

**Westview High School
Wildcat Football**



**Parent Handbook
Fall 2008**

Westview High School

Wildcat Football Program

Mission Statement

We are here to build the best football program in the state of Oregon, and we need to continually develop relationships with players, parents and supporters of Wildcat Football. We will:

Objectives

- create an environment for all players to be successful as people
- provide support for each player to become a successful student and life-long learner
- help each player reach his athletic potential and have an opportunity to compete for a championship

Westview Wildcat Football

The Plan For Our Future Wildcats

Visionary Goals:

1. Develop a relationship with EACH player in our program.
2. Increase ownership in our program through our players, parents & community.
3. Increase communication and attendance at program and events at Westview High School.
4. Retain and track athletes who finish playing Westview Youth Football.

How the Plan is Put Into Work (Action):

1. Recognize & honor our youth football players with a “Youth Football Night” at a Varsity Home Football game.
2. Communicate with the Youth Football coaches affiliated with Westview Football.
3. We will have a Wildcat Football Spring Camp and Summer Program to develop and install Westview’s philosophy and techniques.
4. Increase parent involvement:
 - Senior poster
 - Fall scrimmage barbeque
 - Thursday pre-game meals
 - Player travel snack bags
 - Saturday team breakfasts
 - Touchdown Club
 - Fundraising

Westview Wildcat Football

Support Staff, Coaching Staff & Program Progression

Support Staff

Mike Sanderson	Athletic Director
Miki Lyle	Athletic Secretary
Steve Curry	Athletic Trainer
Lucas Foley	Team Manager
Mariah Ellis	Team Manager

Coaching Staff

Varsity

Greg Fisher	Head Coach, Quarterbacks Coach
Bob Corey	Special Teams Coordinator, Running Backs Coach
Jon Evans	Offensive Coordinator, Wide Receivers Coach
Keith Caylor	Defensive Coordinator, Linebackers Coach
Ryan Atkinson	Defensive Line Coach; Better, Faster, Stronger Coordinator
Rick Cook	Offensive Line Coach
Barry Dillard	Defensive Backs Coach

Junior Varsity

Mike Dellerba	Head Coach, Offensive & Defensive Line Coach
Drew Jordan	JV Offensive Coordinator, JV QB's & WR's Coach
Andre Abraham	JV Defensive Backs & WR's Coach

Freshman

Rob Casteel	Head coach
Furl Kamakaala	Assistant Coach
Woo Kim	Assistant Coach
Patrick Tuia	Assistant Coach

Program Progression

<u>Grade Level</u>	<u>Philosophy</u>
Youth Football	Participation and development; teach kids to love football!
Freshman	Participation and development; instill winning attitude; install Varsity system.
Junior Varsity	Preparation for Varsity; intensification of individual and team commitment.
Varsity	Put the best possible team on the field. Discover every team member's ROLE.

Westview High School

Wildcat Football Program

Furthering Our Mission Statement

Another interpretation of our mission statement and purpose of our football program is to develop young boys into men in an atmosphere of love and respect. Values are the basis for who we are and what we hope to become. We understand building and respecting values is a process, and it is something we all work at every day. **Teamwork** and **discipline** are the two values that make up the foundation of our football program. Everything we stand for and hope to become as a team, and as individuals, is formed through these two values.

Teamwork

Teamwork is based on service. A bad teammate asks what others can do for him, what coaches can do for him, what parents can do for him, he never looks to serve. A good teammate asks what he can do to help his peers, coaches, and parents. He understands that teamwork is about service and not being something bigger, we serve the team. We seek to be unselfish and think of the good of the group before our own personal glory, or selfish motives. We understand that by dedicating ourselves to one another we foster loyalty between teammates. This loyalty is not granted, but earned. Through service of one another, we build loyalty a little at a time. A good team serves one another.

A good teammate:

1. Comes to all practices and football activities, because he understands he cannot serve his teammates if he is not there.
2. Supports the players on the field during the game, because he understands the team's performance represents all our players, our coaches, our parents and our school.
3. Does not use alcohol or drugs, because he understands these vices are counterproductive to the development of the team, and selfish in nature.
4. Conducts himself with class and dignity, because he understands his actions influence the perception of the entire program.

