

SELAH FOOTBALL

VISION STATEMENT

Be a first-class, championship program that, while being highly competitive, demonstrates a sense of community, integrity and responsibility with a great P.R.I.D.E.

PROGRAM NON-NEGOTIABLES

- Great effort and attitude
- Loyalty
- Commitment
- Displaying character
- Respect

GENERAL PROGRAM GOALS

- Be a team
- Be the most excited about what we're doing
- Be the best at doing your job

SPECIFIC PROGRAM GOALS

- A. HAVE FUN!
- B. Develop players in our program (Mentally and Physically)
 - a. Growth as a person; in their character.
 - b. Academically
 - i. Earn a high school diploma
 - ii. WIAA team achievement award – 3.0+
 - iii. No Fs in program
 - iv. 100% eligibility
 - c. Physically
 - i. Speed, agility and quickness,
 - ii. Size and strength,
 - iii. Position skills
 - d. Knowledge of the game
- C. Team Unity - We must be and stay together in everything we do.
- D. Properly execute schemes: Offense, Defense, Special Teams
- E. Retaining players - 95% of those who turn out stay out
- F. Washington State 2A playoffs

SELAH FOOTBALL

POLICIES AND STANDARDS

ELIGIBILITY, ATTENDANCE, ACADEMICS

- A. You must clear and maintain SHS eligibility requirements. (athletic handbook)
- B. You must adhere to the SHS athletic code policies.
- C. You will follow the SHS attendance policy. (student handbook)
- D. You will follow the SHS academic requirements. (student handbook)
- E. Both the team policies / standards sheet and the parent's role are signed and returned.

TEAM STANDARDS

Participation in the Selah Football Program is a voluntary choice made by you as the student-athlete. All whom make the decision to become a part of the Selah Football Program must understand that even though you have the right to join the program, there is a responsibility you must meet in order to continue the privilege of participating. With this privilege comes expectations set forth by the league, school, and coaching staff you must accept to ensure your continued participation and to have a great experience.

Because football is a team sport, the coaching staff is committed to considering what is in the best interest of the team at all times. The Selah coaching staff will stand firm in our convictions that the team agenda will always take precedents over the individual player. We want our players to genuinely care about the team and their teammates before their own individual accomplishments.

As a player in the Selah football program, your individual actions are a reflection of the program as a whole. You will be held to a high standard on the field, in school and in the community. Any distractions created by behavior are distractions in our program and are not acceptable. There are consequences to all actions – positive and negative. Be a positive leader everywhere you go – all eyes are watching you.

Behavior Expectations

As a Selah Football player, the following behavior expectations are non-negotiable:

1. Show P.R.I.D.E. always.
2. All football related activities are mandatory.
3. Maintain a positive attitude and effort. Accept whatever role you have on the team and be great at it. Be excellent in all you do.
4. Refrain from the use of profanity in all forms of communication, on and off the field.
5. Show a consistent desire to learn on the field and in the classroom ~ Be coachable! If you don't understand, ask. Clear and positive communication is a must.
6. Respect the decisions of those in authority (coaches, teachers, administration, etc.). They've been given that role for a reason. Communication and hard work are positive and rewarding. Complaining and back-biting tears down the foundation of a team and will not be tolerated.
7. Respect your teammates. Be an encourager - everyone benefits from put-ups.

Social Media

Players found to be in violation of team rules, hazing or bullying on any form of social media are subject to team discipline that may result in suspension or removal from the team. Any violation of this rule will be reviewed by coaching staff and the athletic director.

We have one simple standard: DON'T LET YOUR TEAMMATES DOWN!

This standard takes care of every decision you may have to make. If what you choose to do may violate this, you shouldn't make that choice. The coach does have the right to take the appropriate level of discipline he deems necessary for the action. This is NOT a step progression.

