



Davis High School FOOTBALL PROGRAM

2018 Parent Playbook



GO BLUE!



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1. Overview

The DHS Football Program Parent Playbook provides comprehensive information for parents of both new and returning players at all levels.

The DHS Football program's mission is to build men of integrity and character by teaching the ideals of commitment, dedication, teamwork, good sportsmanship, honesty, loyalty, courage and respect for authority. Our goal is to help the young men in the program grow to be mentally and physically stronger, healthy and trustworthy citizens who become tomorrow's leaders. The program rewards those who are willing to work hard, dedicate themselves, meet academic requirements, and follow the program's rules.

The program offers teams at the Frosh, JV and Varsity levels. Approximately 100 student-athletes are expected to participate this year. The program is designed to develop those student-athletes who are willing to dedicate themselves to the program. The student-athletes learn the importance of loyalty and teamwork, the value of hard work, and the rewards of having a positive and winning attitude.

The program supports the educational objectives of the school district, furthering the education of young people outside the classroom. We strive to create students who are leaders beyond their classrooms and exhibit these values through athletics and community outreach.

2. Program Philosophy

2.1 The Program

The DHS Football Program stands for honesty, integrity, respect, pride, sacrifice, toughness, a sense of caring, hard work, and competition. The program is committed to building and maintaining a solid foundation that will lead to success for the student-athletes.

Each new season begins in January with long term and short term individual and team goals that are set by players and the coaching staff. The program's overall objective is to field a team of competitors on the field, in the community and in the classroom. Learning to compete and achieve goals within the framework of a team setting is one of the most important experiences a student-athlete will receive.

Success is not measured by wins and losses alone. Questions the staff will look to answer, and improve if needed, are:

- Did our athletes conduct themselves with integrity?
- Are we performing to our best in the classroom, in the community and on the field?
- Were the players prepared to play on game day?
- Do we refuse to quit when faced with adversity on the field and in life?
- Does the team play to the best of their abilities and with enthusiasm?
- Are mental mistakes minimized?
- Is the team unified and do they work well together and support each other?



- Do players arrive on time to meetings, practices and other functions?

The DHS program is based on respect for each other. Each member of the team is unique in some way. Aspirations and goals may differ, but all team members must possess a personal dignity that will not be compromised in an effort to win.

2.2 The Athletes

The Davis High Football Program is dedicated to the pursuit of excellence. The pursuit of excellence is centered on the individual athlete. As the individual improves, the team as a whole will excel. Athletes need to understand the tremendous potential they possess. An athlete's potential is often greater than they perceive, and until they realize their potential, it is difficult for them to fulfill their potential. The staff will work to help each athlete realize their potential and work towards fulfilling it – but the athlete must be committed to the program.

Self-discipline, self-sacrifice for the sake of the team, and the drive to succeed are characteristics that lead to both athletic success and a successful life. If the athlete puts the effort in and devotes himself or herself to the pursuit of excellence, good things will happen. They are preparing for both the upcoming season and for life in general.

Football is a competitive endeavor. Each team member must be dedicated to the principle of hard work. Hard work is what they can control, both the quantity and the quality. Each member of the team needs to strive to exceed athletes from all other programs. That is what competition is about, it defines excellence, and it leads to prominence. Each DHS football player must:

- Put in the hard work to improve academically and athletically
- Meet the challenge of getting better and pursuing excellence
- Value the power of teamwork – there is no place for selfish attitudes
- Realize that team success is an individual effort
- Be competitive in both the in-season and off-season
- Be unselfish and self-sacrificing for the sake of the team. "We before me"



3. Calendar

3.1 Key Dates

Following are key dates for the season. Note: dates may change.