Discipline

The best discipline is intrinsic. A disciplined person can be counted on to do the right thing at the right time. He does what he says he is going to do, when he says he is going to do it. A disciplined Person is a self-starter that is motivated by the satisfaction of doing the right thing. He will do what is expected of him whether he is playing in the state championship game or doing a set of weights that nobody sees. His motivation is intrinsic; it comes from within.

A disciplined person:

1. Is on time to everything. He understands that being on time is discipline.
2. Completes his assignments and responsibilities on the field and in the classroom.
3. Uses appropriate language; there is no such thing as, "it slipped." He understands that only he controls what comes out of his mouth.
4. Practices sportsmanship regardless of the score. He is humble in victory and gracious in defeat.

This is what we are and what we hope to become. These are not suggestions; they are the values our program is based on. Our players understand these things are non-negotiable, and are central to everything we do. We also understand that our commitment to these values will dictate our success as a football program.

Westview Wildcat Football

What makes our program unique?

At Westview High School we believe that a great football experience begins not only with positive relationships between players but also between players and coaches. Every activity we do fosters both of these relationships. The following traditions are some of the ways we will become a family and the reasons we believe will make us successful.

Winning Program

As a coaching staff we feel very deeply that our success is due to a variety of factors. We will have and go after dedicated coaches that eat, drink, live, and breathe Wildcat football, in and out of season.

Spring Football

In May, we will start our Wildcat Spring Football. All current 9th, 10th and 11th grade football players must attend. We will install and practice our Wildcat football philosophy and finish our spring camp with the Canby camp experience.

Wildcat Youth Football Camp

Every summer, in conjunction with the Westview Youth Football organization, we put together one of the best football camps around. We rely on seniors and underclassmen team leaders to staff and work this camp. Establishing relationships between high school players and youth players builds on Wildcat tradition and excitement. This camp is usually scheduled for the second week of August, finishing inside Wildcat Stadium with an awards ceremony.

Team Dinners

Every Thursday after practice during the season, the Varsity team gets together for a meal and a chance to concentrate on the game. This part of our program is a coach and player favorite. The most asked question during the season is “What are we having for Team Dinner?”

Summer Retreat & Team Camp

We believe a football team is led by seniors. To build teamwork before the season begins the seniors and coaches go on an overnight retreat to enjoy each other’s company and bond as a team. As this outing coincides with our Summer Team Camp, the underclassmen join us for a second night of camping, team-bonding and leadership development. Our players love this event and it is a tradition we plan to maintain for years to come.

Team Poster

This year we are working with local graphic designer, Curt Sell, to create a Wildcat Football promotional poster & game schedule. We are raising money for this project through our Westview Football Sponsorship program. Our goal is to blanket the Westview community with this advertising piece!

Wildcat Iron

We believe in a complete commitment to the weight room year round. We recognize players who achieve certain levels in our lifting program. We firmly believe “Championships begin in the weight room.”

Westview Wildcat Football

What makes our program unique?

Building Tradition

We recognize our kids who put in time and effort in the weight room. Championships are made inside our weight room. Any football player who meets the Better, Faster, Stronger (BFS) All-American standards for power clean, squat and/or bench press are recognized on the All-American records board posted outside the Health and Fitness Center entrance.

We Help Get Kids Recruited

We feel it is important for our student athletes to have an advantage over other high school players when competing for a scholarship at a university. For that reason, we are committed to helping our players with the recruiting process. We will work with all players who have a desire to play on to the next level!

Increase and Define Our Parent and Community Involvement

The dedication of our program is nowhere more apparent than with our parents and community. Our parent group dedicates many hours and dollars to supporting the program elements you have read about in this packet. We are always looking for volunteers and new ways to improve our program. Please consider helping Westview Football Parent Group (PRIDE team) by giving your time, assistance and financial support (Contact: Greg Fisher, Head Coach).

Please read and respect the following guidelines for handling all communications with our coaching staff:

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

Student's involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experiences more enjoyable for everyone involved.