- Level 1 – Conference with your position coach & head coach.
- Level 2 – Conference with Coach Ditter and position coach, athlete and contact with parents; possible suspension from practice and/or games.
- Level 3 – Conference with Coach Ditter, Mr. Monti (Athletic Director), athlete and parents; possible removal from program.

EQUIPMENT & UNIFORMS

- A. You are held financially accountable for all equipment and uniforms issued to you. Equipment/uniforms are to be worn only by the athlete for their intended use.
- B. No alterations to any part of the equipment or uniform unless approved by the coach.
- C. Issued equipment is yours. It is not to be exchanged with a teammate.
- D. All practice clothing will be required to be washed 1x/week. You may not practice if your gear is deemed unclean. Wash all garments in cold water with light detergent and **no bleach**. Do not dry in the dryer; air dry only.
- E. Varsity game uniforms will be turned after each game.
- F. Wear team shirt or hoodie to school the day of the game.
- G. Gear/uniform turn in will be done the Monday following our final game.

PRACTICE

- A. Practice will be defined as the start to the conclusion of a meeting or activity.
- B. You are expected to be at and on time to all practices.
- C. Know meeting, practice times and practice attire each day (will be posted in locker room daily).
- D. Practice, including meetings, will be 2^{1/2}- 3 hours during the school year.
- E. You must be properly equipped with all issued gear at each practice.
- F. Prior to school starting, we will follow the scheduled practice times.
- G. If you will be late, it is your responsibility to make personal contact with Coach Ditter prior to practice (Coach Foster if you are a C-Team player). If the tardy is due to academic reasons, bring a note from the teacher to practice.
- H. Injured athletes are expected to attend practice and dress down unless medical reasons suggest otherwise.
- I. Early dismissal from practice must be prearranged before practice. If this is a re-occurring event, it may become an attendance issue. Bring a signed note with phone # of your supervisor the next day for practice.
- J. Being absent from practice or game may result in not starting in the following game.
- K. An unexcused absence from practice or game will result missing the next scheduled contest. Unexcused absences include, but are not limited to, other sports, 30 minutes or later to practice, car issues, dance prep, failure to communicate absences, birthdays, family vacation, etc. The key is to plan ahead. A second unexcused absence will result in permanent dismissal from the team and loss of any post season recognition.
- L. If you are asked to leave practice (or team event) due to your attitude or actions, you may not be allowed to play in the next game.

GAMES

- A. Be a class act. You are a representative of SHS and the Selah community. The quality of "representation" is expected to be excellent at all times.
- B. Non-suits have the same game requirements and timeline as eligible players.
- C. Be in the locker room at the assigned time.
- D. Be dressed in complete school issued uniform/equipment.

- E. Cloth under the uniform must be navy blue or white. (gloves must be a reasonable color)
- F. Cleats for games are to be navy blue, black or white.
- G. There will be a period in pre-game prep that electronics/headphones will be allowed. Outside of that time, they must be left in your locker.
- H. Attendance at games is mandatory (ie – Varsity, JV, C - team). Failure to attend will be treated as an unexcused absence. You must be with the team.
- I. If there is an issue during a contest with an official or opposing player, speak with your coach. Only captains and coaches speak to officials.

TRAVEL

- A. All school district vehicle rules apply. Headphones must be worn when listening to music.
- B. We will leave on time for all games. Arrive at school at least 20 minutes prior to departure time to take care of all preparations. If you miss the bus you will not play.
- C. Everyone rides to and from games on school transportation. You should be a part of our team and ride home with your parents in pre-arranged, emergency situations only.
- D. We expect a quiet, focused climate on the bus.

ATHLETIC TRAINING/INJURIES

- A. SHS athletic trainer will have final say on injuries and return to play.
- B. Report all injuries and illness to the athletic trainer/coaching staff. It is critical that we know if you are injured so proper assessment and rehabilitation can begin. We want you healthy and on the field.
- C. If athletes suffer or show symptoms of a concussion after practice, parents must notify the coach.
- D. Follow procedures set forth by the athletic trainer. Efficiency in the training room is critical to return to play.
- E. If the athletic trainer is not in the training room prior to practice, you are to go to practice and wait.
- F. If previously injured, a player will not participate in practice/game until cleared by medical personnel or physician (with a note).
- G. Training room times will be posted.

