2023

DOUGLAS COUNTY FOOTBALL
PARENT/PLAYER
SUMMER INFORMATION MEETING

Huskie Quarterback Club – DC Football Booster Club
Program Fees/Volunteer Outline

Huskie Quarterback Club Purpose

The Huskie Quarterback Club (HQBC) is the DC Football Booster Club. The HQBC is a not-for-profit organization whose primary purpose is to encourage, promote, and aid the football program at Douglas County High School. The HQBC helps to raise the funds necessary to provide our coaches and players with the resources they need to be a competitive force within the league, as well as helping our kids experience the best that high school athletics has to offer. The HQBC is committed to providing a quality program that encompasses the total development of our student athletes. The HQBC accomplishes these goals through the continuing support of our community and the parents, friends, and relatives of Huskie players and coaches.

What does this really mean?

The HQBC is a parent organization that:
Coordinates fundraising activities to help players offset their program costs
Partners with the Coaching Staff to provide the resources needed for the football program
Bridges communication and connection to the parents
Organizes events that bring the players together as a team
Plans events like the Parent Mixer and Tackle the Town
Brings the Huskie Football Family together with events such as the Family BBQ at the Inter-Squad Scrimmage and Special Events during home games
Links the Castle Rock Community to the Football Program through events like the DC Fair Parade and business partnerships Helps build school spirit and support for our football team – Dog Pound Reserve Seating

Who is the Booster Club?

You are the Booster Club. As the parent of a player involved in the DC Football program, you are part of the HQBC. Your participation and support are essential to our ability to deliver on the Club's mission to support the football players and coaches at Douglas County High School.

HQBC Executive Board and Leadership

President: Julia Reed – juliareedco@gmail.com
Vice Presidents: Steve Stonebraker –stonebraker56@me.com
Treasurer: Jen Peterson - petersonjen@mac.com
Secretary: Jade Jabin – secretary.huskiequarterbackclub@gmail.com
Senior Liaison: Jeni Pottenger – pottengerjeni@yahoo.com
Junior Liaison: OPEN
Sophomore Liaison: Abby McCune akmccuune@gmail.com
Freshman Liaison: Jean Vaughn- jvaughn2271@gmail.com
Reserved Seats: Nicole Sterling – gsterling_1@hotmail.com
Huskie Cards: Rhonda Rudolph rmmsprings@yahoo.com
Events/Food: Senior Moms
Merchandise: Julia Reed

HQBC meetings are open to everyone. Meetings are held on the first Wednesday of the month from 6:30pm - 7:30pm in the Team Room in the Athletic Complex at DCHS or by a zoom link. This is the best place to get current information on the Football Program.

Program Cost

The Annual DCHS Football dues are $800. The dues for Summer training camp are $300. The HQBC provides multiple options for fundraising to cover the annual dues. These fundraising options are outlined in the Huskies Fundraising document. Any player who is unable to raise this money through the fundraising options offered, will be asked to pay the difference in funds to the program. An outline of program expectations is below:

1st Fee: $300 due on or by ***June 2nd or 3rd 2023*****.** This amount pays for Football summer training camp. Summer workouts include practice, weights and speed/conditioning development each day. This fee also helps pay for the players spirit packs which includes 2 compression shirts and 1 pair of shorts.

2nd Fee: $800 due on or before ***August 24th 2023*****.** This amount pays for the cost of the season
Separate from the above payments, $200 is paid directly to the Douglas County Athletic Department and is due by ***August 7th 2023.*** This amount is a requirement of every athlete who plays any sport at DCHS. Go to the Douglas County Athletics website to register your player with the Athletic Department and pay the $200 fee: https://www.dchuskies.org

What the $800 Fee covers:

Remember we are not asking people to pay this fee, but rather to fundraise this amount of money through Huskie Raise, Huskie Card Sales and by your King Soopers Card rewards

Administrative Expenses ($100)
Insurance fees for the program - Office Supplies - Subscription fees/Post Office Box Rental
PayPal Fees - Game day experience (Programs/Banners/Balloons/Flags/etc.)
End of Season Banquet ($30)
Freshman, JV, and Varsity Banquets (food/decor)
Coaches Salary/Development ($150)
Coaches training seminars
(3-4) Coaches' salaries (District fee pays for (9) coaches)
End of season gifts / awards
Nutrition/Team Hospitality ($120)
Transportation to and from games
Team meals, snacks, and nutrition
Uniforms/Training Reconditioning ($400)
Helmet reconditioning - Helmet decals
Headset reconditioning
Sideline recording
Equipment and pads upkeep
10-20 new helmets each year, 10-20 new shoulder pads each year

Booster Club Volunteer Expectations

The Booster Club is dependent on volunteers to accomplish everything we do to support the Huskie Football Program and our players. **We ask each football family to volunteer 10 hours to HQBC activities and events throughout the year.** Volunteer opportunities are available to fit all schedules and interests including: fundraising, social events, game day activities, and administrative jobs.

Ways parents can participate throughout the year:
Attending games and helping to coordinate game day activities
Attending and working at the various events and fundraisers
Bringing in Partners and Sponsorships for the Huskie Football Program
Being an active part of the Booster Club, Executive Board, or Committee Chair

Also…It's FUN!!! Volunteering at activities and events that support the Football Program is a great way to get to know the players, coaches, and families in our Huskie Football Family.

