

2018 Parent Handbook

Carson High School Football
Coach Roman



SENATOR FOOTBALL PRIDE

Coach Roman's Mission Statement & Philosophy

Welcome to CHS Football! On behalf of our coaching staff I would like to take this opportunity to thank you for your involvement in Carson Football. Without parent involvement in our program, we would not have achieved our goal to become one of the top programs in the state of Nevada. Our current goal is to continue to nurture our program to compete at a high level and reach our yearly on field goals: Beat our rival, win our league, win our region, and ultimately compete for a state championship. In striving to achieve these goals I would like to take this opportunity to explain some of the philosophy and expectations of the football program that will positively impact your son for the rest of their life.

First, I believe the experience that your son will have playing football at Carson will be second to none. The experience of playing football should last a lifetime in terms of the good memories and positive influence it will have on your son. This does not come without very hard work and commitment to the values and goals of our program, but this experience will help mold the young men that participate into successful people later in life. This strengthens our community and will have lasting positive effects for everyone involved. We run a first class program, supported in large part by our Booster Club and community; without that support it is difficult to give our players the best experience possible. I would like to urge parents to get involved in the boosters in any capacity you can. **Please support this positive and vital organization!**

With that said, I believe strongly in a “family” approach to our program. The Carson Football “family” should have special meaning to those that are involved; even for many years beyond their involvement. This is what builds and maintains tradition. To develop this atmosphere our parents and football program alike need to take a “team” approach to our relationship. We must foster a positive environment for our players. We can only accomplish our goals by working with each other not against. Teamwork is a two-way street and I strive to develop positive relationships with parents and the community at large.

An area of primary importance and focus in our program every year is the continued development and sustainment of **pride in the program**. From the day I've taken over, we've worked hard for the words “*Carson Pride*” to have deep meaning to those involved. Carson Football will continually strive to conduct ourselves with pride and foster a winning attitude grounded in that belief.

Finally, the key area all winning programs share is the “buy-in” developed by the program. Our players will be expected to buy into our program, do it our way, and understand the team concept. We must have an “edge” when we step on the field and I believe the buy-in we get from our players is one key intangible of the “edge” we need to be successful against many great football programs in our area and state. When you “put on the Blue & White and strap on a Carson helmet”, every player is expected to have bought into our program. There is no other way; this is Carson Football Pride.

I look forward to this fall and continuing the success of our program on and off the field. Get involved, be positive, and let's work together to help our kids have a great football experience.

**With Senator Pride,
*Coach Roman***

Important Policies & Guidelines: Players & Parents

1. *Expectations of Players-Every Level*

A. Do not embarrass the program.

- Do the right thing...
- Drinking, drugs, behavior, citizenship, use of social media, etc...

B. Follow team rules.

Below are basic rules that will be adhered to by the whole program:

- No swearing/profanity
- Respect the Game
 - Do not be individualistic.
 - Uniform attire, jewelry & earrings, bandannas, etc...
 - Helmets will be on and buckled at all times.
 - “Team” oriented talk in newspaper.
 - Give credit to opponents-NO locker room material.
 - **No inappropriate use of Social Media towards opponents, teammates, coaches, or CHS in general.**
 - **No inappropriate use of your cell phone...i.e. “sexting”, sexual harassment, inappropriate social media posts, etc...**
- Be a good teammate
 - Treatment of others, respect for property, no theft
 - **Absolutely No hazing or bullying...be a role model...Carson Football Family.**
- No girlfriends will wear jerseys at school
- No music in locker room before except on I-pods/headphones
- Appropriate music should be played in the locker rooms when allowed.
- Keep the locker rooms clean.

C. Be coachable and respectful

- Do not question coaches; listen and learn.
- Address your coach as “coach”.
- Be respectful of others.

