



# 2018 Football

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## CO-CURRICULAR ACTIVITIES PHILOSOPHY – Garretson Student Handbook

### PURPOSE:

- A. For the student: Co-curricular programs provide opportunities for developing fine school morale; for being sportsmanlike hosts to visiting fans, officials, and athletes; and for exercising the qualities of fair play and courtesy. Co-curricular activities should be considered a part of the school curriculum, educational in the purpose and conduct.
- B. For the participant: Competition offers an opportunity to develop skills, learn team concepts, attain a high level of fitness, promote friendships, and learn and practice good sportsmanship. It is fully intended that co-curricular competition develops the understanding that the rules of the activity are similar to the rules of everyday life.
- C. For the community: Co-curricular programs encourage wholesome school/community relations under constructive conditions. These programs provide entertainment, a sense of pride, and a vehicle for fans to make a positive impression of our community to others outside the Garretson School District.

### THE SCHOOL PROVIDES:

- A. An opportunity for every student to participate in some phase of the activities
- B. Leadership in the form of coaches and other supervisors
- C. Necessary equipment and facilities

### THE STUDENT PROVIDES:

- A. Sacrifice, self-discipline, desire, determination, and dedication
- B. A good attitude which would include:
  1. High regard and willingness to conform to training rules
  2. Proper care and accounting of equipment
  3. Acting as a representative of the school, student body, and community
  4. An understanding of the team concept before individual goals

### THE PARENTS PROVIDE:

- A. Positive encouragement to their son or daughter
- B. Support and enforcement of training rules
- C. Support to the program in which their son or daughter is participating

### CO-CURRICULAR COACHES AND SUPERVISORS PROVIDE THE FOLLOWING:

- A. The proper ideals of sportsmanship, ethical conduct, and fair play.
- B. Emphasis of the values derived from participating in the activity fairly.
- C. Cordial courtesy to visiting teams, officials, and participants.
- D. A respectful relationship between visitor and host.
- E. The respect, integrity, and judgement of officials.
- F. A thorough understanding and acceptance of the rules of the game and/or activity standards of eligibility.
- G. Leadership, use of initiative and good judgement by the participants on the team.
- H. Recognition that the purpose of activities is to promote the physical, mental, moral, social, and emotional well-being of the individual players.

## #SHOWUP

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**Garretson Football** @BlueDragonFB · May 20

GHS Football 2018: Be Early - Be Rested - Be Mentally Sharp - Be Ready to Learn - Be a Great Teammate - Be the Hardest Worker - Be Enthusiastic - Be Coachable. Be Vocal. None of the above require talent. They are choices you decide to make....or you don't. Will you #SHOWUP ??



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### FALL CAMP INFO:

<https://cl031.k12.sd.us/Logo/2018%20Football%20Information%20Fall%20Camp.pdf>

### FOOTBALL and Concerns about Safety:

<https://www.sbnation.com/2017/7/11/15952184/cte-study-wisconsin-high-school-football>

- Our goal is to teach the most fundamental, modern and safe techniques that are out there in regards to playing the game of football. There is a right way and a wrong way to block and tackle and we want to do it the right way, every day.

### Other Topics:

- Football – It's an Investment
- Academic Eligibility Policy
- Physicals – Please get them done
- Mouthpieces – Formed and ready for practice Monday
- Hydration and Nutrition.
  - A lot of water
    - 16-24 ounces prior to practice
    - 8-10 ounces every 20-30 minutes of practice during high intensity activity
    - 16-24 ounces for every pound of weight loss that occurs during practice afterward.
    - Anywhere from 64-96 ounces from the completion of practice until the next practice to have optimal hydration depending on weight loss.
  - More hydration info: <http://www.momsteam.com/health-safety/performance-nutrition-football-staying-hydrated-two-day-practices>

- Practice Jerseys – 7<sup>th</sup> Grade ordered – will be in mid next week. \$20
- Team Apparel – Open to team and parents. Please get order done ASAP as we want to place the order and get items quickly.
- Injuries/Concerns – OI Trainer on Staff daily
- Parents Night – Aug. 24
- Shoes – If interested in checking out some gently worn shoes – please stay around. Great way to save some cost since we have a lot of growing boys.
- 7-8 Grade – We will hand out helmets and shoulder pads after this meeting.
- Reminder: Uniform Sale going on at 7:30pm tonight if interested

### **FALL SCHEDULE:**

PLEASE NOTE: 7-8 Players will practice the entire morning practice on M-F, but do not need to attend the evening practices. They will not practice on Saturday, Aug. 11.

AUG. 6 – 6:45-9:45am Practice - Helmets Only. Lifting after. Walk Through – 7pm-8pm.

**\*\*Please arrive at 6:15am so we can double check helmets and shoulder pads and ensure proper fitting.**

AUG. 7 – 6:45-9:45am Practice - Helmets Only. Lifting after. Walk Through – 7pm-8pm.

AUG. 8 - 6:45-9:45am Practice - Helmets and Shoulder Pads. Lifting after. Walk Through – 7pm-8pm.

AUG. 9 - 6:45-9:45am Practice - Helmets and Shoulder Pads. Lifting after. Walk Through – 7pm-8pm.

AUG. 10 – 6:00pm-9:00pm Practice - Full Pads. (**PLEASE NOTE THIS IS A PM PRACTICE**)

AUG. 11 – 7:00am-10am Practice – Full Pads

AUG. 12 – NO PRACTICE

### **GAME WEEK: (TENTATIVE SCHEDULE)**

AUG. 13 – 6:45-9:45am Practice - Full Pads. Lifting after. Walk Through – 7pm-8pm.

AUG. 14 - 6:45-9:45am Practice – Full Pads. Lifting after.

AUG. 15 – 6:00-9:00pm Practice – Full Pads and Lift

AUG. 16 - 4:00-6:00pm Practice – Helmets and Game Jerseys

**AUG. 17 – Game Day! @ Howard 7:00pm \*\*\*Bus Leaves 3:15pm**

**AUG. 20 – 7-8 and JV Football @ Howard – 4pm \*\*\*Bus Leaves 2:00pm**

\*\*\*Practice will begin the more regular 4:00-6:00pm schedule this week starting Aug. 21

**AUG. 24 – PARENT'S NIGHT vs. Parker – Parents arrive at 6:30pm**



# The Blue Dragon Way!

- I can always be heard saying **PLEASE** when asking for something.
- When given something, I will always say **THANK YOU!**
- Likewise, when someone says thank you, I will say **YOU'RE WELCOME!**
- I can always be heard saying **YES SIR, NO SIR** or **YES MA'AM, NO MA'AM** to my parents, instructors, coaches, advisors, managers, trainers, statisticians, etc.
- When someone says **HI** or **GOOD MORNING** I will respond likewise.
- Phrases such as: **GOOD MORNING, BE SAFE, HOW ARE YOU** and **HAVE A GREAT DAY** are a part of who I am.
- I will **RESPECT** my peers and **TREAT OTHERS** the way I would want them to **TREAT ME.**
- I will tell my **PARENTS, SIBLINGS, RELATIVES** and **FRIENDS** that I love them and appreciate all they do for me.

**THIS IS THE BLUE DRAGON WAY!**