

# Parent Frequently Asked Questions

## What is the coaching staff's policy on hydration, concussion, and player safety?

When it comes to injury prevention there is nothing more important than preparing the body for rigorous physical activity. We want each of our athletes **enrolled in strength and power all three trimesters, either during the day or during zero block**. Studies have proven that being strong is a great way to prevent injury. We also want our athletes involved in multiple sports which studies again have proven to prevent use injuries. **We believe that being a strong athlete is a year round endeavor, not just a summer activity.**

In addition to summer weights, we will condition and prepare all summer long. Football players have been asked to come to the 6 am session of summer weights. **Unity and accountability** are built when you are lifting and running together. With summer time being when temps are at their highest, know that your athlete will be pushed hard, but constantly monitored for signs of dehydration. Athletes will never be denied water, they can get a drink anytime they need during practice, and water is available at each position group throughout practice.

In terms of concussion, all students will be given baseline testing for concussion prior to the beginning of the season. Any student that shows a sign of concussion will not be allowed to participate until they have been released by a doctor, and completed our concussion protocol to the satisfaction of our trainer. We will not take chances on this issue. **All athletes will also be required to wear a Guardian Cap on their helmet during practice sessions.**

In terms on injury in general, we ask that our athletes all see the trainer prior to leaving the facility each night if they are injured or hurt for evaluation. We are fortunate in having a full time trainer that does a fantastic job. We will also continue to use the most up to date methods for teaching the fundamentals of the game, and the safest methods. Contrary to what is sometimes in the media, **there has never been a safer time to play football than now.**

Injuries do occur, however. Football is a collision sport, and we will incur injury. As a staff, we will do the best that we can to minimize them.

## What about student grades?

We take great pride in the work our student athletes. Each year we have less and less athletes on the short-term ineligibility list (every two weeks). When a student appears on the list in season, he must be cleared by one of the teachers he is failing in order to participate in the game that week. **He will participate in all practices, however.**

Tutoring is offered after school and after practice in the evenings. **Tutoring is not a reason to miss practice.** If a practice is missed, even for academic reasons, the athlete will be subject to an OTI. If multiple athletes need to miss for tutoring, we will delay practices until the evening when all tutoring is finished.

Grades are checked all year long. If a football player shows up on the short term ineligibility list, they get a visit from the head football coach. It is our hope that our athletes are multi-sport athletes and are maintaining their grades so that they may participate in other seasons as well.

## What is the discipline structure?

Discipline is something that we hope not to deal with, but we do realize that we are dealing with young people. Discipline will be dealt with on a **case by case** basis, and we will not use what happens in one instance to another person as a gauge for what should be done in the current situation. Each athlete will be dealt with fairly. Some may not see it as equal, but fairness does not always equate to equality.

Discipline is something that we want to be consistent in. All situations that are brought to the head football coach will be addressed. It may simply require a meeting, it may require reduction in playing time, or an OTI (opportunity to

improve). The last option ever is removal from the football program. The removal of a player will occur only when it is determined that the behavior is cancerous to the team. **Simply stated--we expect our kids to be accountable.**

### **What are the expectations of the parents?**

1. Join the booster club: We provide a lot of things for all kids in the program, not only the varsity. Please join and contribute where you can. Your help is needed and greatly appreciated.
2. Support your athlete: Be positive of their contribution to the team, no matter how large or small, and their pursuit of being a great student-athlete.
3. Support the staff: Be positive of the decisions made for the team, and operation of the football program. Support the policies of the football program.
4. Be on time: Have your athlete where they need to be, when they need to be there. Have them at all team functions on time, if not early.
5. Lead: Provide leadership at home and/or in the booster club, that mirrors that of the core values and goals of the athlete and football program.

### **What are the costs?**

The greatest cost of playing football is time. Kids will need to pay for team camp in June (\$35), and KU Team Camp (\$65). One \$100 check can be sent payable to **CORBY MILLESON** (cash is also accepted). All players freshman through senior will participate in team camp (all 10-12 go to KU, 9<sup>th</sup> by invite). Money is never a reason to exclude someone from camp. If money is an issue, please see Coach Milleson.