D. Do Not Miss Practice

- **There is no excused/unexcused; you’re there or you’re not.**
 - Make-up conditioning (wheel)
 - Reduction of playing time *as situation dictates*
 - Series, Quarter, Half, or Full Game(s)
- **No call/No show unacceptable**
 - Leave a message or timely e-mail for me, your head coach, or position coach
 - 1st offense: extra conditioning/ possible reduction in playing time
 - 2nd offense: suspension/dismissal from team
 - Gear collected immediately from locker.
 - Other than a death in the family or other incredibly dire situation, **missing without calling is unacceptable.**
- **Injury/Sick Policy-** the coaches have to get the next guy ready if a player is ill...
 - If you can’t practice, you won’t start; or may not play at all.
 - If you attend school, you are well enough to attend practice.
 - You will be sent home if you are too sick by the trainer or by the coaches.

2. *Parents: Chain of Command- Dealing with Issues & Important Matters*

A. **Speak to your son's coach as the first step.**

a. **Most issues are easily solved or rectified.**

B. **Follow the Chain of Command to resolve an issue.**

- a. Freshmen- Head freshmen coach
- b. JV- Junior varsity coach
- c. Varsity- Coach Roman
 - i. Don't be afraid to communicate with Coach Roman even if it seems problems can be easily dealt with or might seem a trivial matter.
 - ii. Coach Roman will take it to the administration if it is a serious issue or question he cannot answer.
 - iii. We want to resolve any issues between the parent and the coach as the first step.
 - iv. If issue cannot be resolved the next step is the Athletic Administrator.
 - v. Final step is the CHS Principal.

C. **Communication is the key between coaches and parents.**

a. ***"An open door is not open, unless parents feel they can walk through it"...* I practice this in dealing with parents in a respectful manner.**

Guidelines of communication:

- b. Coach Roman cannot address an issue if he does not know about it.
- c. Coach Roman prefers to be called and not e-mailed.
- d. It is **unacceptable** for Coach Roman to be called at home regarding playing time of players. If you have an issue with your son's role on the team, contact me during school hours or set up an appointment to meet with me face to face.
- e. **It is best to have your son talk to his position coach about playing time first before Coach Roman is contacted.**
- f. I take great pride in being to effectively communicate with parents, but conversations about playing time, strategy, or football will generally not be fielded.
 - A. **Playing Time Reality:** We are combining two classes and even sophomores onto the varsity level. **Playing time is extremely competitive on the varsity level.**
 - a. If you have a question about your son's role on the team I am willing to field that concern. Whether or not you agree is one thing, but I will give you an honest assessment of your son's role and playing time.
 - b. Understand that I want to play all players who have earned it, however, we utilize a depth chart, and each player's role on the team is unique. In football, you must earn the trust of coaches in practice to earn the right to be on the field at the varsity level on Friday night.
 - c. This takes place in practice, in drills, and scout teams. This is where your son shows the coaches he is capable of competing at the varsity level.
- g. I have no problem being contacted about an issue via e-mail but I will not conduct "e-mail tag" and type long dissertations via e-mail over an issue.
- h. We will meet face to face or speak on the phone. Direct communication is usually much more effective. Thank you for your understanding.

i. **As a parent you need to do your part...give the coaches the space they need to do their job...**

- i. **I reserve the right to close practice** to ALL parents and others not directly involved in the football program.
- ii. **Please respect our professional space. Do not talk to players or coaches at practice; do not cheer or be a distraction to coaches or players at practice. Keep a safe distance from players and drills at practice.**
- iii. Coach Roman and all the coaches have a lot of work to do every day...Please refrain from contact with the coaches before, during, and after practice unless it is, of course, an emergency situation or a prior arrangement to meet...Thank You!
- iv. Observe the athletic department policy of a 24 hour “cooling off” period in contacting a coach regarding an issue after a game. Please refrain from approaching a coach regarding a coaching/playing time issue after a game.
- v. **Parental use of Facebook, blogs, text messages to coaches, or any other type of social media to criticize coaches, fellow parents, or smack talk other teams is unacceptable.**
- vi. Coach Roman, considers such use of social media the same as if you had said it to his face (or one of the coach’s faces), person to person.
- vii. Please THINK before hitting send.
 1. If you have an issue contact the coach directly, a minimum of 24 hours after a competition.