DCHS SPORTS MEDICINE

Angela Baleztena, Head Athletic Trainer
303-387-1278 abaleztena@dcsdk12.org
https://www.dchuskies.org/page/show/2729221-athletic-training

- **Panorama Orthopedics & Spine Center contracted by DCSD**
  - One AT, up to 35 hours/week
  - In-season sports per CHSAA calendar
  - On-campus practices 2:55-6pm, on school days
  - Cover varsity home games, sub-varsity home games as schedule allows
    - Football: all varsity games and sub-varsity home games
  - Evaluate & treat sports-related injuries
  - Provide home-care or home rehab instructions
  - Communicate with coaches, parents, school nurse, physicians
  - Refer to sports medicine physician when necessary

DCHS SPORTS MEDICINE

1. **Clearance note is required after ANY doctor visit**
   - Provided to athletic training staff - not coach
   - Must specify clearance for sports/football

2. **Athletic Registration must include:**
   - Guardian name and contact information
   - Emergency contact - someone other than guardian contact
   - Allergies and medical conditions

3. **Athletes with medical conditions must take responsibility**
   - Asthma inhalers, diabetic meds/snacks, allergy epi pens
   - Designated bag/backpack
   - Inform coaches

DCHS SPORTS MEDICINE

Injury Prevention

- Attend pre-season workouts
  - Learn proper technique, gain football knowledge
  - Build strength, speed, and endurance
- Warm up & cool down
- Stretch often, eat more, drink more water, avoid caffeine, sleep more
- Most common Injuries
  - Muscle strain = muscle fibers overstretched or torn
    - Do not stretch the injury
    - Use hot pack, foam rolling, compression wrap
    - Joint sprain = ligaments or tendons overstretched or torn
    - Do not ice immediately
    - After 60-90 minutes, apply ice 15 minutes on, 90 minutes off
    - Use compression wrap, elevation

DCHS SPORTS MEDICINE

Concussion - *when in doubt, speak up*

- Can occur from blow to head or whiplash motion
- Common symptoms: headache, dizziness, nausea, vision changes, confusion, imbalance, light or noise sensitivity, ears ringing, feeling anxious/emotional
- Emergency: passed out/blacked out, vomiting, slurred speech, convulsions, increased confusion or agitation, weakness or tingling or numbness in arms or legs, extreme drowsiness

Heat Illness - 100% Preventable

- Hydration, nutrition, proper clothing, acclimate, be aware of symptoms, rapid cooling
- Symptoms: Heavy sweating, cool/pale/clammy skin, nausea, vomiting, dizziness, muscle cramps, headache, fast/weak pulse, stopped sweating
- Immediate treatment: Move to shaded or air conditioned area, remove excess clothing. Rapid cooling in an ice water tub. Apply ice to back of neck, under arms, groin, hands and feet.

MY BACKGROUND – RICE FAMILY

- I have been a high school football coach since 1996 and have been the Head Football Coach at Fort Collins HS and Douglas County HS for the past 21 years.
  - I have also played/coached indoor football and college football.

- Link to my Philosophy and Bio
- https://www.dchuskies.org/page/show/4903008-a-list-of-your-dchs-football-coaches-and-ways-to-contact-them-

- My wife Laurie has been a teacher at Fort Collins and now here at DCHS with me for going on 20 years.
  - Laurie is the Head Boys Track Coach here at DCHS and was a 2 time 5A state champion in the 400 meters in 1998-99.
  - She ran on a full scholarship at Penn State and still to this day holds the 100 meter and 200 meter school records at Fort Collins HS.
  - She will be assisting us in various ways in our program here at Douglas County HS as well as continuing to teach English here at DCHS.
- Laurie and I have been married for going on 17 years now and we have 3 children.
  - Hayley – age 14 (Freshman at DC this year!)
  - Chaz – age 11
  - Payton – age 4

First Things Coming Up For Our Team

- Practice for all levels on May 15th, 16th, 17th, 18th, 22nd, 23rd, and 24th
  - We may have to change some dates due to stadium availability
  - All of these practices will be from 7:30pm to 9pm.
- Equipment Check Out on June 2nd and 3rd
  - I'll go into greater detail on a later slide in this presentation.
- Team Summer Weights, Conditioning, Practices
  - Begins on June 5th
  - Mondays – Thursdays (most weeks)
  - 7am – 10am Daily (Please try to be at the school by 6:45am for attendance to be taken)
  - Go to our Booster cub website to pay for the summer program

YOUR PLAYERS GRADES

- If you have a player that will be in 10th, 11th or 12th grade for this next upcoming school year, and they ARE GOING TO FAIL 2 or more classes, then you need to immediately look into summer school or some type of on-line credit recovery.
- See your students school counselor or Diane Shuck (our A.D.) for more information on making up failing grades over the summer.
- If you end this final semester with 2 or more F's and do not make those F's up, CHSAA will put you on the ineligible list that lasts for the first 10 weeks of the school year.
  - You can only make up 2 F's over the summer. So if your student finishes this final semester with 4 or more F's…..even if they make up 2 F's in summer school or credit recovery, they WILL still be ineligible per CHSAA rules for the first 10 weeks of the school year.
  - The consequence of this is your player will not be allowed to participate in any games until week 10 of the fall semester.
  - So, this means that given your player isn't failing 2 or more classes at the week 10 checkpoint, they would then be cleared by CHSAA to participate in games. So, your child would only be allowed to play in the last 2-3 games of the fall season.
- In the fall, our school does a 2-week grade check for everyone that began the year as an eligible participant in football or any extra-curricular activity. 2 or more F's at those grade checks means you will be ineligible for 2 weeks.