MISCELLANEOUS

- A. If on academic probation, study table is required 2 times a week (times/location – TBD).
- B. All electronic devices are to be put away during any team activity.
- C. Attend all team functions.
- D. Keep your hair short throughout the season to maintain proper helmet fitting.
- E. Keep facilities, home and away (field, locker rooms, etc), cleaner than how we find them.
- F. When away from your locker, keep all equipment and belongings locked in your assigned locker.
- G. Players will not participate in other sports or sporting events during the season.
- H. If at any time athlete's health insurance is discontinued, parents must notify the coach and athletic director.**
- I. SHS is a member of the WIAA and we will follow the guidelines set forth in the current rules and regulations handbook.
- J. Follow all NFHS (National Federation of State High School Associations) football rules and policies.

***No exceptions of the policies and expectations will be made unless deemed necessary by Coach Ditter (w/ staff conference).**

Coach Ditter

Contact Information:

scottditter@selahschools.org (preferred)

901 – 5999 cell (secondary - please leave a message if I do not answer)



WARNING OF RISK

Football is a contact sport and injuries will occur. The coaches and staff working in our program are well qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. The information below is to inform the young men in our program and their parents of proper techniques to practice for maximum safety.

Some professions tend to be very safety-conscious, and coaching is one of them. By rule, the helmet is not to be used as a "ram". Initial contact is not to be made with the helmet. It is not possible to play the game safely or correctly without making some contact with the helmet when properly blocking and tackling an opponent. Therefore, technique is most important in preventing injuries.

Tackling and blocking techniques are basically the same. Contact is to be made above the waist but not initially with the helmet. The player should always be in a position of balance, knees bent, back straight, body slightly bent forward, eyes and head up, target area as near to the body as possible with the main contact being made with the shoulder.

Blocking and tackling by not putting the helmet as close to the body as possible could result in shoulder injury such as separation or a pinched nerve in the neck area. The reason for the safety rules in making contact with the upper body and helmet is that improper body alignment can put the spinal column in a vulnerable position for injury.

Remember: KEEP YOUR HEAD AND EYES UP!!!

Below is an example of the helmet warning label on each of the player's helmet. This particular one is from a Schutt helmet.



Please take time to read the material at the website below titled *A Parent's Guide to Concussions*.
www.nfhs.org/sports-resource-content/a-parents-guide-to-concussion/



A WINNING APPROACH FOR THE PARENT - COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to student-athletes. As parents, when your student becomes involved in our program, you have the right to understand what expectations are placed on your student athlete. This begins with clear communication from the coach of your student athlete's program.

Also keep in mind at there are only 4 roles on a team or in a contest: coach, player, fan, official. Each of us can only participate in one of these roles. Choose one, be excellent at it, but remember, you can only choose one. Remember, this is your son's experience. Be supportive of him.

Player - to buy into schemes, coaching and work as hard as possible to be "excellent" in their role.

Coach - to prepare, teach and guide the direction of the program.

Official - to ensure the safety and order of a game.

Parent/Fan - to support your child in their experience; push them to do the best they possibly can, but support them 100%.

Communications You Should Expect From Your Son's Coach

- Philosophy of the coach.
- Expectations and goals the coach has for student athletes, the team, and the season.
- Locations and times of all practices and contests.
- Specific team requirements, including special equipment, strength and conditioning programs, team activities, etc.
- Injury procedures for practices and contests.
- Team rules, guidelines, and consequences for infractions.
- Lettering criteria.
- Team selections process.

Communication Coaches Expect From Athletes and/or Parents

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Notification of illness or injury as soon as possible.

