










SERRA Football 2018



Spring Parent Meeting

PAPERWORK

-  Go to athleticClearance.com
 -  Very helpful video that walks you through the process.
-  Fill out forms and print completion page at the end.
-  Go get physical from your doctor.
 -  Make sure to take completion form with you.
 -  **We will have physicals here at Serra on June 7th at 2:20pm for \$30.** All money goes back to football program.
-  **Must be done before July 30th.**
 -  I cannot issue gear, locker, or even let them on the field until this is done.
-  On July 30th you will take this to the Athletic Director and he will clear you.

Rest of School Schedule

- Monday June 4th – Friday June 8th (4 practices, 1 Passing League)
- Mon, Thurs - Weight Room 2:30-3:45, Practice 4:00-6:00
- Wed – Weight Room 1:55-3:10, Practice 3:30-5:30
- Fri – Film 2:30-3:20, Practice 3:35-5:35
- Tuesday June 5th – Passing League @ Kearny vs. Granite Hills, and Hoover. Time – 4:30pm (We will lift after school before we head over to Kearny).

Finals

- June 11th - June 13th (No Practice) End of School June 13th

Summer Schedule

- Summer
- Thursday June 14th Practice for SDSU Tournament
Time: TBD
- Friday & Saturday June 15th-16th SDSU Passing
Tournament Times: TBD
- Monday June 18th – Start of Speed, Strength,
Conditioning (SSC) Program Times: 3:30-6pm
(SSC will be Monday-Thursday and run from June
18th – July 12th)

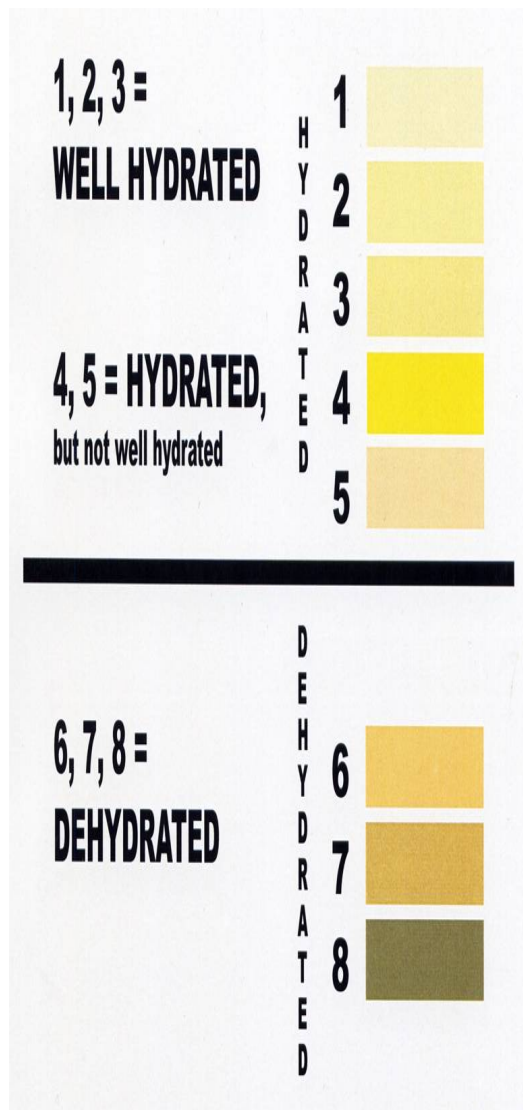
Passing League Schedule


- Tuesday June 19th @ Serra vs. Henry, LJ, LJCD
Time: 4:30
- Tuesday June 26th @ Serra vs. Christian, West Hills, Hoover Time: 4:30
- Saturday June 30th @ La Jolla – 1st Annual Battle at the Shores Tournament Time: 8:30am-5:00pm
- Tuesday July 10th @ Scripps vs. Kearny, Scripps, Granite Hills Time: 4:30pm

Dead Period

- This means no contact with players or coaches.
- Sunday July 15th – Sunday July 29th
- Fall Camp Starts July 30th
- Gear issue
 - Varsity/JV: 11am
 - Frosh: 12pm
- 1st week of Practice: 3:15pm-6:16pm Mon-Fri

Hydration/Nutrition




 Make sure your student-athlete is eating and hydrating enough.

 Water/electrolyte replacement.

 Drinking appx. 1 Gallon of water at night.

 Eating Breakfast and well balanced dinner.

 Eat within the hour after workouts.

 Chocolate milk, protein bar, PB & J.

What is a Concussion?