MANDATORY SUMMER THINGS TO BE HANDED IN

Equipment ***WILL NOT*** be checked out to any player and no player may participate in our summer or fall program unless they have completed handing in the following items. *Forms can be scanned and emailed to Coach Rice right away (the sooner I get them the better) or they can be handed in on equipment check out day on the Friday or Saturday that your player is supposed to attend. You can also leave forms in an envelope with our front office workers in our main office here at DCHS. Ask them to please put your envelope in Coach Rice's mail-box.*

- Code of Conduct Form
- Summer Weight Room Form
- Google Docs On-line Forms (2 of them…..player/parent contact info and acknowledgement of reading through this summer/fall information power point form)
- Fundraiser Agreement
- Settled all football related fines from the past 2022 season.
- $300 Football Training and Team Camp fee.

  - This summer weights and conditioning fee can be reduced if necessary or in some cases waived completely! We will still ask that the family pay at least the $75.00 for the team spirit pack that all players MUST have for lifting and practices this season if they can afford to.
  - Simply call or e-mail Coach Rice and explain your family situation.
  - This $300 summer fee has nothing to do whatsoever with Douglas County schools free and reduced lunch fees. This fall you will have to pay another fee of $200 which is fall sports here in Douglas County. This is a separate fee that goes to pay for officials, game workers, etc. during the fall sports season.
  - The fall sports fee can be reduced by DCHS or waived completely if you are on free and reduced lunch.

WHAT DOES THE $300 SUMMER FEE PAY FOR???

- Summer Spirit Pack (T-Shirt and Shorts) - $75.00
  - The boys all get 2 compression shirts and 1 pair of shorts.
  - The boys are expected to be dressed in their spirit packs for every shells or helmet only practice as well as lifting and conditioning session during the summer/fall.
  - **Always bring both of your practice compression shirts with you to weights, practices and lifting sessions!**
  - Players will not be allowed to practice with the team if they are not dressed in their spirit pack team issued shirts and shorts. They MUST have the correct shirt on. We will look like a team at all times.
  - Coach Prime HATES White Socks: Colorado Opulence 1/23/23 - YouTube

- Lifting/Conditioning Camp Fee - $225.00
  - Payment of our Athletic Trainer(s) and Coaches
  - Transportation (we will need it this summer for our trip to Fossil Ridge HS in Fort Collins)
  - Payment for officials to work scrimmages and 7 on 7's
  - Registrations Fee's for 7 on 7's
  - Any extra field or personal player equipment we might need during the summer.

- If any player does not have all forms signed, filled out the google docs forms and summer fee with them or turned in ahead of time, we WILL NOT check out any equipment to any player.

EQUIPMENT CHECK OUT

This can be a long process so be patient and be prepared to wait for your turn!

- *Our equipment room is located in the south building next to the gym. We provide all the equipment the boys will need except for their cleats and hip and tail bone padding.*
  - ***A girdle that contains at least hip and tailbone padding is mandatory.***
- *Any extra equipment you choose to buy is up to you….but please read the extra equipment do's and don'ts on our forms and docs tab on our team website.*

- ***Friday, June 2nd***
  - Seniors will check out equipment from 8:00am to 10:30/11:00am
  - Juniors will be issued equipment from approximately 9:000am to 10:30/11:00am.
- ***Saturday, June 3rd***
  - Sophomores will be issued equipment from 8:00am until 9:30am
  - Freshmen will check out equipment from 9:30am until approximately 11:00am.

- **If you DO NOT bring a combination lock for your locker on equipment check out day, then we WILL NOT issue you any equipment until you have one. No KEY locks. Combo locks ONLY. We will record the players combo and give it to them in case they forget it. This way we do not have to try to find the lock cutters to remove a lock.**

- ***You are not permitted to take your equipment home with you!*** **In fact, once we issue the players their equipment, the only thing they will go into the locker room and lock up is their helmet(s), cleats and their spirit packs. We will keep the rest of their equipment in the bag we issue to them in our equipment room and when we get to our summer team camp in July, we will then give the bags with the rest of their protective gear and uniforms to them.**

EQUIPMENT CHECK OUT

HUSKIES FOOTBALL - EQUIPMENT CHECKOUT

Name _____ Grade _____

Locker Number _____ Lock Combo _____-_____-_____

Purple Helmet Brand and Size _____/_____

Shoulder Pad Brand _____ Shoulder Pad Size _____

Hip/Tail Pad Brand _____ Knee Pad Brand _____

Thigh Pad Brand _____ Equipment Bag Number _____

Extra Equipment - (circle what the player has)

- Back Pad Neck Roll Neck Plate Hand Warmer Shock Pad
- Rib Pad attachment Rib protector jacket Wristband for Calls
- Purple practice belt ____ Nice White Belt ____

Practice Jersey - Color: Purple White Red Number _____

Practice Pants - Color: Purple White Size _____

Varsity/JV Game Jerseys – White# _____ Charcoal # _____ Purple # _____ Black # _____

_____

Varsity/JV Game Pants – White size _____ Charcoal size _____ Purple size _____ Black size _____

Freshman Game Jerseys – Purple # _____ White # _____

Freshmen Game Pants – Purple size _____ White size _____

- I understand and agree that it is my (the student/athlete's) responsibility to care for and protect all of the football equipment and uniforms that has been checked out to me. I also understand that I will be held financially responsible for any item(s) that are not turned into the Douglas County football coaching staff at the end of the football season. Finally, I understand that I will be fined **$10** for turning in any game/practice pants or jerseys that have not been thoroughly washed. I also understand that I will be fined an additional **$20** if I do not turn in my equipment and force the Douglas County football coaching staff to clean out my locker for me.

