

# **Deubrook Dolphin Football Handbook**

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# Dolphin Football Staff

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# **Team Mission Statement**

**The Football field is our classroom and the game is our vehicle to teach lifelong lessons, to create memorable experiences and to have fun!**

*It is the mission of our program to build character in our student-athletes. Attitude, commitment, discipline and sacrifice will be used to build a successful program.*

**Our plan is to expose student-athletes to a family atmosphere in the hopes that they will build on this tradition and understand the responsibility to hand it down to younger players.**

*Lastly, our mission is to continuously pursue excellence and play to WIN on the field, in the classroom and in the game of life!*

# PROGRAM PHILOSOPHY

**Produce a quality product that we as educators, coaches and parents can point to with pride, where we have provided these young men with the tools necessary to be successful in all things in life. To achieve this...**

- A. We will produce a disciplined young man, one we can depend on to fulfill his responsibilities to himself and those who depend on him.
- B. We will produce a young man who is a leader in areas other than football and encourage him to excel in all areas of life.
- C. We will set worthwhile goals and prepare intelligently to meet those goals.
- D. We will produce a young man who cares about winning and feels upset about losing. We will teach them to overcome adversity and redirect that negative feeling into a positive, constructive energy.
- E. We will produce a young man who will consistently strive to improve himself physically and mentally...one who is committed to maximizing his potential.

**As a coaching staff, we should be a force for good in the life of a student that is strong, consistent and stable. To accomplish this...**

- F. We will focus on what an athlete can do and how he can contribute to the success of our football team.
- G. We will encourage athletes through the use of positive motivational Techniques.
- H. We will be strong enough to correct mistakes.
- I. We will be consistently fair with all players, regardless of their abilities.
- J. We will be enthusiastic and create a positive "work" environment.

**Developing an outstanding high school football program requires hard work and dedication. To accomplish this...**

- K. We will have continuity throughout the program. The lower levels will run the same offense and defense as the Varsity.
- L. We will make it our top priority to work smarter and harder than any other program in the state.
- M. We will have FUN and enjoy this outstanding game of football.
- N. We will dedicate ourselves in the off-season.
- O. We will always welcome back former players of the Dolphin football program.

P. We will maintain a continuing interest in our players and their accomplishments after they finish as players.

## **TEAM PHILOSOPHY**

***“The Line” play fast, play hard, and finish***

### **Play Fast -**

When people watch us, the first thing that I want to stick out at them is the speed at which we play. When we talk to about fast, we have a simple concept. All you have to do as individuals is be as fast as you can be.

I have seen players run 4.7, but they do not run 4.7 in the games. I want the 5.0 player that will run 5.0 on every single play. If a player is a 5.0 player and plays at 5.0, that is what we want. Do not be the 4.6 player who plays at 5.2 in the games. That is our concept of fast.

### **Play Hard -**

The second thing people should see from our team is we play hard. The ultimate compliment you can get from the opposing coach or fans is "Your team really plays hard." It does not matter what the score was, if we play hard. Playing hard is what we want from you as players.

There will be a time that you play a team who has more talent than you do. That is life. The reason you play the games is the team who plays the hardest wins the game. That brings up another concept you should see from our team. The team who plays the hardest for the longest time is the one who usually wins. If you play against a good team, they will play hard.

### **Finish -**

The next concept is finish. When you come to practice, you will hear that term all the time: "finish stretching, finish the drill, finish the run, finish the block, etc." That is what you will hear from our coaches at our practices and during games. Everything you do, you must finish. We will engrain this concept in your heads. Always finish what you start, whether it is in football or in life.

## **Team Expectations (Coaches and Players)**

### **3 R's**

**Respect (for authority, school, self, etc.)**

**Responsibility (be on time, show up, carry out assignments, etc.)**

**Right Choices (in classroom, in town, at social events, on weekends, when no one is around, etc.)**

*Follow the DOLPHIN FOOTBALL 3 R's and everything else takes care of itself.*

### **Team Expectations cont'd**

#### **ALL Dolphin Football Players WILL:**

- Conduct themselves with class and dignity, both on and off the field. - Recognize and respect the authority of all parents, coaches, teachers and administrators. (Yes coach, No coach –or- Yes sir, No sir) - Arrive 10-20 minutes early for all team functions.