A concussion is a brain injury that:

- **Is caused by a bump, blow, or jolt to the head or body.**
- **Can Change the way your brain normally works.**
- **Can occur during practices or games in any sport or recreational activity.**
- **Can happen even if you haven't been knocked out.**
- **Can be serious even if you've just been dinged or had your bell rung.**
- **All concussions are serious. A concussion can affect your ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most people with concussion get better, but it is important to give your brain time to heal.**

What Are The Symptoms of A Concussion?

- **You can't see a concussion but you might notice one or more of the symptoms listed below or that you don't feel right soon after, a few days after, or even weeks after the injury.**
- **Headache or "pressure" in head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Bothered by light or noise**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Difficulty paying attention**
- **Memory problems**
- **Confusion**

What Should I Do If I Have A Concussion?

- **Tell your coaches and your parents. Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach right away if you think you have a concussion or if one of your teammates might have a concussion.**
- **Get medical check-up. A doctor or other health care professional can tell if you have a concussion and when it is OK to return to play.**
- **Give yourself time to get better. If you have a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have another concussion.**
- **Repeat concussions can increase the time it takes for you to recover and may cause more damage to your brain. It is important to rest and not return to play until you get the OK from your health care professional that you are symptom-free.**

How Can We Do Prevent A Concussion?

- Every sport is different, but there are steps you can take to protect yourself.
- Use the proper sports equipment, including personal protection equipment. In order for equipment to protect you, it must be:
 - The right equipment for the game, position, or activity
 - Worn correctly and the correct size and fit
 - Used every time you play or practice
- Follow your coach's rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- **IF YOU THINK YOU HAVE A CONCUSSION: DON'T HIDE IT. REPORT IT. TAKE TIME TO RECOVER.**
- **IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**

Physician Release

- Please remember that your son could suffer a serious injury at anytime.
- If your son does become injured and I deem it necessary for him to see a physician or you take him to see a physician, **I cannot legally, or ethically, allow him to return to play without a physician's clearance.**
- Unfortunately, I cannot accept a letter from mom or dad stating it is okay for my son to play, unless of course you are a physician, MD or DO. (not Ph.D., Chiropractor, Pharmacist etc.)

What Does My Son/Daughter Need for Practice

- **Jerseys**
- **Mouth Piece**
- **Shorts**
- **Socks**
- **Belt**
- **Pants**
- **Cleats**
- **Girdle (Please buy this!!)**

Football Coaches Mission



“Building Men for Others”



As a football coaching staff who represents Serra High School, it is our singular most important objective to help our student-athletes not only become better football players, but better human beings. We are not only hired as teachers of the game of football, but also teachers in how to be productive members of society. The young men who we educate are a reflection of our morals, leadership and values.



We will always push to have a standout football program, but we will do it in a way that reflects our 5 key values. Family, Attitude, Perseverance, Integrity and Effort. We will uphold these standards in our race toward success. Winning will happen because of the values instilled by our staff into our student-athletes.



Success is a result of hard work and commitment. It is important to find the right coaches, athletes and support staff who will work together in order to win. Individuals who are willing to work together and buy into a common goal give our team the best chance for positive results.



We must respect and support one another to be successful. It is always about the team and what contribution we can make collectively to be at our best. We must believe and trust one another for Serra High School Football to be successful.











2018 Football Division & Rankings

Division IV	Rank	2017 Div
Chula Vista	54.84	IV
Mar Vista	56.28	III
San Diego	56.21	IV
Santana	56.49	III
Fallbrook	59.05	III
Del Norte	59.09	III
Sweetwater	59.12	IV
La Jolla Country Day	62.12	IV
Mission Bay	63.28	III
Kearny	65.91	IV
Serra	66.15	IV
Classical Academy	73.37	V
Crawford	74.17	V
El Cajon Valley	74.2	IV
Calexico	74.37	IV
Coronado	75.49	IV
Montgomery	76.46	V

2018 Football Schedule

- Show excel sheet of schedule.

Q Dawg Football

-  Be respectful to coaches/teachers/staff.
-  Take care of your responsibility.
-  Be coachable.
-  Give your best as a student/athlete.
-  Have good character on and off the field.
-  Avoid negative talk among each other.
-  Be present and active in meetings.
-  Communicate with Coaches when late or unable to attend football activities.
-  Use appropriate language at all times - someone is always listening.
-  Finish with great effort.

Practice Rules

1. Players are required to attend all practices and meetings – be on time.
2. All injuries must be dealt with before practice.
3. Use of profanity will not be tolerated.
4. Practice with a purpose to get better.
5. Practice with tempo.
6. When practice begins, all gear is fully assembled.
7. Helmet stays on except during water breaks.