Westview Wildcat Football

Football Philosophy & Purpose

To provide a positive place to belong

In our society today many factors such as broken homes, increased relocation, diversity in urban areas, etc. have worked to remove kids from having a sense of belonging. Being a member of a football team provides kids a community to identify with a positive place to belong.

To teach kids that hard work and achieving goals can be personally fulfilling.

The culture of today teaches our youth immediate gratification. The idea of working hard day in and day out to accomplish a long term goal is basically unappealing. Through football kids can learn the satisfaction that comes with achieving a difficult goal through hard work and determination.

To learn responsibility through commitment and self-discipline.

In any aspect of life, being a responsible person is important. Being on time, fulfilling commitments, meeting deadlines are all results of being responsible. Football is often the first opportunity for young person to experience the need to be responsible and honor commitment even though they many not “feel” like it at the time.

To provide physical and mental challenges.

Most young people today have not been faced with a great challenge that requires the mental strength to overcome physical duress. The highly competitive environment of football provides these character building challenges where kids can develop self-confidence through overcoming adversity.

Winning is important.

Although there are many positive experiences a young man can have playing the sport of football regardless of the team record, the truth remains that everybody expects to win and wants to win. In addition, it makes the experience more fun. It is important to do all we can to help the team win but not at the expense of the values of the team, school and community. Winning brings credibility to the program as a whole. The validity of the program is confirmed in the minds of all people involved in the program through winning. Inadvertently, winning gives credibility to the things coaches stress about life and character.

Westview Wildcat Football

Recruiting Tips

Considering the potential of your son to become a college football player, I would like to share some tips and information on the recruiting process. I have experienced it as a high school player, a college player, and as a high school coach. I have learned that it is not an exact science and you never know what may deter or prompt a college coach to recommend you to his head coach for a scholarship. A Division I school can offer you a scholarship at any time, you can make a non-binding verbal commitment; nothing is set in stone until next February on National Signing Day.

Recruiting Mail

Colleges contact me and ask me to recommend potential players at their level (Division I, I-AA, II, or III). If you start to get mail from a school, it came from either my recommendation or a scouting service. Every school that contacts you will ask you to complete a survey. It is important that you indicate that you are interested in their school. If they ask you to rate your interest, give them the highest possible rating. If they want you to rank the schools contacting you, list them first. Remember that everybody has an ego and imagine that you are a college coach in his forties and you get a letter from a 16-year old that has just ranked your school third. Put them first, put them first, and put them first!

Telephone Calls

Soon you will start receiving phone calls from college coaches. The NCAA limits the number of times they can contact you. For most of the year it is only one time per week. Remember that this process is not an exact science, show some personality when they call. Be interested in their program. Ask questions about them and their school. Some good questions to ask: What are their players doing now? What is the best part of their program? What are the academic programs at their school? What are their prospects for next season? Always ask a follow up question when they answered the first. Show your personality. Be yourself. Relax and understand that they are calling because they are considering paying your way to college; be somebody with whom they want to spend five years.

Unofficial Visits

You may be invited to spring practice, spring games, and games next fall. It is an unofficial visit if you do not accept money for lodging, food, and transportation. You may accept complementary admission to the event per NCAA rules and regulations. Do not jeopardize your future with a school by accepting an inappropriate gift. When you are there make sure you show an interest in the school and the coach that invited you to come. Ask questions. Thank them for inviting you, and complement them on the quality of their school. Remember that everyone has an ego.

Summer Camps

Many coaches will ask you to attend their camp. These camps are used primarily as a recruiting tool. They will evaluate you, and many players are offered scholarships at that time. You need to decide if it is in your best interest to attend these camps. If you don't run a great 40, don't pass they eyeball test (does he look like a D-I player, etc...), then you should let your film get you recruited. These camps are very expensive, so you need to be sure of the camps you attend. Communicate with me before you decide to go, and I will contact the coach to try and gauge their interest. I have seen guys make their break at camps, and I have seen guys throw a potential scholarship away because they did not pass the eyeball test.

Westview Wildcat Football

Questions Colleges Ask Me

It is important that you understand the type of questions colleges ask me in the recruiting process. I answer these questions in the most honest way possible. I will not fluff up a player to try and get him a scholarship; you determine what I say. Think about how I would answer the following questions about your high school career.