Student/Athlete Signature _____ Date _____

All equipment and uniforms that are checked out to me are my responsibility to care for and turn in at the end of the football season. Any lost or stolen items are my financial responsibility not the coaches, Douglas County HS or Douglas County School District. I will be expected to pay for any items that I do not turn in at the end of the season that were checked out to me at any point in time during the season. I also understand that I will be fined $20.00 if I do not clean out my locker at the end of the football season and force the coaches to do so for me. I also understand that I will be fined $10.00 if I turn in any of my uniforms (practice or game) and they are still dirty or soiled in any way. I understand that when I do this, I force the DCHS coaching staff to do all of my uniform laundry for me and that takes a considerable amount of time. Also, if I return game or practice pants without the drawstring in them, I will be fined $5.00 for every pair of pants I return that does not have the drawstring in the pants. Finally, any items that are not returned by February 2024, I will owe the team for those items…..whether I turn in the items or not. I understand that uniforms and equipment must be re-ordered by the first of February 2024.

COST TO REPLACE EQUIPMENT

Helmet - $375
Shoulder pads - $250
Thigh Pads - $25
Knee Pads - $20
Practice Jersey - $50
Practice Pants - $75
Game Jersey - $120
Game Pants - $90
Equipment Bag - $50

CARING FOR UNIFORMS

- Please DO NOT wash any of your white game or practice jerseys/pants with any other colors……and only wash in cold water
  - Spray and Wash is your friend! Use it on soiled parts every wash to get stains out.
- Do not use bleach!
- Do not use fabric softener.
- Air dry…..do not put in the dryer.
- Last season, several times we had white jerseys and pants get turned into many different colors other than white because of them being washed with other darker colored articles of clothing.
- If you turn in a jersey or a pair of pants this year that are stained from a laundry accident, you will be financially responsible for replacing that part of the uniform that now is no longer a normal color like it is supposed to be.

TEAM RULES

- We only have 2 main team rules. They are easy to remember, and we will ask the player to be able to recite them back to us when asked…….”What are our team rules?”
  - BE A GOOD PERSON! - DO WHAT’S RIGHT! (Examples)
    - We don’t want our boys swearing, absolutely no using racial slurs and no using sexual preference slurs ever. These are all ways to certainly get yourself into a lot of unwanted trouble.
    - Treat your peers with respect. In the hallways at school and in the classroom act appropriately!
    - Go to all of your classes and practices…..do not skip and if you have to miss, you need to let a coach know ahead of time!
    - BE ON TIME! - If you are early, you are on time, if you are on time….then you are late!
      - At practices if players show up late (without a valid reason), or not dressed properly they will have to give a coach some T.I.M.E. right as they arrive.
      - Toughness Installation Mental Encouragement – Military burpees usually for about 30 seconds.
    - Hand in all of your assignments and be proactive with your teachers about getting make-up work when you miss for hopefully a valid reason.
    - Be courteous to all staff members, security, custodians, etc.
    - We WILL have a FAMILY/BOTHERHOOD mentality on this team.
    - Our players will see this logo again on this year's travel shirt for our team.
      - Always Faithful, Often Tested, Brothers Forever!

EXPECTATIONS FOR OUR TEAM

I expect us to be a TOUGH Football Team!

- Mentally Tough and Physically Tough
- THE = Toughness, Hustle, Effort
- I expect us to compete in everything that we do.
  - Many things in life force us to compete……applying for a job, getting accepted into college, etc.
- Know how to be humble in victory and gracious in defeat.
    - I expect us to play with poise, control and be first class in the face of someone who is not being first class out on the football field.

- I expect our players to work hard in everything that they do.
- Outwork our opponents every single day.
- I expect all players on our team to take part in the summer speed/weights/practice camp.
  - We will have fundamental work and scheme install periods every day that we practice during the summer.
  - Dates and Times are Monday's – Thursday's beginning from 7am – 10am.
    - Freshman and Sophomores will begin on the field for practice and Juniors and Seniors will begin in the weight room. The two groups will switch at 8am and then we will all do speed development and conditioning together at 9am.

EXPECTATIONS FOR OUR TEAM

- I expect every player that is going to be in 10th – 12th grade to be in our 8th Hour Weights class (if you can, based on class size availability)
  - Players that will be seniors only need to be in that class the first semester of the 2023 school year.
  - We will expect freshmen to be in 8th hour weights 2nd semester.
- I expect all of our coaches and our players to attend all practices, lifting sessions, team meetings, 7on7's, scrimmages and games.
  - If you have a scheduling conflict of some kind then myself or your players position coach needs to be notified ahead of time by e-mail, text or phone call.
    - 3 unexcused absences can lead to a player being dismissed from the team.
  - Parents, we ask you to please NOT schedule appointments for your child during practice times unless it is a doctor's appointment for an injury that occurred during a football game or practice and you are not able to practice or play because of that injury.