DATE	DESCRIPTION
Jan. 9-V-Every M,T,Th,F	V- 0 per. 6:45 am-M,T,Th,F until 4/30 JV/F- TBA
Week of Feb. 26	Sem. 2 Study Hall Starts- 3:30 pm – 4:30 pm. Tm.Rm.
Jan. 31	1 st Off Season Character Player Meeting
Feb. 15	Parent/Player Meeting
Jan.31,Mar.14,Apr.18,	V-Lunch Mtgs-Goals, Character, Team Building, Acad.
April 28	V- Lift- A-Thon Game Day
May 1	V/JV/F Parent Meeting-DSHS Library-7:00 pm
June 2	Group Physicals – Sutter Davis 8:30 -11:30 am
Apr. 23 – May 11	Varsity - Spring Ball – 6:45 am–M,T,Th,F (JV welcome)
May 14-May 25	Varsity Spring Ball -6:45 am lift, After school football
May 28 –June 7	Study Week and Finals week- no practice (optional lift)
June 11-14,18-21,25-28	Champions Camp Wks 1,2,3, and Passing League
June 29-July15	Summer vacation
July 16 –July 20	Champions Camp Wk. 4 Strength and Conditioning
July 21	Davis Junior Blue Devil Camp (V players) and Lift (V)
July 23- Aug. 10	Preseason Camp and meetings (7/23-7/27 non-contact)
Aug. 4	Blue/ White Scrimmage
Aug. 11	Scrimmage
Aug. 17	Grant

3.2 2013 Varsity and JV Game Schedule

DATE	OPPONENT	LOCATION
Aug. 17	Grant	@ Grant JV 5:00 pm V 7:15 pm
Aug. 24	Cordova	@ Davis JV 5:00 pm V 7:00 pm
Aug. 31	Woodland	@ Davis JV 5:15 pm V 7:30 pm
Sept. 7	Pioneer	@ Pioneer JV 5:00 pm V 7:15 pm
Sept. 14	Elk Grove	@ Elk Grove JV 5:00 pm V 7:15 pm
Sept. 21	Bye	
Sept. 28	Sheldon	@ Davis JV 5:00 pm V 7:15 pm
Oct. 5	Pleasant Grove	@ Pleasant Grove JV 5:00 pm V 7:15 pm
Oct. 13	Jesuit	@ Jesuit JV 5:00 pm V 7:15 pm
Oct. 19	Franklin	@ Davis JV 5:00 pm V 7:15 pm
Oct. 26	Consumnes Oaks	@ Davis JV 5:00 pm V 7:15 pm
Nov.2, 9	1 st 2 Rounds CIF Sac -Joaquin Section Playoffs	
Nov. 17,18	CIF Div. 1 Sac-Joaquin Section Championship.	
Nov. 24,25	CIF Northern Section Championships	



2018 Frosh Game Schedule

Note: schedule will occur later when we get firm commitments from teams

DATE	OPPONENT	LOCATION



4. Academics and Athletics

4.1 Academic Philosophy

The DHS Football Program seeks to support the academic goals of Davis High School, and consequently seeks support for the student-athletes from school administrators and teachers. The academic philosophy of the program is aimed at ensuring every student-athlete in the program maximizes their potential.

Players are responsible for their own academic performance, and the football program works to support each player in their academic endeavors through:

1. Progress Report Checks and Action Plans for grades below C's
2. Study Hall – Feb. 27- May 24 (TBA) Sept.-Nov. (Wed. 2:45 pm/Thurs. 1:00 pm) (all varsity and JV players enrolled in 7th per.) Dec.-Jan. (Thurs. 1:00 pm-1:45 pm)
3. Tutoring- ALC/ Lunch Hour-Math, Science/Language + Individual as needed-Smyte liaison
4. An Academic Success Plan including daily planner, lessons study and test taking strategies.

The program encourages players to realize their academic potential by consistent, diligent, and disciplined hard work. Rewards for success in the classroom are provided, similar to the rewards for success in the weight room and on the field. Academic success of team members is highlighted.

- At our football meetings and in the paper, the players who were academic achievers in the previous grading period will be recognized for their achievement.
- An “academic team” patch is awarded to those players who are academic achievers with a GPA of 3.0 or better (upon backer approval).
- A list of players who made a 3.0 or higher GPA will be posted in the locker room and in the team room at the end of each semester.

