

Camas Football

Team Handbook

You are a very important piece of the puzzle and will make a great and positive contribution to the success of the 2009 Camas Football Team.

Camas Football

“Attitude is Everything”

The Papermaker Creed

- To model first class attitudes on and off the field...
- To compete within the rules.
- To play hard... To play to the whistle.
- To Model Blue Collar work habits...
- Have a desire to outwork your opponent.
- To be accountable... Count on me attitude
- To take it to the wall... Be super tough.
- To care about others... Super Unity.

*Give it your best...
Don't sweat the rest
Winning will take care of itself.*

2009

CHS Football Team Pledge

I promise to:

- ...Play the game with great courage and never make excuses.
- ...Play the game with great intensity, give everything I have, and never give up.
- ...Continually push my teammates and myself to be the best in athletics and in life.
- ...Respect and support my teammates and treat them like family.
- ...Enjoy myself and make football fun for everyone.

Welcome to Camas Football

Your coaches would like to extend a big welcome to you as we get ready to join together and begin a new season of Camas Football. You will wear the uniform of a team that is building a statewide reputation as a Football power. Many great players of the past have paid their dues in making Camas known throughout the state. Be proud to be a Camas Papermaker. Do your part to make us even stronger. Make sure your expectations of this team's success are at a level above the rest. This season will fly by --- make the most of your season. Enjoy the journey --- have fun. We hope that the lessons learned and the friendships gained will be of lasting value to you.

There are almost 80 3A teams in our state. We want to be among the state's elite. We are the three time defending Greater St. Helens champions. We expect to go deep into the state playoffs. Mentally picture that as a reality and pay the price to make it come true.

We look for our seniors to step forward and do their role, which is to lead this team by what they do and what they say. We also look for our juniors to join in and be key leaders for this team. Strong leadership from within is a must in reaching the lofty goals we all want to achieve. "Lead, follow or get out of the way" is a slogan that says it all. Seniors and some juniors will lead, and the rest need to follow, and anyone not willing to do so needs to get out of the way---maybe not play.

We will run varsity, junior varsity and a freshmen team this year. Seniors will only play in varsity games. It is possible that seniors might not travel if they are not on the three deep roster. Juniors and sophomores may play in varsity games and JV games. The goal of the coaching staff is to get as many opportunities as possible for our players to play.

W.I.N.

What's Important Now

Separate yourself from the crowd --- get the Edge.

We as a coaching staff believe that to be successful in football, as in life, you must be willing to take the necessary steps to achieve success. We want you to be a cut above the rest. We want you to do the things that others will not do. We want to know as a team that competes at the highest level and does it with class and within the rules.

Concepts important to our success:

1. A strong positive winning attitude.

We expect to win. The victor is often the one who believes deeply that he will win. He wants it more than the next guy. Life throws roadblocks in front of us-we can choose to stop and quit, or to fight through it and use the roadblocks as a stepping stone towards success.

We are careful that all we say about others is positive. Always put up your teammates. We play to the whistle. We never, ever give up.

2. Team Unity- the Camas football Family:

Football is the greatest team sport. Each player and coach must help to create a special team unity feeling to help survive the challenges that we will face throughout the season.

“The more honor and self-respect among players the greater the team.”

3. Great Work Habits:

Talent has never won a game. Our philosophy is that we will look for players with a positive attitude who are willing to work to be great. Work for it. There is a fine line between success and failure. Our Edge is our great work ethic exhibited by Camas players and coaches. We will work for PERFECTION.

“The harder we work, the luckier we get”

4. Play With Class:

We seek” Victory with Honor”. All that we do and say will be done with the class of champions. We do not talk, finger point, taunt, etc. WE never degrade or demean our opponent.

5. Goal Setters:

The best motivation athletes can have is to set realistic attainable goals to strive for as a team. We will always set season and game goals to pursue.

6. Play With Toughness:

Hit or be hit. We will gain a reputation as a great hitting team. WE want teams to know that when you play camas, "You'd better strap that lid on a little tighter".

We want you as a graduate of Camas and a graduate of our football program to be better equipped to handle life's lessons because of your experience with the football team. Football is simply a vehicle we as coaches use to teach success values.