Locker Room Policy

1. Keep locker room clean and tidy.
2. Lock up all valuables.
3. Do not take anything out of another locker.
No theft!
4. No foul Language





Academics

- Student-Athletes must maintain a 2.0 or higher in both academics and citizenship in order to be eligible.
- During the school year, every two weeks we will do a grade check.
 - If a student-athlete has below a 2.3 GPA, then they will be put on academic probation and mandated to go to tutoring until their grades improve.
- We want our student-athletes not only to excel on the field but in the classroom.
 - One of our goals is to see each one of our players receive their diplomas and pursue a college degree.
 - In 2 years we have sent 5 students to college on scholarship, more than the rest of the sports combined, excluding field hockey.




“Parent’s Guide”

Do's and Don'ts for Sport Parents

DO FOR YOURSELF:







-  **Get vicarious pleasure from your son's participation, but do not become overly ego-involved.**
-  **Try to enjoy yourself at competitions. Your unhappiness can cause your son to feel guilty.**
-  **Look relaxed, calm and positive and energized when watching your son compete. Your attitude influences how your son feels and performs.**
-  **Have a life of your own outside of your son's sports participation.**

DO WITH OTHER PARENTS:

-  **Make friends with other parents at events. Socializing can make the event more fun for you.**
-  **Volunteer as much as you can. Sports depend upon the time and energy of involved parents.**
-  **Police your own ranks: Work with other parents to ensure that all parents behave appropriately at practices and competitions.**














“Parent’s Guide”

DO WITH COACHES:

-  **Leave the coaching to the coaches.**
-  **Give them any support they need to help them do their jobs better.**
-  **Communicate with them about your son, you can learn about your son from each other.**
-  **Inform them of relevant issues at home that might affect your son at practice.**
-  **Inquire about the progress of your son. You have a right to know.**
-  **Make the coaches your allies.**

“Parent’s Guide”

- **DO FOR YOUR SONS:**

-  Provide guidance for your son, but do not force or pressure them.
-  Assist them in setting realistic goals for participation.
-  Emphasize fun, skill development and other benefits of sports participation, e.g., cooperation, competition, self-discipline, commitment.
-  Show interest in their participation: help them get to practice, attend competitions, and ask questions.
-  Provide a healthy perspective to help your son understand success and failure.
-  Emphasize and reward effort rather than results.
-  Intervene if your son’s behavior is unacceptable during practice or competitions.
-  Understand that your son may need a break from sports occasionally.
-  Give your son some space when needed. Part of sports participation involves them figuring things out for themselves.
-  Keep a sense of humor. If you are having fun and laughing, so will your son.
-  Provide regular encouragement.
-  Be a healthy role model for your son by being positive and relaxed at competitions and by having balance in your life.
-  **GIVE THEM UNCONDITIONAL LOVE: SHOW THEM YOU LOVE THEM WHETHER THEY WIN OR LOSE!!!**

“Parent’s Guide”

✗ DON'T FOR YOURSELF:

- ✗ Base your self-esteem and ego on the success of your son’s sports participation.**
- ✗ Care too much about how your son performs.**
- ✗ Lose perspective about the importance of your son's sports participation.**

✗ DON'T WITH OTHER PARENTS:

- ✗ Make enemies of other parents.**
- ✗ Talk about others in the sports community. Talk to them. It is more constructive.**

✗ DON'T WITH COACHES:

- ✗ Interfere with their coaching during practice or competitions.**
- ✗ Work at cross purposes with them. Make sure you agree philosophically and practically on why your son is playing sports and what they may get out of sports.**
- ✗ Talk to Coaches about playing time, level of competition, or position.**

“Parent’s Guide”

✗ DON'T WITH YOUR SON:

- ✗ EXPECT YOUR SON TO GET ANYTHING MORE FROM THEIR SPORT THAN A GOOD TIME, PHYSICAL FITNESS, MASTERY AND LOVE OF SPORT, AND TRANSFERABLE LIFE SKILLS.**
- ✗ Ignore your son’s bad behavior in practice or competitions.**
- ✗ Ask your son to talk with you immediately after a competition.**
- ✗ Show negative emotions while watching them perform.**
- ✗ Make your son feel guilty for the time, energy and money you are spending and the sacrifices you are making.**
- ✗ Think of your son’s sports participation as an investment for which you expect a return.**
- ✗ Live out your own dreams through your son’s sports participation.**
- ✗ Compare your son’s progress with that of other players.**
- ✗ Badger, harass, use sarcasm, threaten or use fear to motivate your son, It only demeans them.**
- ✗ Expect anything from your son except their best effort.**
- ✗ EVER DO ANYTHING THAT WILL CAUSE THEM TO THINK LESS OF THEMSELVES OR OF YOU!**