The goal each season is to reach a team cumulative GPA of 3.00 or greater. Achieving this goal will be a primary responsibility of each player as an individual and as a teammate.

4.2 Eligibility

Academic coursework is the primary responsibility of each player. Class attendance is important to successful academics, so players are required to attend all classes on a practice or game day. The program’s philosophy is that all athletes are also punctual and are focused on academic work during normal class hours. The spring semester prior to the football season, an athlete must be in good standing and hold a G.P.A. of 2.0 or higher. During the season, players must maintain a 2.0 during fall semester to remain an active member of the team. Our expectations are much higher than this minimum threshold.



4.3 Academic Support

The following is a checklist designed for each player to follow to help form good study habits, maintain eligibility and excel academically. This checklist is reviewed with the team prior to each season and 2-3 weeks before grading periods.

1. Complete Assignments – teachers have carefully devised comprehensive learning programs. By not doing assignments, or doing them hurriedly, athletes don't maximize the value of the classroom. "Pick low hanging fruit"
2. Attend Class – athletes must attend all classes. By attending classes, they show that they want to pass the course (desire to learn responsibility and halo effect). Attending class becomes even more critical in areas that cause difficulties.
3. Participate In Class – athletes are encouraged to ask questions and express their opinions. If they misunderstand something during class, chances are they will not do well on a test. Speak Up! Participate in study strategies workshops and study groups.
4. Ask For Help Immediately – if a player would rather not talk in class, they are encouraged to see their teacher after class or set an appointment to see them.
5. Study Every Night – even when there is no assignment to do, athletes are pushed to review their subjects each night-use this time to prepare study guides.
6. Tutoring – tutors and peer counselors can help individuals find better ways to do their work. A tutor can show concepts in a way that is different from a teacher. Tutors work one-on-one and often explain things in very understandable terms.
7. Failure – As in sports, some people take longer than others to learn certain concepts, and failure may occur. As in sport, the athlete must pick himself or herself up, work harder and understand that failure is a step in growth not a permanent condition - never quit.
8. Football Study Hall – The program offers a weekly study hall for any player who wishes to participate. The study hall is mandatory for those who have a GPA of 2.5 or less. Jan 29.- May 25(Date and time TBA). Sept.- Jan.17(Wed 2:30 pm/ Thurs. 1:00pm)
9. Utilize Academic Learning Center- The Academic Learning Center provides tutoring to all students at DSHS and is open throughout the school day and after school. Many players have utilized this Center with positive results.
10. Utilize Lunch Hour Tutoring- The math, science and language departments offer free lunch hour tutoring for those students needing assistance. Many individual teachers do so as well.

5. Program Organization

The DHS football program is comprehensive. The program fosters positive attitudes, discipline, commitment, motivation, conditioning, goal setting and a clear direction for each athlete. The program works to develop a shared value system among the athletes, coaches and administration to help prevent behaviors that are destructive to the football program.



5.1 Football Staff

The program strives to retain coaches who are men of good character, demonstrate appropriate behavior and positive attitudes, and who enthusiastically and effectively instruct their athletes in social skills as well as physical skills. Every coach at every level will work to deliver the same message. Every member of the staff supports the program's mission of building the same culture, core values, fundamental philosophies, and principles at each level from Frosh through Varsity.

Coaches in the program share the same primary objective – to bring a group of young men together so that they respect each other and play football as well as they can as a unit and with integrity. Coaches help each individual player grow stronger physically, mentally, emotionally and socially. In addition, the staff coaches the individual players to grow together into a cohesive unit.