Remember: Being early is being on time. Being on time is being late. Being late is unacceptable!! - Be model students in all classes (**sit in first 3 rows**). - Dress appropriately for all team functions (The best you can dress) - Be clean or neatly groomed with good personal hygiene. - Work harder and be more enthusiastic than any other player within the Dakota Valley Conference. - Be at practice every day. (**If you are sick (able to go to school) or injured, come to practice to watch...that still counts as being at practice**) - Treat teammates, classmates and fellow students with respect. - Look good at all times..."You have to look good, to play good!!"

*\*The above conduct is a requirement to remain part of the Dolphin Football Program.*

# SUMMER WORKOUTS

The amount of work WE put in during the summer will largely determine the amount of success WE have in the fall. Remember, championships are EARNED in the summer. WE must do the work together as a team!! Those players who are serious about making the play-offs and winning the Dakota Valley Conference Championship will attend 90% of the morning workout sessions. (As your coach I will do what I can for those that can not make the morning workouts to help you improve your physical strength, speed, and agility)

## GAME PHILOSOPHY

Every single game on our schedule is a rivalry game, not just one. We want to approach each game like this. Players tend to play better in those games, so we believe it should be the norm to want to prepare like this every game.

Every game we play is the most important game of the season. We approach every game as if it was the Super Bowl. When we walk off the field after the game, we have to ask ourselves three questions: "Did we play fast?" "Did we play hard?" and "Did we finish?" If everyone can answer yes to all those questions, we have won the game, regardless of what the scoreboard says. We do not expect perfection, just effort.

### **Successful Offense**

- SIMPLE and PERFECT!! - Multiple formations...create formations to get the defense to line up exactly the way you want them. - Multiple formations...make the defense think and adjust on every play. - Up tempo...wear the defense out, especially the defensive lineman and two-way players. A successful offense can throw to score and run to win. We are a running team with the ability to throw the ball. - "Body-on-a-Body" ...end of each play every offensive player should be in contact with a defensive player!! (Unless carrying out a fake.) - A successful offense has the ability to run around bigger teams and run over smaller teams. - Offensive players must be smart and disciplined.

## GAME PHILOSOPHY CONT'D

### **Successful Defense**

- Offense WINS games...Defense WINS championships!!! We will do whatever it takes to stop a team's running game. - A successful defense takes away what the offense likes to do according to formation. - Every defense has a weakness...that weakness must be disguised or changed on every play. - Defensive line must penetrate and read. - Nine men SPRINTING to get a piece of the tackle. - A successful defense practices causing turnovers...stripping the ball and making interceptions. - Take chances on first down and play honest on third down. - Perfect form tackling is essential. (Practice, practice, practice)

### **Special Teams**

- Special teams are a weapon...they will impact the outcome of every game. - The best football players will play on special teams. To me this means the guys who you can count on to give a perfect effort while doing their job. Special teams will be scheduled into every practice.

## **PRACTICE PHILOSOPHY**

When we go to the practice field, we prepare for what we want to be. We reap what we sow. We will get out what we put in. Practices will set the tone for our games. We will perform pre-practice, stretching and form running, all drills, regular practice period, and conditioning with the philosophy (fast, play hard, and finish). Intensity, intensity, intensity.

We, as a staff, will plan efficient practices and they will not drag on if you practice with play fast, hard, and finish mentality. Please be conscious of our time, and we will be conscious of your time. You must finish every run, block with proper technique every play, hustle on every snap, tackle with proper technique, etc. If we do not do these things in practice, these bad habits will carry over into the games. We will play like we practice.