"Carpe Diem"

Safety

The Camas coaching staff condemns any act by a player to intentionally injure an opponent or teammate during a game or practice. The techniques taught by your coaching staff are designed to minimize the risk of injury to you or your opponent.

The protective equipment you wear is the finest available and should not be used in any manner as a weapon against an opponent or teammate. Of particular importance is the football helmet. When used properly, it gives you the best chance at protection. When used improperly, it can become a dangerous weapon. The helmet should never be used deliberately to strike or hurt an opponent.

The following specific rules are in relation to conduct and safety of our game. Know these rules and adhere to them. Unethical conduct and acts of un-sportsmanship, whether within the rules or not, will not be tolerated by the Camas staff. Play the game hard, with enthusiasm and intensity, but play it with the spirit and letter of these rules. WIN WITH CLASS.

Rule- No person shall strike an opponent with his fist, or deliver a blow with an extended forearm, elbow; or kick or knee opponent during a game or between periods.

Rule- There shall be no piling on, falling on, or throwing the body on an opponent after the ball becomes dead.

Penalty- 15 yards and possible disqualification.

Use of Headgear

Rule- No player shall deliberately use his helmet to butt or ram an opponent.

Rule- There shall be no spearing.

Rule- No player shall intentionally strike a runner with the crown or top of his helmet.

Penalty- 15 yards and possible disqualification.

Note: Disqualification includes the next game as well.

Out hit them Out condition them

Practicing the Camas Way

In order for our Football team to get as close to our potential as we can, we need structure. All of our rules have a purpose of instilling team unity and team discipline. No one is exempt. It is part of our basic aim as coaches create a self-disciplined individual that is capable of receiving pertinent instruction, and being a quality teammate.

Athletic code highlights:

1. **Attendance rules:** You need to be here on the day of a practice or game to be eligible to participate. If you miss part of a day due to a legitimate reason, you must get approval from our Athletic Director in order to participate. Truancies or excessive tardies will result in disciplinary action.
2. **Practice Attendance:** Attendance at all games and practices is mandatory unless cleared with the head coach ahead of time.
 - *1st unexcused miss --- you will miss the next game, go to the bottom of the depth chart, and report to Coach Mean.
 - *2nd unexcused miss --- you will be suspended from the team at the discretion of the head coach.
3. **Punctuality.** Being on time to practice and meetings is important. Check equipment for problems after practice to avoid taking practice time or meeting time. Consequences --- meet with Coach Mean after practice.
4. **Athletic/Academic Probation.** Those athletes who have an accumulated grade point average of less than 2.0 will put on academic probation. The purpose is to help each player receive his diploma. The GPA will be based upon completion through the spring semester and/or summer school. Those on probation will be required to turn in to their position coach a weekly progress report. Failure to fulfill this commitment will result in suspension from next week's game.
5. **Ineligible Policy:** if an athlete enters the season academically ineligible due to grades, he will have all the same expectations pertaining to practices and games and program rules as all players. If an eligible athlete loses his academic eligibility during the semester, he will remain ineligible until the Athletic Director advises us otherwise. He will then report to practice as usual.
6. **Appearance Policy:** we want all players to be well groomed. Long hair is a safety hazard as it does not allow the helmet to fit properly rendering it unsafe. Also, jewelry of any kind is not allowed during practice or games.

7. **Starting Policy:** if a starter is unable to practice because of injury or sickness, the backup will move up the depth chart for the next practice. It is possible for the starter to win back his position during that practice. However, if it is a Wednesday or Thursday practice that is missed, the backup will start.
8. **Citizenship:** your behavior on and off the field is very important. Young eyes are upon you. You are a role model in this town. It is important to our program that you conduct yourself in manner that will bring respect to you, your family, our school, and the Camas community.
9. **Concern for others:** the more honor and respect among the players, the greater the team. Our greatest enjoyment can be working towards a common goal among friends. How we treat each other is vital to creating team unity.
10. **Letter Award:** to letter you will need 10 quarters of participation. Getting in one play counts towards a quarter of participation. Also, any player who completes four years of participation, will earn a letter.
11. **Concert Policy:** players are not allowed to attend concerts the night before a game.
12. **Curfew:** players are encouraged to be home by 10 pm on weekday nights, and home by midnight on the weekends. Obviously, the parent has the final say as to when the player must be home. Getting enough rest during the course of the season makes our team better, lessens the chances of getting ill, and prepares our players for the rigors of football.
13. **Season length:** the season officially ends at the end of the banquet. JV players become varsity players once the JV season ends.
14. **Do Right:** wherever, whenever, if you are not sure --- Do Right! We are the choices we make. Make sure that all decisions you make helps our program reach our goals.