To meet these objectives, the coaching staff will:

1. Help each player become competitive by:
 - Demanding performance from the coaches first, then the players.
 - Expecting desire, pride and sportsmanship from each player.
 - Instilling self-sacrifice for the sake of the team.
2. Develop players physically, mentally, emotionally, and socially by:
 - establishing a respectful working relationship with the players
 - treating every athlete with dignity and respect “no hazing, no bullying”
 - building character with positive coaching-“catch them doing something right”
 - not looking the other way if a situation involving a lack of character occurs
3. Provide for every athlete's safety by:
 - establishing player safety as the highest priority –equipment, drills
 - providing proper supervision at all times
 - providing the strength and conditioning programs needed to be prepared

5.2 Player Evaluations

Each new season begins at the end of the previous season. An evaluation of athletes by their position coach is the starting point. The athlete uses this objective evaluation and the evaluation of his position coach after spring football and Summer Camp to set goals for the season

The coach helps the player set their individual long-term goals and short-term goals, such as off-season conditioning, improving knowledge of the offense, defense, or special teams, or improving their grades.

5.3 Goal Setting

Goal setting is an essential part of each player's success and comes after the evaluation period. Goals are like roadmaps, they get the athlete to where they want to go. Goals focus attention, provide motivation and measure progress.



- Goals create purpose
- Purpose generates plans
- Plans produce action
- Action builds habits
- Good habits create success

Individual long-term goals must be set to give the athlete something to work toward in the off-season. Short-term goals help each athlete track their progress toward their long-term goals and the long-term goals of the team.

To attain the team's long-term goals, the program helps the student-athletes set short-term goals that need to be met. Short-term goals are set during both the off-season and in-season.

5.4 Commitment

Student-athletes who are committed to the program will benefit the most in the long term. They will learn the value of hard work, commitment, and what it takes to invest themselves in short term goals to see long-term benefits. Investment in the off-season will pay dividends during the in-season. As well, committing to an off-season strength and conditioning program will help with injury prevention while playing in a competitive conference. Support from every parent around the subject of commitment will help foster the commitment level required of every athlete.

The program has a consistent set of rules and policies that help create the type of environment that will foster positive attitudes and remove the influence of poor behaviors. The program has a clear methodology for handling disciplinary cases, and the coaching staff will reserve the right to handle each situation separately. Specific guidelines and consequences will be provided to each football team member so they are clear on the coach's expectations of each player.

5.5 Strength and Conditioning Program

5.5.1 Overview

The Davis High School Football program competes at the highest level in the Sac-Joaquin Sections – Division I. The team competes against schools that have comprehensive off-season and pre-season strength and conditioning programs. It is imperative for both the safety of the athletes and success of the DHS Football program that players engage in strength and conditioning beginning in 9th grade.

The DHS Football program offers a Strength and Conditioning (S&C) program specific to the rigors of football. The S&C program provides specific training for athletes during the season, off-season and pre-season phases. Student-athletes are expected to engage in the program and meet minimum requirements during the off-season (January- June, Varsity 0 period, JV/F-T,W,Th- 4:15 -5:15). Football is a rigorous and competitive sport. Optimal strength and conditioning helps athletes avoid injury and allows them to compete at the same physical level of other programs within the conference.

5.5.2 750, 900 and 1,000 Clubs

The football program relies heavily on the strength and conditioning of its athletes. A stronger, faster, well-conditioned team will compete at a higher level on the field and be safer doing it.



Athletes will be more likely to avoid injury. Two incentives are in place to recognize those individuals who make the commitment to the S&C program – the 750, 900 and 1,000-pound clubs. Athletes are tested for strength in the bench, squat, and power clean at the LAT and the week prior to the first fall practice. If an athlete lifts a combined total of over 750, 900 or 1,000 pounds, they are recognized as a member of those clubs.

5.5.3 Champions Program

The Champions program is designed to develop players and the entire team to the level of champions. The program is conducted during June for those serious about getting better, with the expectation that all players will attend. The program includes weightlifting and functional strength training, speed training, cardio workouts, plyometrics, core strength, agility workouts, balance/flexibility training and basic football skills. For offensive and defensive backs, this program includes passing league dates at DSHS, Will C. Wood, with top area teams and at host schools. Those looking to be a part of the program in the fall are expected to attend the program dates.