D. Parental Behavior at games:

- a. Cheering for OUR team and your son at our games is a once in a lifetime experience.
- b. **There is nothing better than seeing your own son experience high school athletics.**
 - i. Please remember that as a fan and parent of a Carson High Football player that you are also representing our program AND community. Our CHS Right to Represent, and NIAA policies applies to all players and parents!

General Guidelines of Parent Behavior Expectations at Games:

- c. Yelling inappropriate and even belligerent comments in the stands towards coaches, officials, other players, and even your own son is not considered responsible and classy behavior that an ADULT should engage in.
- d. Additionally, if behavior violates the standard of conduct for CHS or the NIAA, CHS reserves the right to remove a spectator from the contest and/or expel that spectator from all future contests, per NIAA policy.
- e. Obviously, no one, particularly Coach Roman, wants to see that happen. Encourage each other as spectators to positively support the program at all times.
 1. **Let’s sound like and look like a class act!**
- f. **Have some integrity, which I try to instill in your kids; be an example for your son.**

Parent Behavior Guidelines...Cont...

- g. Finally, it can be frustrating for a parent if your expectations for coaching decisions, play calling, or officiating is not meeting your expectations.
 1. Keep in mind, you CANNOT control that as a parent.
 2. Lashing out verbally in the stands will only make that worse.
 3. If it is that bad and bothers you that much, and you have exhausted all other avenues of communication with Coach Roman, I would encourage you to not attend the games, or encourage you and your son to seek a different school or sport to play.
 4. Keep in mind, the only realistic thing a parent can control is to support your son and his goals; not coach from the stands.
 5. The only way that individual goals will be met in a TEAM sport like football is through TEAM SUCCESS.
 6. Work with the coaches, other parents, and the officials, not against them.
 7. We are either a “TEAM” or we’re not...

Varsity Football Requirements

1. Grades: 2.0 Spring Semester GPA, No F's
 - Player not reaching academic eligibility benchmarks
 - Can participate in practice until the first grade check
 - At end of 3rd week of school in the fall.
 - Player is under academic suspension from competition during those three weeks.
 - If at the 3 week grade check, he fulfills eligibility requirements, he will be allowed to play in a competition
 - He will continue to be checked every three weeks for remainder of season
 - If player falls below eligibility requirements at the first grade check or any subsequent grade check then he is automatically removed from team for remainder of season.
 - **Coach Roman's approach is any kid not eligible in the first place, usually cannot be counted on; he will not take reps away from other players in pre-season practice.**
 - If and when that player is eligible, he will be given an opportunity, but starts at the bottom of the depth chart.
 - All players are checked for passing grades every three weeks during the season.
2. Good Attitude and Adherence to Team & School Training Rules
 - Coach Roman reserves the right to suspend any player indefinitely for poor attitude, breaking team rules, or school rules.
3. Attend June weights/conditioning
 - Unless excused personally by Coach Roman
4. July Football Class Attendance- ½ Credit/ Sign-up with counselors/ \$150
5. **Pass the Senator Run**
 - PROPER CONDITIONING IS CRITICAL TO THE SAFETY OF THE ATHLETE TO PARTICIPATE IN THE SPORT OF FOOTBALL.
 - Must pass the conditioning test to receive your helmet & shoulder pads.
 - Until you pass, you will be allowed to practice, but not in full football gear.