Camas Football Policies and Procedures:

1. **Locker room conduct and care:** No horseplay, no profanity, pick up your stuff. How we take care of our room says a lot about us.

2. **Practice policy:**

- Helmet stays on unless told otherwise.
- Take a knee. No sitting during practice.
- No sitting on your helmet --- ever.
- Run or stand --- always.
- No visiting with spectators during practice or games.
- Address all coaches by coach, or coach (name).
- Make eye contact with teammates and coaches.
- Make a goal each day: am I better today than I was yesterday?

3. **Game Day Policies:**

Dress: Wear the required dress for the game.

Behavior: We represent Camas HS. All that we do, all that we say is a reflection of our family and our school.

Pre game locker-room: We want a quiet locker room. We want a super competitive atmosphere that says we are mentally ready to play. If music is important to you, bring your own.

Bench procedures: Eyes on the game. Report to the offense or defense huddle after each possession.

State of mind: Your thoughts and actions should be on the game. We never want to get home after a game and hear about a player that was looking up into the stands during the game, or visiting with fans behind the bench.

Substitution: Do not ask to play. We know that you want to play. Be super ready when you get the call. "Hustle on, hustle off, call the man's name"

Special Units: You are expected to know what team you are on. If you are on the special team for the entire game and you are expected to be on the field no matter what the score might be. You only come off the team during a game if coach Eagle says. If your coach puts you in for someone, you are now in for the rest of the game, unless told otherwise by your coach.

“Halftime: Get in quickly and pay close attention to 2nd half plans. We will win the 3rd quarter.

Post Game Procedure- No snakes, visit with opponents, then hustle to end zone.

Winning Expectations from Our Players.

Your football coaching staff believes in you. We work very hard to prepare you. We are Camas. We have very high expectations for our performance. We demand your best effort at all times. The following describes the Camas “edge” principle.

1. **Loyalty and Unity:** We must be strong within, no matter what the situation. If we are loyal to each other, we will have the strength to stand up to adversity. You will hear negative comments from outside our team family, but always remember our code: “ Dinner table loyalty”, which means that the people closest to you tend to tell you what you want to hear, “ you should be playing more”, “ Why did they call that play?”, etc. for us to be successful we must remember:

Coaches believe in players.
Coaches believe in coaches.
Players believe in coaches.
Players believe in players.

2. **Hustle:** Marginal ability is acceptable, marginal effort is not. At any given time you are either getting better or worse. We may criticize you for what you do, but never for who you are. Give it your all, all the time. 100% effort. The Camas Edge. All we want is all you have.
3. **Courage:** Football is a contact sport. A player must show his courage in his one on the one battle. We want our players to deliver the blow, you will be knocked down at some time- courage to push yourself when you are tired or hurt, etc.
4. **Winning Attitude:** You must care about winning to be successful. We thrive on competition. We don't know the meaning of quit. It is very satisfying as a coach to witness our players compete at a high level, with the “edge” look in their eyes. Refuse to lose! Refuse to give up! Our attitude is that we never quit...we never say die! “we will get after you ‘til you get on the bus”.

5. **Discipline:** We must have a solid foundation of discipline from all team members. The rules are established not to see who can break them, but for two reasons. To give us a slight Edge and to see if you will make a sacrifice.

A team with good discipline will stand up to pressures of a tight game or bad call. A team with a poor discipline will spend more time griping about officials than following the “win” principle.

6. **Playing Assignment Football:** We must strive for consistency. We cannot be consistent with players missing assignments. All 11 men must know their assignments. Be assignment sharp!