5.5.4 S&C Rewards

The S&C program is based on an intrinsic reward system. Aside from achieving a physical conditioning level that will help contribute to their team, players are eligible for the following:

- 100% attendance of lifting sessions in off-season: a jacket patch
- Individual patches for high power clean, bench and squat lift totals
- Achieving the 750, 900, 1,000 club- jacket patch

5.6 Funding/Donations

5.6.1 Funding Overview

As is the case in many areas, the football program is not funded by the high school district. Fundraising events, business sponsorships, game-day program advertising and player registration donation fees offset the costs of operating the program. The staff earnestly works to keep player registration donation fees to a minimum, and this can be realized if parent support is at a high level. More information on fundraising, sponsorships, advertising, and how parents can help the cause, is in the “Parent Support and Backers Club” section.

5.6.2 Blue Devil Pack

Players and parents are encouraged to purchase the program’s Blue Devil Pack when the window for purchasing becomes available. The Devil Pack includes items the player keeps at the end of the season, including practice t-shirt, practice shorts, practice jersey, mouth guard, game socks and girdle option. A travel gear bag, along with a home and away game jersey and practice/game pants and belts are provided and returned at the end of the season.

5.7 Player Expectations

5.7.1 Attitude, Behavior and Effort

Every player is expected to sacrifice personal desires and goals for the sake of the team. Each player must commit himself or herself to the program and maintain a positive demeanor towards their teammates, teachers, community members and coaches. The expectation is for each athlete to show commitment to the program, to their education, to their school and teammates, and to displaying appropriate behavior.



Each player is expected to put in the effort required by all players. Players are expected to arrive early to all workouts, meetings and practices and be ready to work hard to improve physically, mentally and emotionally. Players are expected to give their maximal effort at all times during these sessions. The program is about teaching players what it means to work hard, hustle, and commit to becoming better.

5.7.2 Conduct

INTEGRITY is an all the time thing. Players are expected to conduct themselves with dignity on and off the field at all times. On the field, players must respect their coaches and their fellow teammates, along with school officials, game officials, fans and opponents. This respect must also extend off the field to teachers, community members, fellow students and family.

5.7.3 Attendance

Players must attend all practices, summer workouts, and team functions. All players must inform the coaching staff of any conflicts that prohibit the player from attending a practice or team function. A calendar of team functions and practices is provided, so players must plan accordingly. Failure to attend a scheduled practice or function, without an excused absence, will be subject to a logical consequence, which is part of learning process.

5.7.4 Consequences

A consequence may be defined as something that logically or naturally follows from an action or condition, or as the relation of a result to its cause. In accordance with the program's mission to teach the young people in the program the ideals of commitment, dedication, teamwork, good sportsmanship, honesty, loyalty, courage and respect for authority, there will be natural positive consequences for those who commit to our mission and natural or logical consequences if the player violates the program's expectations. The head coach will dictate the type of consequence based on how severe and how frequent the player's actions conflict with the expectations and goals that the players and coaches have set.

5.8 Player positions and time

5.8.1 Positions

Each player will be worked with closely to help them find the most suitable position on either offense or defense that will provide the greatest potential for success. The coaching staff will decide where players will be positioned based on team need, player ability, and other factors. Player input will be considered, but will not be the deciding factor.

5.8.2 Playing time

Football has 11 different positions on offense, defense and on special teams. It is the goal of the program to fill those positions with unique players; however, some players may need to play on both sides of the ball based on team need. The coaching staff will make the decision regarding playing time based on team need, situations, and player commitment. At every level of the program, each player is a key to the success of the team. The goal is to play as many players



as possible, especially at the Frosh and JV levels. However, there is a possibility that not all players will see playing time in all games due to safety, preparation or competitive situations.

5.9 Travel

5.9.1 Team Travel Policy

All members of the DHS Football teams (Frosh, JV and Varsity) are expected to travel with the team to and from all games. The staff uses the time for pre-game and post-game meetings and an opportunity to reaffirm the training rules after each game. The coaching staff looks to the parents to help enforce this policy in the best interest of the players.

Under extenuating circumstances, a player may ride home with his own parent (not a friend's parent, etc.) with the head coach's permission. Parents needing an exception to the policy need to contact the team's head football coach at least one week prior to a game.