- What kind of student is he?
- What kind of work ethic does he have?
- What is his attitude like?
- What are his strengths and weaknesses?
- How tough is he?
- How does he get along with his teammates?
- What kind of leader is he?

SAT & ACT Testing

The score that you need on the ACT varies depending on your GPA. The higher your GPA, the lower your score can be to get in to college. Communicate with your counselor so you know what you need to meet the minimum requirements. There is no penalty for taking the test multiple times. I would encourage you to take it as soon as possible and as often as possible. Your score should go up every time you take it, if for no other reason than you will get used to the test. Invest some money in a book, computer program, or class to prepare you for the test. This is a huge part of recruiting. Get your score early so it is out of the way and you can enjoy the recruiting process. Take it soon and take it often.

Official Recruiting Visits

The NCAA allows five official visits. You can take these visits any day of the week, but most are taken on the weekend. The college that has invited you should pay for your transportation to and from the school, lodging while you are there, all your food, tickets to sporting events, and any incurred expenses within NCAA rules. You **cannot** accept any clothing, shoes or other gifts. Most schools will invite your parents to attend. I think this is a good idea if they can go. They can provide an objective opinion. The school cannot pay for their transportation or lodging. A lot of times they get around it by having you drive and paying for your mileage. In addition, they give you your own hotel room so your parents can stay with you; this is acceptable. Bottom-line...enjoy your visit. If something sounds too good to be true, it probably is. Check with me or NCAA.org for clarification.

Spend as much time possible with players. Ask them questions about the coaches, school, and playing football at the university. They are your best resource for information. See an academic advisor and attend a class, if possible. Decide first if you like the school and players, then if you like the coaches. The coaching business is very insecure; the guys recruiting you may not be the ones attending your college graduation. The players and school will not change in five years, base your decision on them and not a charismatic coach. However, remember you are still making an impression so be polite, complementary, and interested in their program.

Enjoy the recruiting process; it can be a lot of fun. Spend time asking questions of coaches and myself. I will do everything I can to help you in this process. We will continue to promote your abilities to colleges, and you do your part. Work hard, be a leader, be tough, take care of your grades, take the SAT or ACT, and have a great senior year. Colleges are attracted to winning teams. I have been through recruiting after a winless season and a championship season; they definitely are more interested in a winner. If we take care of business on the field, schools will come calling to find out why we had so much success.

Westview Wildcat Football

2007 Spring & Summer Expectations

All football players must turn in a signed and complete participation and physical form before 1st Day of Fall Practice - Monday, August 18th.

All underclassmen players (Grades 9 - 11) attend spring football at Westview High School
Each player must complete 9 official practices to be eligible to participate in the full-contact Summer Football Camp at Canby High School.

All incoming freshman players attend Spring Football Camp at Westview High School
The Freshman Coaching Staff runs a camp each spring to make sure current 8th grade players (incoming freshmen players) complete 9 official practices in order to be eligible to participate in the full-contact Summer Football Camp at Canby High School.

All players attend summer weight, agility and conditioning workouts.

The weight room is open from 9:00 a.m. to 12:00 noon this summer on Mondays, Wednesdays and Fridays. Agility and conditioning workouts will be held on the Wildcat Stadium each day in conjunction with the strength workout. While attendance is not mandatory, it is highly encouraged. If you are not able to attend regularly, communicate with a coach ASAP.

All players participate in summer passing league games.

Every Tuesday in July, we will have summer passing league games from 7:00 p.m. to 9:00 p.m. This opportunity affords our players a chance to compete and further develop skills against players from other area high schools.

All future Wildcat football players (Grades 2 – 8) attend our Wildcat Youth Football Camp

Every summer, we will put together one of the best football camps around. We rely on seniors and underclassmen team leaders to staff and work this camp. Establishing relationships between high school players and youth players builds on Wildcat tradition and excitement. This camp is from Monday, August 4th through Thursday, August 7th, finishing inside Wildcat Stadium with an awards ceremony.

