

Dolphin Football Packet

Table of Contents

1. Contact Information
2. Game Schedule & Practice Schedule found online at Deubrook.com
3. Eligibility Requirements
4. Practice & Contest Guidelines
 - a. Consequences for missing practice or a contest (Reminders)
5. Picking Teams & Playing Time/Lettering Policy
6. Team Philosophy



“COMPETE”

Contact Information

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- b. Assistant Coaches
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 - iv. JH: Ben Blees
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Communication

- a. The key to success for any organization or a team is communication. We as a staff will be as diligent as we can to get you updates or changes in our schedules ahead of time.
- b. We expect the same in return from our players and their families.
- c. We want to be on the same page as much as possible with everyone that is a part of the team.
- d. Maintaining a positive relationship between coaches, players, and parents will be beneficial to maintaining a positive atmosphere and experience.

Eligibility Requirements, Practice & Contest Guidelines

- 1. Eligibility
 - a. Maintain academic standings in all classes according to Deubrook Area Schools Policy
 - i. No F's
 - ii. GPA of 1.6 and above.
 - b. Meet all guidelines set forth by the SDHSAA
- 2. Practice Guidelines
 - a. If a player is to miss a practice they will need to contact the head coach before that practice.
 - i. Via parent email/phone call from parent/parent note/in person
 - ii. Missing practice for any reason is still an absence. If the coaching staff feels the player is not ready to return to a contest after missing any amount of practice they will not be playing in that contest. Or they will be held out of any amount of the contest deemed necessary. Example: quarter, half, etc.
 - iii. All decisions are up to the coaches' discretion.

3. Contest Guidelines

- a. If a player is to miss a contest they will need to contact the head coach before that contest.
 - i. Via parent email/phone call from parent/parent note/in person
 - ii. All decisions made after missing the contest are up to the coaches' discretion.

4. Consequences for Missing Practice/Contest (Reminders)

- a. REMINDER (Not a punishment, just a reminder to be accountable. Coaches will use this reminder in a way to improve the players football abilities, while making up for lost time.)

Picking Teams/Playing Time

At every level in the program below the varsity level, the primary emphasis will be on complete player development. This means more than just physical abilities. The JH and JV levels need to be strong in order to develop a program. There is going to be a premium put on complete player development at these levels. When it comes to playing time in these levels, we will get you as many reps as we can, but you will get as many reps as you have earned as well.

Players will be assigned a level of competition based on two criteria. First, they will play on a level that will benefit the program the most. Second, they will play at a level that will allow them to develop to their fullest potential as a player.

Varsity level football has a primary goal of winning. We will put who we think gives the team the best chance of achieving this goal.

Simply put, we are going to put who we feel is the best player at their position on the field. Those players on the field tend to be the ones that work the hardest.

Lettering Policy

Any player who plays a down at the varsity level is eligible to letter automatically. There was a reason their name was called to get out on the field.

All lettering decisions are under the coaches' discretion.

DOLPHIN FOOTBALL TEAM PHILOSOPHY

CONTRIBUTE TO THE SUCCESS OF THE TEAM AND THE PROGRAM!

LEAD BY EXAMPLE!

HAVE A GREAT WORK ETHIC!

PLAY WITH INTENSITY AND GIVE EVERYTHING YOU HAVE!

BE POSITIVE!

BE DISCIPLINED! (ACADEMICS, ATHLETICS AND IN LIFE)

KNOW MY RESPONSIBILITIES! (BLOCKING SCHEMES, BLOCK DISTRACTION, FILM STUDY, ETC)

DO THE SMALL THINGS RIGHT! (STANCE, FIRST STEP, ETC)

GET OFF THE BALL! (FROM THE HUDDLE TO THE LOS, SET THE PACE, UP TEMPO)

TAKE CARE OF THE BALL & GO GET THE BALL!

Nutrition-80/20 Rule

Because while we should always aim to eat healthy most of the time, targeting for about 80% of the time gives you that wiggle room every sane person needs to still enjoy themselves.



1. Dehydration– Because of the high sugar, sodium and caffeine content in soda, it dehydrates the body and over a long period of time can cause chronic dehydration.
2. Try and stay away high sugar and caffeinated beverages before or after a practice and games.
3. Replenish what your body needs first and go from there.