5.9.2 Player Travel Conduct Policy

All behavior on road trips must reflect well on the school, team, and individual. We expect nothing but first-class behavior on the bus and at the opposing stadium during road trips.

1. Players must be on time for away games. The bus will leave on time and will not wait for those who are late.
2. Dress code is strictly enforced. Appropriate dress must be worn at all times. Game jerseys and a neat appearance are expected on game day per the coach.
3. No individual will leave the group without the permission of the head coach.

5.10 Athletic Equipment

5.10.1 Athlete Responsibility for Equipment

Each Varsity and Junior Varsity player will be issued protective equipment prior to our Summer Contact Camp. Frosh equipment handout –TBA. Players must provide their own cleats.

Each player is responsible to ensure all program-issued equipment is maintained in proper working condition. Football is a contact sport, so the care and maintenance of equipment is critical, especially the helmet and shoulder pads. Repair or replacement of a piece of equipment must be attended to immediately.

The athlete accepts full responsibility for all athletic equipment issued by the program and will provide for proper care, storage and return. Athletes assume full responsibility for all athletic equipment that is not returned when it is due (after last game of the season). Players are liable for replacing or paying for equipment that is lost, abused or not returned on time.

5.10.2 Parent Support

The coaching staff requests support from parents in the care and maintenance of all equipment, particularly the practice and game jerseys and pants. The game uniforms must be laundered at home. Any minor repairs parents can make will help. Please be sure to follow the laundry care instructions on any garment- **do not put uniforms in the dryer, it melts the numbering.**



5.11 Physicals

5.11.1 Physical Fitness

Each player is responsible to report to camp in physical shape. Players must be certified by a physician as physically fit to participate in football. Prior to the first fall practice, players must provide a current physician's certification form (forms are available at the high school).

The DHS Football's off-season strength and conditioning program, and pre-season Champions Program, are designed in a way to help each athlete attain a level of fitness that is both safe and competitive. Each athlete must pass a fitness test to engage in fall camp practices.

6. Parent Support and the Backers Club

6.1 DHS Football Backers Club

The DHS Football Backers Club is a parent organization that provides support for the players and coaches of the Frosh, JV and Varsity teams. The mission of the Davis High School Football Backers Club is to support the football program through a variety of activities that provide the much-needed financial aid to the football program's budget to cover expenses not funded by the school district. The club provides a majority of the funding required to operate the program.

The primary objective of the Blue Devil Football Backers Club is to assist in maintaining a quality athletic program that enriches the student-athlete's high school experience. The club is an active partner with the coaching staff and school administrators.

As is the case in many areas, the football program is not funded by the high school district. To be successful and to deliver the best player experience possible, fundraising, sponsorships and parent help is required.

The Backers Club provides support for program finances and events. Typical areas include:

1. Financial capital for purchase of practice equipment
2. Field preparation for practice and games
3. Sales of spirit items and Devil Wear for games
4. Club memberships, signage sponsorships and program advertising
5. Fundraising events, such as the crab feed and auction
6. Coordination of family/team BBQs
7. Game day concessions
8. Coaching stipends
9. Senior night recognition at last home game
10. End of season banquet

The young adults in the program are fortunate to have dedicated coaches and educators teaching them valuable life lessons through sport. Parent help is critical to ensure the program receives the proper support and backing required to be successful while delivering an excellent player experience. Your help is absolutely needed.



7. Program Funding

7.1 Fundraising Overview

The primary funding comes from combined fundraising efforts between the football program and the Backers Club. The Backers Club is behind a variety of initiatives that generate critical funds for the football program, including memberships, sponsorships from individuals and local businesses, advertising opportunities, Devil Wear and special events. The football coaching staff and players help generate operating capital through other fundraisers.

7.1.1 Program Lift-A-Thon

Every DHS Football player participates in an annual Lift-A-Thon. Players obtain pledges from family and friends pertaining to how much weight they can lift. The event takes place in the DHS weight room and is a great way for the kids to compete against each other. It is a great family event for anyone! Please encourage your child to maximize their sponsors!