COMMUNICATION

Team Website and Twitter Announcements.

- *It is very important for all players and parents to have your cell phones set up to receive our team Twitter announcements as this is one of the major ways that we message the team.*

- *@DCHuskiesFBall*
- https://www.dchuskies.org/page/show/4890189-forms-and-documents-that-need-to-be-filled-out-or-read-by-parents-players-

- I do not respond to twitter comments or questions. If you need to communicate with me either call, e-mail or text me. If you text, then please tell me who you are in the text.
- Please see our team website for mine and all coaches contact information.

- Please remember that it is a CHSAA rule that prohibits coaches from responding to phone calls, voice-mails, e-mails and text messages on Sunday's.
- We can send out a group message on our twitter account, but that is all.

COMMUNICATION

We WILL use our dchuskies.org website for a TON of communication!

- **Please make sure you frequently check our football portion of this website routinely.**

- **Knowing the team calendar on our website.**
- **https://www.dchuskies.org/page/show/4781821-football-calendar**

  - ***It is very important for all players and parents to view our calendar often so you can know when all meetings, equipment check out days/times, practices, lifting/conditioning sessions, 7 on 7 games/tournaments, scrimmages, team events/fundraisers, regular season games and even off times are during the summer and throughout the fall.***

COMMUNICATION

How to contact Coaches or our Team Trainers.

- https://www.dchuskies.org/page/show/2729221-athletic-training
- https://www.dchuskies.org/page/show/4903008-a-list-of-your-dchs-football-coaches-and-ways-to-contact-them-

- Intro new freshman coaching staff. Coach Muns, Coach Griffith, Coach Woolbright, Coach Schembri.

- *Again, please keep in mind that coaches cannot call, e-mail or text you back on Sundays as it is a CHSAA violation. All we can do is tweet messages to the entire team.*

- Players and parents please let either Coach Rice know, or if you are a freshman….Coach Schembri know if you are going to miss a practice.
  - **Again…..3 unexcused absences can lead to a player being dismissed from the team!**

SUMMER AND FALL PAPERWORK

So, what's the difference?

- The documents we made available to you here this evening is due to me (Coach Rice) for us to allow your son to participate in the summer activities that we do. You may scan and email these forms into me.

- The things that you need to do to be ready to play in August are all available on our DC Huskies athletic Website.
  - www.dchuskies.org

- The fall sports fee is $200 for all DCSD students. Charter or home-schooled parents might want to check with the main office to see if this fee is the same. In other districts, charter or home school kids in some cases have been require to pay more to participate.

- You WILL NOT be allowed to practice beginning on Aug. 7th unless you have all fall paperwork submitted, you have done the online registration through our DC Huskies athletics website and have registered your player on the Arbiter website as well.
- Players cannot participate in any scrimmages or games beginning on August 18th until they have accumulated at least 9 practices! This is another strict CHSAA regulation for player safety.

- Get your physical scheduled early this summer if you plan to have it done by your family doctor!

USAGE OF THE LOCKER ROOM

All of our players are required to use the locker room and taking their football equipment home with them in their cars on a daily basis is NOT permissible once we formally issue the lockers to the players on July 13th

- *The only time it is ever OK for a player to take his gear with him out of the locker room and keep it at home is when we are on our way to a game, a 7 on 7 or some kind of competition where a player needs his pads/uniforms and then at the completion of that event, there is not an opportunity for the player to return their gear back to the locker room.*

- *Players WILL change in the locker room for football games, practices and for Weights/PE classes.*
  - *My 1st year here at DC, I saw our players changing in the hallways, lobbies and even in the parking lot at times. Not OK to do!*
  - *Players that are changing in the parking lot, out in the hallways or on the fields will be sent home.*
- *LOCK UP YOUR LOCKERS!*
- *Stealing from teammates will not be tolerated! Players can be suspended or removed from the team at the Coaching Staffs discretion in collaboration with Diane Shuck our athletic director.*
- *Borrowing a practice jersey or a shirt from a teammate is not OK to do….especially if that player needs his jersey or shirt. If caught doing it, you can be sent in from practice.*

LOCKERS – LOCKER ROOM DO'S/DON'TS

- We only have 99 tall and big lockers in the locker room in the North Building.
- Those lockers will get issued to all varsity and JV players.
- Players WILL NOT have locker partners.
- All players are to be responsible for their own gear and maintaining he neatness and cleanliness of their own locker and the entire room in general.
- Our freshman players will have a locker in the locker room located close to the north weight room and old main gym in the front part of the north building of the school.
- Names need to be on players bags. Put a piece of tape around the handle.
- It is never OK to take things from a teammate.
- Stealing from a teammate can get you removed from the team immediately!
- Do not loan your gear to other players. You are responsible for it!
- Bullying/Hazing are never OK anywhere and especially in the locker room.
- Bullying/Hazing will also be a reason for you to be removed from the team immediately!
- This includes on-line and cyber bullying too!
- GET A COMBO LOCK FOR YOUR LOCKER…..NOT A KEY LOCK!
- HAVE IT ON EQUIPMENT CHECK OUT DAY! Once we issue equipment and uniforms to you…..you are financially responsible for them if they become lost or stolen.