 - *Players who attend the July Summer Class will be allowed to attempt the Senator Run first.*
 - *Players who do not attend the July Summer Class, or miss too many days, will be allowed to attempt the Senator Run at Coach Roman's discretion when he feels they are ready to attempt it.*
 - *There are no exceptions...*

Lower Level Requirements: JV Football

- Same academic requirements as Varsity (see above)
- Have a good attitude and adhere to team & school rules.
 - Buy-in and Be Coachable
 - Playing time will be earned in practice
 - Expectations by the coaches increase dramatically during your JV season.
 - We expect you to work hard and be committed.
 - To earn significant playing time, we expect you to demonstrate to the JV coaches three main things:
 - You have the ability to perform in a game what you are being coached to do in practice.
 - You help the team be successful because you play and practice with enough intensity and physicality.
 - You meet our expectations of player development that a typical sophomore player should be at.
 - Coach Roman's philosophy is to develop our players at the JV level for the varsity level.
 - **Philosophically, we view our JV players as varsity players; they are just playing at a different game time than the varsity team. Players are treated and coached like varsity with the goal in mind of developing varsity level players...**
 - Junior Varsity still has the word "varsity" in it...
- It is also highly encouraged for our JV players to attend our summer program.
- Coach Roman expects the JV Coaches to reward summer attendance (a player who does not attend the summer program, will not be given the first chance ...)

Lower Level Requirements: Freshman Football

- Have a good attitude and adhere to team & school rules.
- Maintain academic eligibility during the season and throughout the school year.
- There is no summer attendance requirement for Freshmen.
- All Freshman start on equal footing in the fall.
 - Buy-in and Be Coachable...
 - Our main philosophy is to develop our freshman players into high school players.
 - We try our best to play as many players as possible who are in good standing on the team.
 - Philosophically, we want our freshman team to be competitive & win, but not at the total expense of player development.

Coach Roman's Contact Information

School Phone: 283-1608 (My school voicemail)
Cell Phone: 544-2999 (cell)
E-Mail: broman@carson.k12.nv.us (checked all summer)

Football Booster Website: senatorsfootball.org

- For information regarding the football booster club and updates on the football program and important events.
- The boosters also have a Facebook page.

Carson High Website: carsonhigh.com

- For information about CHS and Athletic Department links. Also, download and print the Athletic Clearance Packet off the website.

Register My Athlete: registermyathlete.com

- All players must be cleared in RMA before the first day of practice, no exceptions! See Athletic Dept for clearance dates.

Carson Football- 2018

Important Information on Costs & Due Dates for Payment

Freshman Football	Varsity-JV Football
<p><u>Costs:</u> (All checks Payable to CHS)</p> <p>1. Freshman Summer Program- \$80 Due: Football 101 (June 19)/ \$30 Freshman Pre-Season Program (July 9)/ \$50</p> <p>• <i>Can pay for Football 101 & Pre-Season Program by selling program Ads for the Boosters.</i></p> <p>1. Sports Physicals (required)- 10\$ Due: June 19, CHS Gym, 6:00</p> <p>2. Team Football Camp (July 23-26)- Free Due: n/a</p> <p>3. Athletic Department Clearance- \$25 (SBC Sticker)</p> <p>4. Spirit Pack- \$100 Due: August 6 *Cost of Spirit Pack can be FREE or <u>significantly</u> reduced by incentives built into our Discount Card Sales in July. <i>(Spirit Pack consists of t-shirt, shorts, game socks, mouthpiece, and girdle; yours to keep)</i></p> <p>Mandatory Concussion Test</p> <p>5. End of August- TBA: \$10 Cash or Payable to CHS <i>Money will not be collected until the day of the test, when practice begins in Aug...</i></p> <p><u>Mandatory Fundraisers:</u> <u>Football Program Fundraiser: “Card Blitz”</u> Starts: July 11 <u>Booster Fundraiser: Sell 2 or more Dinner Tickets</u> Due Date: July/August, TBA</p>	<p><u>Costs:</u> (All checks Payable to CHS)</p> <p>1. Varsity & JV Summer Weights- \$150 Conditioning and Fundamentals Class & Camp Due: End of May to July 9 Sign-up in <u>Guidance Office</u> or submit form and money to Coach Roman</p> <p>• <i>Can pay for Summer Class by selling program Ads for the Boosters.</i></p> <p>1. Sports Physicals (if needed)- 10\$ Due: June 19, CHS Gym, 6:00</p> <p>2. Team Football Camp (July 23-26)- Free Due: n/a</p> <p>3. Athletic Department Clearance- \$25 (SBC Sticker)</p> <p>4. Spirit Pack- \$100 Due: August 6 *Cost of Spirit Pack can be FREE or <u>significantly</u> reduced by incentives built into our Discount Card Sales in July. <i>(Spirit Pack consists of t-shirt, shorts, game socks, mouthpiece, and girdle; yours to keep)</i></p> <p>Mandatory Concussion Test</p> <p>5. End of August- TBA: \$10 Cash or Payable to CHS <i>Money will not be collected until the day of the test, when practice begins in Aug...</i></p> <p><u>Mandatory Fundraisers:</u> <u>Football Program Fundraiser: “Card Blitz”</u> Starts: July 11 <u>Booster Fundraiser: Sell 4 or more Dinner Tickets</u> Due Date: July/August, TBA</p>

