field position battle, and making it SPECIAL by being momentum changers! Sharpen the edge to get the edge!

Team Standards

- A. All student-athletes must follow the school board adopted athletic code. [Mount Si High School Athletic Code](#)
- B. **Code of Conduct:** Conduct unbecoming of a Mount Si Football Player may result in suspension determined by coaching staff. This includes off the field activities.
- C. Any player disciplined under the athletic code is ineligible to receive **team** post season awards.
- D. All COVID Protocols must be followed as directed by Snoqualmie Valley School District.

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Student-Athlete General Responsibilities

Academics. Each player is a student-athlete. This means that academics come first, athletics second. Players will adhere to Mt. Si academic policies at all times. Academic success parallels athletic success.

Attendance:

If you cannot attend practice, it is very important that you or your parent/guardian(s) contact your coach prior to practice and let him/her know that you will be unable to participate. **Do not** send someone else to tell us. Contact must be done before practice. You can reach your coaches through Remind (preferably) or by email. Coach Botulinski-botulinskis@svsd410.org.

- A. Student-athletes must be in attendance for all 7 periods to be eligible to practice and play, unless you have a pre-planned appointment.
- B. A Pre-Planned absence, through the attendance office, is the correct way to schedule an appointment.
- C. All Practices are mandatory. An **unexcused** absence may result in loss of playing time or suspension for repeat offenders.
An **excused** absence may result in loss of “normal” playing time.
- D. Running Start students must adhere to WIAA and SVSD concerning attendance and grade checks.

Football Season:

- A. The Football season starts on the **FIRST DAY OF PRACTICE** and **ENDS AT THE END OF THE BANQUET**.
- B. All practices are mandatory.
- C. All games are mandatory.

Lettering Policy: A Varsity letter is earned at the discretion of the coaching staff. The following are used to guide the coaches in the decision-making process.

- A. Student-athlete **completes** the Football season. As stated above.
- B. 16 quarters of varsity game participation (1 play equals 1 quarter)
- C. Student-athlete has been involved in the program for four years.
- D. Student-athlete is a senior
- E. Student-athlete participates in all “in season and off season” activities.
- F. Student-athlete has made significant contributions to team success throughout game week.
- G. Student-athlete has followed the Team/School/District rules and policies.

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Injury Procedures: We have a Certified Athletic Trainer on staff. **All doctor's correspondence must be given directly to the trainer.**

The Coaches will **Not** accept notes from the doctor.

- A. Please report all injuries to the athletic trainer immediately.
- B. **If you visit a doctor you must return with a note.** This note should clearly state the diagnosis and your limits on participation.
- C. Players must observe all training room rules and always dress in appropriate attire. (i.e. Shorts and Shirts required)
- D. All injured student-athletes must adhere to rehabilitation programs.

Safety and Equipment: **Under no circumstances do you use your helmet as a weapon.**

- A. Make sure helmets fit properly at all times. Get it checked immediately if it is too loose or too tight.
- B. The face mask and hardware should be checked by the player periodically.
- C. All four snaps on the chin strap should be snapped at all times.
- D. Mouth pieces must be worn at all times.
- E. Alterations to school issued equipment is prohibited.

Athlete/Parent/Coach Meetings: During the season, you may feel the need to discuss your student-athlete's situation with us. We will be glad to meet with you to discuss anything, but we ask you to observe the following parameters:

- A. We will only meet with you at school. You may contact us via phone or email to arrange a meeting, but we will not discuss anything about your student-athlete until we meet at school.
- B. We will meet you with position coaches/athletic director present as appropriate.
- C. We will never discuss a situation or even make an appointment to do so right before or after a game. Emotions run high before and after games, so we ask parents to contact us at least one day after the game to set up an appointment.
- D. We will not compare other student-athletes with your child. If you are unhappy about your student-athlete's playing time, we will discuss that with you, but during our conversation, we will not compare your child to any other player on the team.
- E. There will be times when we may have to agree to disagree, but hopefully we can come to an understanding and realize the decisions that are made are made in the best interest of the team.

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*****By signing and returning this page to Coach Botulinski you and your parents indicate that you understand and will abide by these standards and policies. If you have questions or concerns, please contact Coach Botulinski-botulinskis@svsd410.org***

Mount Si High School Football **Team Standards**

Student Athlete Name (please print) _____

Student Athlete Signature _____

Parent/Guardian Name (please print) _____

Parent/Guardian Signature _____

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Goal Setting and Brainstorming

1. What are two team goals you have for this season? What do we need to do to achieve them?
2. What is one personal goal you have for this season? How will you achieve it and how can your coaches help?
3. Brainstorm some ideas for what we could do as a team off the field for fun/team building.

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