EQUIPMENT DO'S AND DON'TS

All players need to have either a black or white pair of cleats this year.

Any player may wear black or white cleats for practices. If you are trying to get any accent colors on your white cleats, check with Coach Rice first to make sure they are OK to purchase for this season. Check with Coach Rice for approval of your cleats before you custom design your cleats using the Nike Customize design method.

Visors that attach to a player's facemask….only clear visors are permitted per CHSAA rules!

- They are really not necessary unless you have had an eye injury or a vision problem. Visors are a pain in the rear when it begins to rain and will have to be taken off. Clear visors are the only permissible ones that can be worn per CHSAA rules.
- **Chin straps on our team must be white.**
- So, if you are going out to purchase your own, make sure you buy one that is white. *Some of them have a hard cup for the chin, that part can be either white or purple and those are the only two permissible colors.*

EQUIPMENT DO'S AND DON'TS CONTINUED

Gloves must be either white, black, grey or purple. No other colors will be allowed.

No goofy socks at practice!!!

- Team colors only (purple, black, white, grey)

Undergarments that the boys wear under their pads must be either black, white, purple or grey.

- No other colors will be allowed.

The boys must play games in the appropriate uniform that the entire team is wearing.

- Jerseys will be tucked in! We will issue team socks to all players that MUST be worn in the games. We will look classy as a football team.

Nothing can be worn in practices or games that adds on to a helmet such as a Guardian Cap, extra inside liners, etc. that might void the manufacturer's warranty for the helmet.

Also, if you choose to purchase any protective equipment (i.e. helmet or shoulder pads), on your own, the item(s) must be certified by the retailor your purchased them from each year at your own personal expense.

EQUIPMENT DO'S AND DON'TS CONTINUED

All players MUST have a three pad girdle to wear. A 3 pad girdle protects the hips and tail bone.

- We have 2 – 3XL Girdles, 23 – XXL 5 pad girdles, 1 – XL Girdle and 1 medium girdle left over that you may purchase for $10.00 at equipment check out if you want to. First come, first serve obviously :)
- These are five pad girdles that have thigh pads in them as well as coverage for the hip and tail bones. 1 of the XXL girdles is a 7 pad girdle.
- They are all brand new and have never been worn :)

- Outside of having to purchase cleats, a girdle and any other gloves, arm sleeves or any other accessories you might want, DCHS football provides all protective equipment your player will need for the season.

- We have a flyer to an online store through BSN on our dchuskies.org website on the forms and docs tab that offers cleats, gloves, girdles, etc.

EQUIPMENT USAGE IN THE SUMMER

If your son wants to attend a college football camp on their own this summer they are OK to do so but under the following CHSAA regulations regarding equipment…..

This excerpt is from the Early Season Bulletin that can be found on the chsaa.org website. Here is the Q/A that will address the summer equipment for students. The wording is also listed in the Bylaws under 3310.

- *Q – Can a player attend both a full contact camp with his team and go to the Mile High Football Camp (or some camp like that for individual players)?*
- ***A – Yes. This change does not affect an individual player's ability to go to multiple individual skills camps if <u>he is not issued school equipment for a 2nd camp</u>.***
  - ***A player is allowed to have their helmet the entire summer, so they <u>CAN</u> take that piece of equipment to additional team camps over summer.***

LIFTING AND CONDITIONING

2023 Summer Conditioning, Weight Room and Practice Schedule

- ***11th and 12th graders Lift Weights from – 7am – 8am while 9th and 10th graders will practice***
- ***9th/10th graders Lift Weights from – 8:10am – 9:10am while 11th and 12th graders will practice***
- ***Speed/Conditioning Work – 9:15am – 10am***

- **The first day of weights and conditioning is on Monday June 5th**
  - We will lift weights, condition and practice each day that is listed on our website calendar.
  - No players will be allowed to lift, condition or practice with the team unless they have handed in all summer paperwork and paid the $300 Summer fee.
  - Each day the players need to dress in their summer spirit pack t-shirt (always have both of your shirts with you) and shorts and always have your cleats. Cleats and helmets should always be left in their lockers here at the school.
  - **Be at the school by 6:45am and then be early on the field by at least 5 minutes** for your session as we will take attendance each day before we begin.
- **Safety in our weight room is our top priority!**
- We teach the proper form and fundamentals of each lift (especially to our new and young lifters) and stress that the players follow this simple motto as they learn how to lift weights properly……
  - ***With beginning lifters we stress the following. Do it Light…..Do it Right!***
- **Hydration and making sure kids are eating properly is essential to having success in the weight room and conditioning drills.**

YOUTH CAMP

For kids that are entering into grades 1st – 8th in the upcoming 2023-24 school year.

- **Dates are July 10th – 12th**

- Times are 5pm to 7pm.
- We will use our stadium field and potentially our upper practice fields for these practices.
- We need your help in promoting this team camp.
- The cost is $30 this summer and all campers will receive a camp t-shirt.
- Campers of the day/week awards will be handed out.

7 ON 7 GAMES THIS SUMMER

7 on 7 games are passing games for all players that play the following positions on our football team….