7.1.2 Game-Day Program Advertising

The game-day souvenir program is available at all home games. The programs contain rosters of every level, individual photos of players, team photos, lineups, and program information. Advertising space is available to any individual, business, or service. Purchasing an ad for your business, selling an ad to a business, you know, or buying a family ad is a great way to help contribute to the program and show support for your child.

7.1.3 Family Advertising

Personal quarter-page ad space is available in the program. Place an advertisement with a picture of your favorite football player or cheerleader and a special message! Turn the program into a yearbook and a great keepsake.

7.1.4 Stadium Banners

Stadium banners are made of rugged vinyl material and are prominently displayed in front of the home crowd. Stadium banners include business logo and text. Player banners may include a player's name, jersey number and message. By purchasing a stadium banner, you are getting your message out to a wide audience, but also showing your support for the local football program.

Parent help is critical for maximizing fundraising. Please do what you can to help sponsor the program through advertising or stadium banners. Most importantly, your support helps strengthen the bond between you and your student-athlete.

7.1.5 Discount Cards

Players at every level need to participate in the selling of discount cards. There are incentives for individuals and groups. We need an average of 10 cards per player to be sold at every level. Your support in seeing this happen is appreciated.

7.1.6 Backer Funding

The football Backers are a group of parents who help in fundraising. Your help in volunteering is much needed to assist with the various fundraising opportunities.



8. Parents Supporting Their Athletes

8.1 Wins and losses

The life lessons learned through participation in athletic competitions are held in high regard by current and former athletes. The experience of working cooperatively toward a common purpose in a close-knit group, the values of teamwork, and the development of the concept of fair play are all beneficial to each athlete. The DHS Football program takes great pride in winning, but it does not condone “winning at all costs”, and focuses on good sportsmanship and mental health of each student-athlete. The program emphasizes preparation to be competitive with a focus on performing at the best level.

While winning is more fun, losing does provide educational life-lessons. Parents can help athletes learn from their losses by:

Moving Away From the Negative	And Finding the Positive
<ul style="list-style-type: none"> - Blaming <ul style="list-style-type: none"> • The coach • Other players • Players on the other team • Officiating 	<ul style="list-style-type: none"> - Crediting <ul style="list-style-type: none"> • The other coaches • The other team • Players on the other team
<ul style="list-style-type: none"> - Focusing on errors or mistakes <ul style="list-style-type: none"> • By my athlete • By the team • What didn't work • Bemoaning the loss • Denial and anger 	<ul style="list-style-type: none"> - Focusing on what can improve <ul style="list-style-type: none"> • What did work well • Improve on one's best effort • Acceptance and move on to next challenge

8.2 Parent Perspective

All parents should be proud parents, advocates for their children, and help and encourage their children to pursue their potential. However, if these parental attributes are taken to extreme, athletes often miss important life lessons and significant growth opportunities.

Supporting every athlete in a positive way is an important parent role. Being a supporting parent is complex and requires an objective perspective. The goal of the coaching staff is to provide a positive experience for all players. One of the most important ingredients to achieving this outcome is proactive and open communication between parents and coaches. In the fall, we will attempt to outline all levels of communication so that parents, coaches and athletes are aware of the steps available to them to resolve anything they think is, or may become an issue.

9. Development of Lower Level Programs

In order to maintain a successful program each year, to provide the best player experience possible, and to ensure adequate numbers of athletes at each level, positive development of the lower level programs is required. The Junior Varsity and Frosh program will strive to follow the same program organization as the Varsity, including practice format, offensive and defensive playbooks, and off-season conditioning programs. This helps the athletes transition each year



from Frosh to JV and then to Varsity. Player retention not only helps the program overall, each individual player benefits by having a solid team of players surrounding them.

It is important to also note that we are attempting to field a frosh team when so many other programs have folded their frosh into the JV team. We are doing this so that those frosh that would not play a lot on the JV level can have an opportunity to play. Freshmen that are ready to play JV will play JV just like they would if there were no freshman team. Sophomores, similarly, who are ready to play varsity will play varsity. We will strive to challenge ourselves to the maximum by competing at a level that will make us the best we can be!