Westview High School

Wildcat Football Program

Start Dates & Times

1st day of practice for ALL PLAYERS (Grades 9-12) is **Monday, August 18th**.

Monday ONLY: Bruce Brown Field Trip to West Linn: 8:00 a.m. – 1:00 p.m.; Evening practice, 3:30 p.m. – 6:00 p.m.

Tuesday through Friday: 1st practice, 8:30 a.m. – 11:00 a.m.; 2nd practice, 3:30-5:30 p.m.

Saturday: Team Scrimmage – Freshman, 9:00 a.m.; JV/Var., 10:00 a.m., barbeque to follow

Eligibility to Practice/Play Forms and Fees

Physical – The athletic physical form must be complete and signed by your doctor.

Participation Form – This form completed and signed by both you and your parents.

Participation Fee – The fee is \$125.00 (checks made payable to Westview High School). Miki Lyle, Athletics Secretary, must either have your money or a written payment plan for you to participate.

Transfers

If you are new to Westview High School, the Athletic Director (Mike Sanderson) must clear you before you can practice or play in a game.

Pictures

The date and time for the Varsity, Junior Varsity and Freshman Team photos will be Wednesday, August 27th, time to be announced (TBA). Players will be sent home prior to picture day with an order form.

Gold Card Fundraiser

Wednesday, August 6th: Pre-sale materials handed out to all players

Wednesday, August 13th: Gold Card Blitz

All players are required to participate.

Letter Campaign Fundraiser

This is a new fundraiser for our program that we are very excited about! We will hand out informational packets to players explaining the program on Thursday, August 14th.

Equipment

At Westview High School, players are issued equipment to use. It is this program's philosophy that young men should be able to play this great sport and not be prevented from doing so because of financial difficulties. Equipment is VERY expensive and players are required to sign an equipment issue acknowledgement form, taking financial responsibility for the loss or non-return of issued equipment and gear (including practice and game uniforms).

Game Uniforms

Varsity, Junior Varsity, and Freshman game cloth is the responsibility of each player. Please note the information provided for washing care of cloth.

Game Day Attire

Spirit packs, including a team t-shirt and short, are available for all players. Varsity and Junior Varsity players may also purchase a team sweatshirt and sweat pant. The \$250 spring and Summer Program Fee covers these items. If you missed summer team camp, the fee is \$200.

Westview High School

Wildcat Football Program

Team Dinners

Every Thursday after practice during the season, the Varsity team gets together for a meal and a chance to concentrate on the game. This part of our program is a coach and player favorite. The most asked question during the season is “What are we having for Team Dinner?”

Saturday Practices

We will be having workouts, treatment and breakfast during the season on Saturdays from approximately 9:00 a.m. until 11:00 a.m. Attendance is mandatory. (Varsity only)

Gymnasium & other WHS facilities:

Players should only use the gymnasium, weight room, film room and other WHS facilities as instructed by a coach. We share our facilities with several other fall sports teams and we want to set the example of Westview PRIDE in sharing facility space. **NO CLEATS IN THE BUILDING** (this includes the concrete hallway to the locker rooms)!

Locker Rooms

Players are assigned specific lockers and must store their gear in that locker for security reasons. Lock your equipment up at all times. There is theft and we want to eliminate it. Lock your stuff up. Please do not bring valuables into the locker room. Varsity, Junior Varsity and Freshman teams are in the Athletic locker room.

Clothing and Accessories

We will be offering team clothing and accessories through our team website this year. Stay tuned and visit www.westviewfootballpride.com starting August 28th for more details.

Tickets

Tickets and family passes are available from the Athletic Office. If you wish to purchase tickets contact Miki Lyle or Mike Sanderson.

Training Room and Injury Protocol

You are allowed in the training room only if you are getting taped or receiving treatment.

Injury Protocol

1. Tell your coach.
2. The coach will refer you to the trainer.
3. The trainer will evaluate your situation and provide you the necessary treatment or therapy or connect you to the team physician.
4. If the injury is serious, the trainer will notify parent or guardian and make the appropriate arrangement for immediate care of the player.
5. Our trainer is certified and professionally trained to handle all athletic situations – allow him to do his job.