As your student becomes involved in the Selah High School programs, he will experience some of the most rewarding moments of his life. It is so important to understand that there also may be times when things do not go the way you and your student athlete wish. At these times, discussion with the coach is encouraged. It is the first and most integral step to understanding and resolution.

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important that all parties involved have a clear understanding of the other persons' position. If a parent/coach conference is asked for, the athlete will be expected to be there as well. When a conference is necessary, this procedure should be used to help resolve any concerns.

Appropriate Concerns To Discuss With Coaches

- The treatment of your student athlete.
- Ways to help your student athlete improve.
- Concerns about your student athlete's behavior.

It is very difficult to accept your student athlete not playing as much as you hope. Coaches are professional. They make decisions based on what they believe to be the best for the team. As you have seen from the proceeding list, certain things can be and should be discussed with your student's coach. Other things, such as those listed below, must be left to the discretion of the coach and will not be discussed with parents.

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Communication Procedures

- Contact and make an appointment with the coach. Please do not communicate to the coach on the field: before, during or immediately after the game or practice.
- Protocol in this order: 1) Coach, 2) Athletic Director, 3) Principal, 4) District Administration.
- The athlete will be expected to be present at meetings.
- Please do not text me with concerns/issue/complaints. The only way they will be addressed is personal contact (phone call or meeting). You may text basic questions though.
- Avoid the "Don't tell my son" conversations with any coach.

Parent Code Of Conduct

- Know and accept your student-athlete's goals for participation in the sport.
- Make sure your student athlete understands that win or lose, you love him or her.
- Help your student athlete set realistic goals.
- Be realistic about your student athlete's physical ability.
- Speak to your student-athlete about their experiences.
- Emphasize "improved" performance and process, not winning.
- Turn them over to the program and their coaches.
- Allow this to be your son's experience. As adults, our athletic experience has past.
- Control your emotions at games and events. Make your athlete feel good about you being there.
- Be a "cheerleader" for your student athlete and others on the team.
- Cheer for our team, not against the opponent or officials.
- Respect your student athlete's coaches. Communicate with them in a positive way. Encourage others to do the same.
- Be a positive role model!
- Be sensible, responsible, and keep your priorities in order. There is more at stake than a win/loss record.
- Give the athlete space after contests.



PROGRAM LETTERING CRITERIA

Earning a program letter from Selah High School Football is an honor. Our lettering system reflects player contributions above and beyond the field of play. We want our players to not only be competitive on the field, but we want them to become well rounded in the school and community. Our lettering criteria will reflect this well roundedness by requiring the athlete to fulfill requirements in **4 of the 6** major areas being: playing time, academics, fundraising, team service, community service and off-season effort and mentoring. 9-12 grade players are eligible to earn a program letter. An athlete can letter up to four times in their career.

The following are the requirement details of how an athlete may earn their Selah football program letter.

- 1) Play in a minimum of 15 varsity **quarters**.
 - 2) Earn 5 points in the area of **academics**
 - 1st Semester Mid-Term check GPA:
 - a. 3.5 = 5 pts, 3.0 = 4 pts, 2.5 = 3 pts (w/ no in-season probation)
 - b. 1 point by maintaining academic eligibility
 - c. .5 pts/week (2 times/week) study table attendance
 - d. .5 pts/week for study table tutoring
 - 3) Participate in **fundraising** activities (sell a minimum 10 cards)
 - 4) Serve 5 hours of non-paid **community service** (prior coach approval)
 - Get form from Coach Ditter
 - 5) Complete the **212 Army** requirements
 - Minimum of 38 points (3 x 2nd Semester GPA + spring practice + mini-camp + number of summer workouts)
 - 6) Earn 5 points in the **Tomahawk Buddy** program. (w/ time log & signatures)
 - a. 1 point – attend buddy’s game with player contact (youth coach signature)
 - b. 1 point – attend practice with player contact (youth coach signature)
- * Complete the season (Aug. 15th through the banquet) in good standing
* Remain in compliance with the Selah HS athletic code
* Coaches discretion

