



REDHAWK FOOTBALL

Varsity

Mike Williams Head Coach 802 922-5238
JP Benoit Assistant Coach
Greg Campbell Assistant Coach
Dick Hebert Assistant Coach
Jeff Stein Assistant Coach

Junior Varsity - A

Rahn Fleming Head Coach 802 999-8837
Sam Fontaine Assistant Coach
Junior Varsity - B
TBD

TO ALL FOOTBALL PARENTS,

First of all, we want to personally thank you for supporting your son in his decision to be a part of the CVU football program. Football is a demanding sport and requires dedication on the part of the student-athlete, as well as support from family members. It is very important to us that participation in football be an educational experience, as well as an athletic pursuit. Below are a few specific team expectations that we would like to address.

1) POTENTIAL VARSITY CUTS

It is important for us to be able to manage our varsity roster – we would love to be able to keep each player, however it becomes unmanageable once we surpass a certain number. If we do need to make cuts, we will sit down with each player to discuss how the decision was made. Our roster will ultimately be determined by the needs of the team as a whole and by the players who are most prepared, physically and mentally. These decisions will not be taken lightly but may be necessary.

2) ATTENDANCE

Football players are expected to attend each practice, team function and game. Attendance will only be excused upon advance notice to the head coach.

- a. Any late attendance to a practice or team function must be excused with a note from a teacher or parent.
 - i. First and second unexcused practice tardy will result in one week field equipment pickup.
 - ii. Third unexcused practice tardy will be treated as an unattended missed practice.
- b. Missed practices or team functions
 - i. Attended missed practice – if a player cannot participate in practice but does attend, it will be up to the coaches' discretion as to playing time in the next game, if that player is cleared to play.
 - ii. Unattended missed practice – if a player cannot participate in practice and does not attend, this may affect their playing time in the next game – if they are not properly prepared they cannot play – coaches' discretion.
 - iii. A cut class will be treated as an unattended missed practice, but the player will miss AT LEAST one quarter of the next game.
- c. Notify the Head Coach if you will be late for, or miss, practice.
- d. **We will be practicing on Labor Day.**

3) GAME PARTICIPATION

- a. VARSITY – The level of competition within Division I is intense and we strive to win all of our games. Individual participation in games is NOT guaranteed but is dictated by practice effort, game situation and the physical ability of the player. Although each team member may not participate in all varsity games, their contribution to the program will be recognized and all members of the varsity team will be awarded a varsity letter.
- b. SUB VARSITY – All players on the sub varsity team will participate in games, as long as they are physically able **and** put forth the proper effort in practice.

4) TRAVEL

It is the policy of CVU that student-athletes shall travel on the school sponsored bus to, and from, all away games. In rare occasions the student-athlete may travel home with a parent, or guardian, provided that the request is **provided, in writing**, to the head coach the week of the game. The letter needs to be signed, and dated, by a parent or guardian. Again, this will not be the norm. Under no circumstances will the student-athlete be allowed to ride with another student.

5) SAT's

First, and foremost, academics are the priority without exception. With that said, we feel that significant academic events can coexist with our schedule. It should be noted that the November SAT dates may conflict with the playoff schedule. It is impossible to determine where the game will be, or on which day (Friday night or Saturday afternoon). Playoff pairings are not announced until well after the SAT registration date. All students should work closely with Guidance to be aware of alternative dates and sites.

6) SEASON

Our season officially begins on August 14th at 6am and could possibly continue through mid-November. It would be our hope that all family vacations and college visits be done outside of that time. It is imperative to the student-athlete, and the team that missed time is kept to a minimum.

Practice Times: Varsity 4:30pm may adjust when daylight becomes an issue
JVA/B 3:45pm

7) INJURIES

Football is a contact sport and injuries may occur. The fundamentals related to playing football safely will be continually and repeatedly emphasized on, and off, the field. No protective equipment can totally eliminate the inherent physical risks of playing football. Although the risk of serious injury is small, you need to be aware of the risk and stress the importance to your child of following and adhering to the techniques and direction of the coaches.

Concussions - First, and foremost, there is no proven protection to prevent all concussions and they occur in all sports. That said all suspected concussions will be taken seriously. If a concussion is suspected the following ACTION PLAN will be put in place:

- 1 – the player will be removed immediately from practice or play.
- 2 – the players parents, or guardians, will be notified.
- 3 – the player is to be evaluated by a healthcare professional.
- 4 –the player will be kept out of play **until a healthcare professional okays their return.**
- 5 - CVU's Athletic Trainer, Tony Lora, will also be involved in the player evaluation.

The first step in recovery is rest, both physical and mental. Once a player has been cleared our RETURN TO PLAY PROTOCOL (RTP) will be implemented.

- 1 – light exercise such as jogging or time on an exercise bike, no more than 30 min.
- 2 – running without helmet or equipment, no more than 60 min.
- 3 – non contact drills in full uniform, no more than 90 min.

IF SYMPTOM FREE, MEDICAL CLEARANCE WILL BE NEEDED FOR FULL CONTACT

4 – full contact practice

Only after a player has completed all of these steps will they be allowed to return to game play. Any of these activities will be discontinued immediately if symptoms or signs return and the player will need to be re-evaluated by a healthcare professional and restart the RTP protocol.

Note : During Week One of the season, each player will be given a baseline concussion test – administered by the coaching staff and overseen by Tony Lora, AT.

8) PREVENTION OF DEHYDRATION AND HEAT ILLNESS

Our summer sessions and early season practices are often conducted in hot, humid temperatures. Players should drink at least 16 ounces of water 30 minutes prior to workouts, drink plenty of water during workouts and liberally thereafter. Players must come to practice hydrated, waiting until the workout begins is too late. **PLEASE STAY AWAY FROM ENERGY DRINKS.**

9) SIDELINES AND PRESS BOX DURING GAMES

While we certainly encourage a very vocal game presence, we ask that you respect our space. The sidelines and press box are areas *for players, coaches and staff only*. We ask that you adhere to that.

10) SPORTSMANSHIP

As a team, we will respect our opponents and the officials. We will not tolerate unsportsmanlike conduct and we will act in a first-class way at all times - we are all representatives of our communities and our school.

Thank you for your support, it is greatly appreciated.

Go Redhawks !