

## **Glenrock Herder Football Cautionary Statement**

Football is a contact sport and injuries will occur. The coaches working in our program are well-qualified, professional people. Fundamentals related to playing football will continually and repeatedly be emphasized on and off the field. Below you will find information related to our football program and how the coaches are working to insure that athletes are fundamentally prepared to play the game and reduce the risk of injuries.

**Philosophy** - We believe that competitive sports build character, determination, self-discipline, leadership, loyalty, willingness to sacrifice and perseverance. Our athletes are missing a valuable opportunity if they do not apply the lessons they learned in sports to their scholastic work. It is our job as teachers and coaches to see that this application occurs. Intellectually, we will instill in all our athletes an understanding and appreciation of the game. The many lessons that football teaches our students can be used later in life.

**Goals** - Our goal is to insure that every athlete is fundamentally sound in blocking, tackling and hitting techniques. To accomplish this goal the coaching staff implemented the following procedures:

- Pre-Season Preparation for Players- Each football player is designed a specific strength training program for his needs during the summer. The weight room is opened three times a week so that athletes may lift and reduce chance of injuries.
- Pre Season Preparation for Coaches – Members of the coaching staff attend both a coaching clinic and rules clinic. These clinics give them an opportunity to here and see the newest progressions of the game. Most rule changes are made to insure player safety. Coaches also have been educated on evaluating concussions. All coaches will follow school district and WHSAA guidelines when handling any suspicious head injuries.
- Practice Schedules - Practices are planned ahead of time so that the coaching staff can communicate on what needs to be worked out in practice. Every practice schedule includes time to review basic fundamentals of tackling, blocking and hitting.
- Fundamentals for blocking and tackling. By rule, the helmet is not to be used as a “ram”. Initial contact is NOT to be made with the helmet. Points of emphasis:
  - Tackle, block or break tackles with the shoulder pad. NEVER LEAD WITH THE HEAD.
  - Keep the chin and eyes up when blocking, tackling or running with the ball. See what you hit and use proper technique. Lowering your head can cause a very serious injury and/or death.
  - Participate fully in all neck strengthening exercises.

- Practice and Game Evaluation – Many practices and all games are video taped and evaluated. The tapes are evaluated to insure that our athletes are using proper technique and fundamentals. We also use tape to insure our opponents are playing the game safely.
- Fitting and Maintaining Equipment – Each player will be issued all necessary equipment for playing the game of football. Coaches will check to insure that all equipment is fitted properly. Equipment checks will be made periodically during practice and games. Players must let the coaches know if there is a problem with any piece of equipment. Do not share or switch equipment with any teammates without consent of a coach.
- Health and Fitness - Athletes will be encouraged to eat healthy and to drink plenty of water. There will be water breaks built into every practice schedule. Athletes will be advised to let coaches know if they are feeling dizzy or faint. Water breaks will be mandatory.

**Helmet Card Statement:**

This is the warning that is found on most helmets. Please read and sign the advisory below.

**Warning**

Do not strike an opponent with any part of this helmet or facemask. This is a violation of football rules and may cause you to suffer severe brain or neck injury, including paralysis or death.

Severe brain or neck injury may also occur accidentally while playing football.

**NO HELMET CAN PREVENT ALL SUCH INJURIES.  
YOU USE THIS HELMET AT YOUR OWN RISK**

**Student's Name – Printed:** \_\_\_\_\_

I understand that football is a contact sport and that injury may occur. Although most injuries are minor all should be reported to a coach. I understand that there is risk in playing the game of football but I also understand that the coaching staff at Glenrock High School is taking every precautionary step to prevent injuries.

**Parent Signature:** \_\_\_\_\_ **Date** \_\_\_/\_\_\_/\_\_\_

**Student Signature:** \_\_\_\_\_ **Date** \_\_\_/\_\_\_/\_\_\_