2018 CARSON FOOTBALL KICK-OFF DINNER

Carson Football Boosters & Carson High Athletics

August 18, 2018

4 p.m. Start/ 6:00 p.m. Dinner

Tickets: \$25 per person

LOCATION: McFadden Plaza (Located at the Fox Restaurant & Bar)

WE EXPECT EACH PLAYERS TO SELL 4 OR MORE TICKETS TO THE EVENT!!

Freshmen are expected to sell 2 or more tickets...

Silent Auction & Raffle
2018 Carson Football Hall of Fame Induction
Come have a great time!!!

*Varsity/JV will receive tickets to sell Starting July 16
You have a month to sell 4 or more tix...
We will collect Tix and Money at any time...
Final Ticket sales due in August before the dinner date...TBA

*Freshman will receive tickets to sell when your son attends the
Freshman Summer Football Program
Ticket Sales for Freshmen due in August...TBA

Carson Football's Most Visible Fundraising Event!!!!
WE NEED YOUR SUPPORT!!!

Proceeds go directly to ALL LEVELS of the program.
Parents at all levels expected to support our Kick-Off Dinner Fundraiser.

If you have any questions, please contact Rob Heaton, Booster President.

*If you have any items you could donate for the Auction at the Dinner,
Contact: Rob Heaton: Booster President/ 775-434-5342
Or your son's Parent Liaison

Carson Football Fundraisers: Details

1. Game Program Ad Sales & Sponsorships...optional

In Progress & Ongoing into August

Contact: Rob Heaton, Booster President, or your Parent Liaison for details

- Selling Program Ads bank a credit with the boosters for your son to pay for all or some of the Summer Weights Class (Varsity & JV) or Summer Freshman Program, Football Camp in July (in which the Boosters provide lunches and snacks), and possibly their Spirit Pack in August depending on how much credit was banked by the sale of ads.

2. Kick-Off Dinner Ticket Sales...required

Starting, July....If you want tix early contact your parent liaison...

Contact: Your son's Parent Liaison

- All proceeds go directly to the Booster Club to support all levels of the program.

3. Alumni & Booster Golf Tournament...optional

June 30 @ Silver Oak Golf Course

Contact Rob Heaton if you are interested in helping out/sponsoring/ or participating...

- This newer fundraiser in June was a big success last year...

4. Discount Card Sales...required

July 11: Sales start and Cards handed out to players

Sales Due: July 18

Contact: Coach Roman if you have any questions

- This annual fundraiser goes back to the kids in the program 100% to supplement the money raised by the Booster Club to support the purchase of equipment, football gear, and many other costs incurred in running a first class program.
- Incentives are built in pay for your son's Spirit Pack. It pays for ALL players Contact Football Camp this summer, and it also helps support players in need who may not have the financial means to pay the costs of playing.