- QB, Wide Receiver, Tight End, Running Back, Center
- Defensive Back, Linebacker
- Players always need to have their helmets, cleats, summer spirit pack uniforms on and it's always a good idea to bring water, snacks and inclement weather attire. Sunscreen too!

We have 7 on 7 games this summer on the following dates, times and locations…..

- June 13th – JV and Varsity only will play 7 on 7 vs. several teams at Englewood HS from 6-8pm.
- June 15th all levels will play 7 on 7 vs. Valor HS here at our stadium field. 6pm start time for V/JV players and a 7pm start time for freshman players.
- June 22rd all levels will play 7 on 7 vs. Castle View. JV and Varsity will play here at our DCHS Stadium at 9:30am. Freshmen will also play at the stadium but at a 6pm start time.
- June 29th a select group of varsity players will travel to Dakota Ridge HS for an all-day tournament.
  - We will post a list of players that need to attend this tournament in the locker room and weight room.
- July 13th all levels will play 7 on 7 vs. Cherokee Trail HS. 6pm start time for V/JV players and a 7pm start time for freshman players.

SUMMER CONTACT CAMP

Our Summer team contact camp runs from July 17th through July 28th.

- Please check the website calendar for times and events that are going on this week.
  - For example, weightlifting times change, and we only lift 2-3 of the five days each week.
  - During these two weeks we have uniform hand out, team pictures and two scrimmages.
  - The first scrimmage is an inter-squad scrimmage here at our DCHS upper practice field. Again, please check the website calendar for details.
  - The second scrimmage is a live half of football for our freshman and JV teams and a full, live game for our varsity against Fossil Ridge HS. The scrimmages will be held at Fossil Ridge HS in Fort Collins.

RIDING THE TEAM BUS……IF WE HAVE ONE

Riding the team bus to and from any team event is mandatory!

- If you miss the bus for an event because you are late and a parent can get you to the location of the event then great, but we will not hold up a bus departure time for one or two players. Follow our team rule…..if you are early, you are on time, if you are on time, then you are late!

Are there certain exceptions to riding the bus…….yes, but here is what they are…..

1. You are leaving town for a family trip of some kind.
2. Some kind of serious family emergency.
3. Other than those reasons right there we require all the players to ride the bus to and from team events at all times.

- ***The only time it is permissible for a player not to ride the team bus back to DCHS from any team event is if you, the parent send the coach riding the bus or myself an e-mail or text message explaining your individual situation. If you are not sure of the coach on the bus, e-mail or text me (Coach Rice) and explain your situation and I will relay that message to the coach on the bus.***
- ***Coaches on the bus are responsible for the kids from the time they ride the bus to the team event until the time they get off back at DCHS.***

CAPTAIN NOMINATION REQUIREMENTS

Players will be permitted to vote on 4 team captains for the Varsity Team for the upcoming football season based on the individual player completing the following requirements…….

- The player (to be nominated to potentially be a Varsity captain) must have been in 8th Hour Weights.
- **Attend at least 90% of all the summer events. This includes all lifting/conditioning and practice sessions and the 7 on 7 games that we have throughout June and July.**
  - **OT's and OG's are exempt from attending the 7 on 7's since they don't compete in those games.**
- No school or outside community discipline issues. Must have a minimum of a 2.5 GPA
- Attend all August Practices.
- If a player doesn't meet all these requirements, we do allow the players to write in one name on the voting ballot.
- All players need to understand that being a team captain is an enormous honor and a huge responsibility. Failure to conduct oneself in an appropriate manner at all times can be subject to having the captain duties removed from that player.
- **The Freshman team and JV team will have weekly rotating captains based on and off the field performance here at DCHS. These captains will be determined by the coaching staff each week.**

LETTERING REQUIREMENTS

- A player must play at least one play in half of the quarters played in a season. Example…if we play a 10-game season, a player must appear in 20 quarters of play. Yes, special teams plays count!
- If a player scores in a varsity game. Example…..kicking a FG or extra point or scoring a TD or 2 pt. conversion.
- Any player that appears in a single play in any playoff football game. Again, yes….special teams plays count in this situation.

INJURY PROCEDURES

Players need to see our trainer during or after any team activity if they become injured or sick at any point in time.

- Players need to let a coach know what is going on before they just take off to go see the trainer.
- No matter what the reason, ALL players start practice ALL together on the field for team stretch and pre-practice announcements before they are allowed to head off to the trainer for treatment that they might need.
  - Our training staff and I have discussed this policy and are in 100% agreement on this as our practice policy.
- Parents…..please have your son report to Angela if they get a hit to the midsection or middle-lower back and are feeling any type of pain as a result of that hit.
  - *It could be a lacerated or ruptured spleen/kidney and there could be internal bleeding occurring.*
  - *This needs to be treated immediately! Internal bleeding can be life threatening!*

- With all this being said, we want our players to be tough and not complain about every little thing. Be tough, but be smart…..when in doubt see our trainer!
- Being injured is *NOT* a reason skip practices. We still expect players that are injured or a little under the weather (Covid or seriously ill…..please stay home) to still attend ALL practices and help out with water and equipment and pay attention to what is going on.