We will also articulate with the Junior Blue Devil Football program regarding the needs of the Midget players moving up and by providing coaching clinics in the spring and summer months. In addition, summer football camp is hosted by the program and allows senior players in the DHS Football program to work with the young Jr. Blue Devil players and future DSHS Blue Devils. We want to create a sense of community and continuity with the football program that will extend from the lowest to the highest levels.

10. College Recruiting

10.1 Process

1. Where do I want to go to college?
 - Make a list (include all levels of football)
 - Do grades match entrance requirements? - adjust the list
 - Visit schools in the spring of Jr. year, if possible
2. Are you willing to travel to attend college?
 - Answer this one first
 - Football recruiting services can help locate a school
 - Midwest/South schools – many DII and DIII
3. If colleges have a Junior Day it is good to attend it.
4. Make a recruiting cut-up
 - Go to HUDL
 - Make highlight folder by clicking on plays you wish to save,
 - Have a coach review it
 - Send it to colleges on your list or have Coach Smyte send it.

10.2 NCAA Process- Western Schools

- a. D1 BCS – scholarship; must be D1 qualifier - register with NCAA clearinghouse!
 - PAC 12 – USC, Arizona St., Oregon St., Oregon, UCLA, Arizona, Cal, Washington State, Stanford, Washington, Utah, Colorado
 - Mountain West – Boise State, San Jose St., Utah St., UNLV, UNR, New Mexico, San Diego St., Air Force, Wyoming, Colorado State, Fresno St., San Diego St.



- b. D1 FCS- – scholarship and non scholarship; must be D1 qualifier - register with NCAA clearinghouse!
 - Big Sky – UCD, Cal Poly, Sac St., N. Arizona, Montana, Montana St., E. Washington, N. Colorado, Idaho St., Portland St., North Dakota, Weber St., So. Utah
 - Pioneer – U of San Diego, Butler, Davidson, Dayton, Drake, Jacksonville, Morehead St., Valparaiso
- c. DII – scholarship; must be a D2 qualifier - register with NCAA clearinghouse!
 - Great Northwest Athletic Conference – Central Washington, Dixie State, Humboldt State, Western Oregon, Azusa Pacific, Simon Fraser
 - Rocky Mountain – New Mexico Highlands, Western New Mexico, Adams State, Chardon State, Colorado Mines, CSU Pueblo, Fort Lewis, Mesa State, Nebraska Kearney, Western State
- d. DIII – academic scholarships
 - Northwest Conference – Pacific. Willamette University, Linfield, Pacific Lutheran, Puget Sound, Lewis and Clark, Whitworth,
 - Other DIII Schools – Chapman, La Verne, Occidental, Cal Lutheran, Whittier, Claremont, Redlands, Pomona
- e. NAIA – Limited aid
 - Southern Oregon, Carroll College, Montana Tech, Eastern Oregon, Rocky Mountain College, College of Idaho

11. Stay Informed!

11.1 Email, Website, and Social Media

Information about the football program is distributed by the Backers and by our football coaches in a number of ways, in order to make sure parents and players are informed about schedules, program requirements, and opportunities to support Blue Devil Football. To make sure you have the latest information, please take note of the following:

- Player Contact : HUDL – contact coach of your respective team to get on HUDL
- **Backer’s Website: davisbluedevelopment.com**
- twitter (general info., media, potential college recruitment) @DHS_ftball
- Instagram (for entertainment)-davisbluedevelopmentfb

Contacting a Head Coach

To contact the Frosh, JV or Varsity head coaches by phone or email, please use the appropriate contact below. Note; please do not contact for housekeeping issues like date for BBQ. Answers to schedule and fundraisers, etc. can be found on team page.

VARSITY:	Coach Smyte	ssmyte@djud.net
J.V.:	Coach Satre	masatre@ucdavis.edu
FROSH	Coach Hicks	mhicks@djud.net