## **Parent Info**

**First, we want you to know that we do not take being your student's football coaches lightly. It is our goal to work together to ensure that your student improves as a person, student and athlete. I can promise you that we, as a staff, will do everything we can to make playing football a positive experience for your student.**

**Second, if problems do arise throughout the year, have your child work to resolve the issue with the coach first. If we can not resolve the issue with your child, please set up a meeting time with the specific coach to discuss the matter. These meetings will not be impromptu, but rather scheduled in advance. Please do not expect me or my coaches to have a discussion with you in a 'spur of the moment' situation about playing time or any other matter. If the problem cannot be resolved between you and your student's coach, then the parent, student, specific coach and I will sit down together and do our best to see that the situation is resolved. The next step will be following up with the Athletic Director, etc.**

**Third, please do your best to ensure that your student is at every practice and is mindful of the team expectations. If an absence is expected, we ask that the student notify us prior to the absence. We understand that doctor's appointments, sickness, and unexpected matters will arise. If at all possible, please schedule appointments that will not interfere with practice and workout times. All we ask is that you and your student communicate with us in a timely manner. If your student is sick or injured, have them come to practice to watch...that still counts as being at practice. If the student's absence is excused,**

there will be some form of conditioning to be made up according to what they missed during their absence. If a student misses a practice for an unexcused reason, there will be some type of conditioning, and possibly reduced game time, according to the timing or excuse for the absence. This is especially true if the student misses a practice preceding a game without excuse.

Thank you for entrusting us with your student-athlete for this upcoming football season. I am looking forward to an enjoyable and successful season.

--Coach Cariveau

When people watch the Deubrook Dolphin football team on the field, off the field, at practice, and in the classroom, it should be obvious that we stand for something.

## Nutritional Guidelines

### Power Athlete Diet TM

The simplicity of the diet blends optimum performance and health. We can't say it any simpler than this.

**Eat with abandon: meat, fowl, fish, seafood, eggs, vegetables, roots, tubers, bulbs, herbs and spices as well as animal fats, olives & olive oil, avocados, and coconut (meat, oil, flour) and dairy\*.**

\*Dairy is a gray area, while it is a powerful tool in the strength and weight gain category you have to be smart. Individuals with autoimmune disease should avoid dairy products of any kind. Whole Milk and Chocolate Milk are great for muscle recovery and muscle development.

**Snacks: nuts, seeds, and fruit. Better choices in the nut category include macadamias, cashews, and hazelnuts. Almonds aren't terrible. Seeds are generally rich sources of linoleic acid because they can be eaten in large quantities (the serving sizes are typically in the tablespoon to 1/4 cup range and can be misleading). Reduce the serving size if you are going to pick a fruit that has high sugar content.**

**Avoid: Processed grains (wheat/rice/corn). If you consume grains, try to make sure they are WHOLE and NATURAL. They can also be a great benefit to muscle recovery if eaten POST workout.**

\*Processed grains can cause gut/bowel irritation and can also cause many forms of inflammation. Inflammation is the NUMBER 1 cause of aches, pains, and stiffness.

**The goal is to consume at least 1 gram of protein per lb. of body weight. The way to maximize muscle growth is to provide the body with adequate protein for growth and recovery, hormonal control for better body composition...and improved growth and recovery!**

**For most Football players there is no calorie restriction. 4 to 6 meals per day is the goal. Remember, good solid calories = good solid energy.**

**Post workout or practice meals should contain proteins and carbohydrates. Whole milk and whey protein, and Chocolate Milk are ideal. So take advantage of growth and recovery potential post-workout by making sure to eat a protein and carbohydrate meal with 1 hour of working out.**

**A performance based nutritional approach is critical for success on the field and long-term health. Making progress on the field and in the weight room starts with proper nutrition. The key to gaining muscle, increased strength, and overall health come from paying attention to what you put in your body. The problem most people, athletes included, have is that the popular nutritional culture in this country is far from ideal. Being overweight is a problem and it doesn't matter if the athlete is a football player or not. Eating everything to put on size is not the answer. Don't power down junk food just to gain size, because the size you will gain isn't good weight. It is fat; it's useless, it will slow you down on the field, and will decrease performance and overall health.**

**Although, absolute size and strength are vital, better body composition means a more powerful athlete. Recovery and muscle gains cannot happen with poor nutrition.**

**The eating habits we establish remain with us throughout life. It is very hard to eat one way while playing football and expect to change the diet after a football career is over. Good habits are formed while the discipline of training hard develops too.**