CONCUSSION POLICY FOR ATTENDING GAMES AND PRACTICES

- ✓ Any player that gets diagnosed with a concussion is still expected to be at practices unless told otherwise by our team trainer or personal doctor.
  - To assist the team by helping set up and take down the water stations, potentially helping set out some field equipment and most importantly being around the team to still watch, learn and take mental reps for their eventual return to the field so they know what is going on.

- ✓ If one of our athletes has a concussion that requires them to miss any practices, then we will not allow that player on the sidelines and do not want the player to attend in any way that week's game.

- ✓ The reason for this is…..if a concussion is severe enough, many times that means light and sound sensitivity are a problem for that athlete. Therefore, the sideline of a football game is the worst place to be in most cases. Also at a varsity game, being in the stands is just as bad.
  - A night varsity game effects all of those factors. The bright lights of the stadium. The loud sounds of the crowd and band. All of these factors can make recovery time longer in coming back from a concussion.

PLAYING TIME

- The simplest fact here is playing time for most on the team is never as much as a player or their parents/family would like.
  - Playing time in most cases is never as fair or equal as one might like it to be.

- At the lower levels, we will do our best to try to get every player into a game for a least a little while, but of course this is all dependent on our team numbers.
    - It is also dependent on whether a player knows the plays well enough to be on the field. We cannot and will not jeopardize any of our players safety by putting them on the field when they do not know what they are supposed to do!

- At the varsity level, we will play the best 11 players on either side of the ball and that might mean that some players play both offense and defense.
  - The reason why is simply to give our team the best opportunity to win every game that we play.
- If you fail to attend practices, then don't count on playing in the games!
  - Practice attendance is mandatory in the fall.
  - Attendance is highly encouraged during the summer. The more you attend, the better your odds are of getting to play in games as long as you are actively participating in practices.

PLAYING TIME MEETINGS

- Playing time discussions.
  - Our team policy will be to first have just your player meet with his position coach and possibly the head coach too in order to have a discussion about what they can improve on in order to be able to compete for more time on the field.

  - The second step in this process is for the parents and the player to have an in-person meeting with the position coach and the head coach about playing time issues.
    - We will NEVER discuss other players at playing time discussion meetings.
    - It is not appropriate in nay way and neither myself or my asst. coaches will discuss other players in a playing time meeting.

JV AND FRESHMAN AND POTENTIALLY "C" TEAM GAMES

- Most of our JV and Freshman team game swill be on Saturdays again this fall.
- I want parents and players to understand that if you don't see me at lower-level Saturday games, then that means I am probably taking my son to his Raptors football game that is usually on Saturdays as well.
- It is possible for us to have to create a "C" team which is a mixture of sophomores and freshmen playing together.
    - There was 1 game last year, where an opposing team that we played did not have JV team and only had "C" team.

LABOR DAY - FALL BREAK

- Labor Day…..we have practice in the afternoon. It is not a day off!
- Fall break IS NOT a week off from football!
- We will have practices and games during the fall break week.
- Practice times will still be in the afternoon, but perhaps a little earlier than normal given that the players don't have classes to attend during this week.
- Please DO NOT schedule a trip or a vacation during Labor Day and Fall Break week.

8TH HOUR WEIGHTS CLASS

- Our weights class for our football team will be held during 8th hour again this school year.
- Our schools daily schedule is periods 1-4 classes on Mondays and Wednesdays, periods 5-8 on Tuesdays and Thursdays and on Friday, students attend all of their class periods minus homeroom which is now during 6th period.
- During the 2nd semester we will move outgoing seniors into another weights class so that our freshman football players may join 8th hour weights.

THE COUNTY POWER PLANT

- Our weight room fundraiser is still ongoing and will stay in progress until we raise the necessary funds to make the full vision a reality……
- This last summer in 2022 we added over $60,000 in equipment to THE County Power Plant.
    - This weight room is located toward the front of the school just off the old north gymnasium.
- New Floor Costs $70,000 that we still need to raise.
- We need more parent volunteers to assist us with the fundraising goals to make this vision come to life!
- If you can help, please reach out to Julia Reed our HQBC President.

MORE EXPECTATIONS

- We WILL hold all players accountable at all times to team rules, school rules and all the things that we ask our players to do on a daily basis.
  - Basically, if players on our team are doing things wrong in any aspect of school, daily life or sports, WE WILL talk to them about it and try to correct improper behaviors.
- For practices, players must be dressed out in the same gear as everyone on the team or they will not be allowed to practice.
  - Example…..when we have a helmet only practice and we tell the players that they need to be dressed in their white spirit pack shorts and black spirit pack shirt, if they don't not have these exact items, we will send them in to locate them and they can practice with the team once they are dressed like everyone else on the team.

CLOSING REMARKS

- In closing tonight……I just want to let everyone here know that this is Mrs. Jan's final year as our athletic secretary here at DCHS.
- 46 Years of service!
- For those of us that know here, please try to take a moment to send her a message or stop by and see her in the athletic office in the south building to tell her thank you.
- In my 21 years as a head coach, I have NEVER seen such dedication from a person and not just to football, but to ALL DCHS sports and activities!

- Finally, I want to thank so many football families that contribute to our program.
- Julia Reed, Ben Chavez, Sarah Hollas, Jon and Jill Jantz, Branden Lish, Mindy McConnell, Jenny and Chad Pottenger, Steve and Tanya Stonebraker

Thank you for your attendance tonight!