Kids will need a physical on file prior to attending KU camp. Physicals will be provided for free at EHS at free physical night, otherwise the student athlete will need to pay for a physical. **Physicals must be dated on or after May 1.**

Opportunities will arise to purchase team gear through an online store if you so choose to do so. Athletes are required to wear the same shorts at practice, they will be given the opportunity to **get the shorts for free through our discount card fundraiser**, and are credited for each card they sell if they do not meet the quota. They will then be required to make up the difference.

### **Are there cuts?**

No, we do not hold tryouts, nor do we cut players. **Players that miss multiple practices will be considered quitters and their lockers cleaned out.**

### **What about vacations?**

We love vacations, and encourage families to go on vacations. **Please do not take vacations during Team Camp or KU Camp or pre-season (August) practices.** That is the bulk load of our summer work. From there on out, we are lifting, running, and practicing (Wednesdays). We understand that sometimes things arise that cannot be avoided, and simply ask that you communicate with us when your athlete will not be there so we can plan accordingly.

### **What are the off-season expectations?**

Our expectation is that our athletes are **three sport** athletes. We want well rounded, athletic football players. We want to have the strongest athletic department in the state, and continually improving. If an athlete has absolutely no desire for a winter or spring sport, we require that they attend **Speed School** in the winter, and **Spring Conditioning** after school in the spring.

### **How can I be involved as a parent?**

The best way to be involved is by **joining booster club!** There are lots of committees that you can serve on to help the program and your athlete.

### **What about practice attendance?**

**Simply stated, no practice = no play.** We expect athletes to be in attendance for all of our activities. If an athlete is vomiting or has a fever, keep them home. If they simply do not feel well, they need to be at practice. If you are at school, you are at practice. Practice is the job, games are payday.

### **What is an excused/unexcused absence?**

There are only a few times that a football player will be excused from practice. In general, a practice may be excused if it is in line with our priorities as a team: 1) Faith, 2) Family, 3) Academics, 4) Football. With that being said, **we will not excuse family vacations or to baby sit siblings—only the unavoidable family emergencies. We will not excuse a player for a homework assignment, tutoring, or to take a test—those should have been taken care of during class time.** An excused absence becomes unexcused if it is not cleared with the head coach ahead of time. **Doctor's appointments are not excused unless it follow up to an injury.**

Consequences:

1. Excused absence—250 yards of plate pushes to make up the practice.
2. Unexcused absence—500 yards of plate pushes to make up the practice.
3. Multiple unexcused absences—locker cleared out, dismissed from the team.

### **What about college recruiting?**

All athletes meet with the head coach at the conclusion of each season. One of the items discussed is the desire to play collegiate football, the opportunities available, and the realistic ability. Each athlete that wants to play needs to create a **highlight film, that is step one.** The athletes personal information as well academic information and link to their highlight film is sent out to all state run colleges, junior colleges, NAIA schools, and connections of the head coach in other states.

We send out film, make phone calls, meet with recruiters and do everything we can to open doors for your athlete. The recruiters then make their decisions when they watch the films and perform their evaluations. **My advice: Never take a play off, make sure that recruiters are seeing what you want them to see.**

Camps are great idea that as long as you are not misled in what you are getting. Take your athletes to camps where they will get instruction they are interested in, and have an interest in the school. Most camps are not recruiting camps.

**Paying a recruiting service I also do not advise.** The colleges that are interested are ultimately going to contact the head coach anyway, and have more than likely already been contacted by the head coach.

### **How can we stay informed or contact you?**

If you are on facebook, you can follow our booster club feed. We will follow the calendar provided at the meetings (we no longer use Team App). You can also check updates at [emporiaspartanfootball.com](http://emporiaspartanfootball.com).

Coach Milleson can also be contacted by email at [corby.milleson@usd253.net](mailto:corby.milleson@usd253.net), or by phone at 316-461-1572.

Feel free to call or text with any questions you may have, I look forward to an amazing 2018 season!