

Auburn Mountainview Spring Football Parent and Player Meeting

2016 Football Team

Meeting Overview

- 2016 Football Coaching Staff
- Program Philosophy
 - ◆ Better People Make Better Football Players
 - ◆ Expectations of Coaches
 - ◆ Expectations of Players
- Spring Football Expectations and Calendar
- Mountainview United: Strength and Conditioning
 - ◆ Passing Leagues
 - ◆ Lineman Drills and Review
- 2016 Football Season
 - ◆ Eligibility
 - ◆ Costs and Fundraising
 - ◆ Parent Expectations
 - ◆ Fall Schedule and NPSL



FOOTBALL COACHING STAFF

2016 Football Coaches

OFFENSE		DEFENSE	
NAME	POSITION AND YEARS AT AMHS	NAME	POSITION AND YEARS AT AMHS
Jared Gervais	Head Coach, 6th Season	Kent Rodseth	Defensive Coordinator, 5th Season
Brian Grout	Offensive Coordinator, 6th Season	Kevin Nishimoto	Linebackers, 6th Season
Craig Gobroski	Wide Receivers, 6th Season	Bobby Sparks	Defensive Backs, 6th Season
Ken Colburn	Running Backs, 6th Season	Byron Wilson	Defensive Line, 3rd Season
Eric Jarvis	Quarterbacks, 3rd Season	Zach Rivera	Defensive Assistant, 3rd Season
Ross Wood	Slot Receivers, 1st Season		

2016 Football Coaches

If you have specific questions please contact the following coaches:

- General Program Organization and Fundraising
 - ◆ Coach Gervais, jgervais@auburn.wednet.edu
- Strength and Conditioning
 - ◆ Coach Rodseth, krødseth@auburn.wednet.edu
- Academics at AMHS
 - ◆ Coach Nishimoto, knishimoto@auburn.wednet.edu
- Online Film Review and HUDL
 - ◆ Coach Grout, grouter52@yahoo.com
- Gear and Equipment Issues
 - ◆ Coach Colburn, kcolburn@auburn.wednet.edu

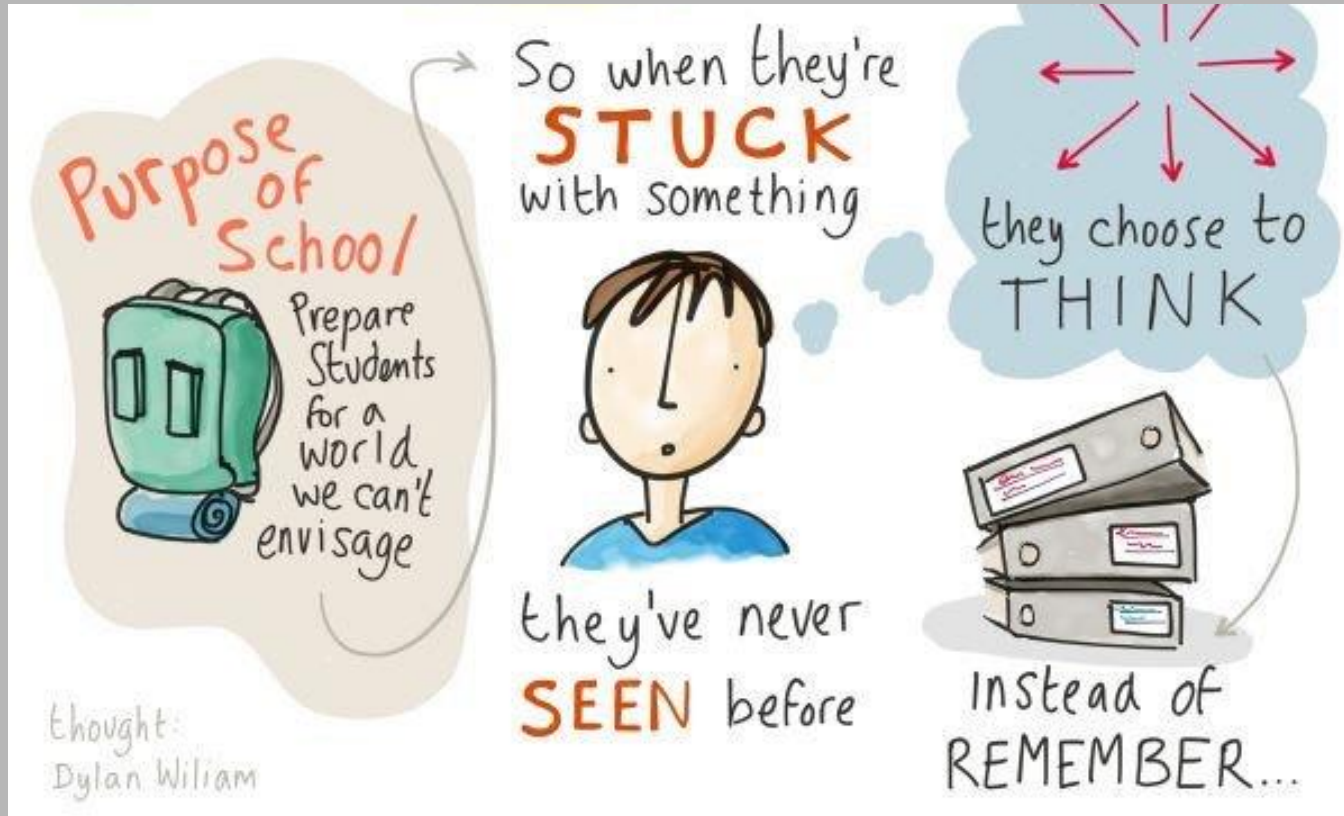
PROGRAM PHILOSOPHY

BETTER PEOPLE MAKE BETTER FOOTBALL PLAYERS

“We coach to help young men
understand the importance of
serving others and cooperation.”



MY JOB AS A TEACHER



Better People Make Better Football Players

MY JOB AS A COACH

“Help young men develop
into the best father,
husband, and employee/boss
that they can be!”

**IF YOU WORK
REALLY HARD AND
ARE KIND, AMAZING
THINGS WILL HAPPEN.**

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BETTER PEOPLE

→ VOLUNTEER WORK

- ◆ Auburn Clean Sweep Day of Service, Senior-Senior Prom, Concession Stands, Fireworks Tent

→ SERVANT LEADERSHIP

- ◆ Leadership is build from the bottom-up by serving your teammates

→ TEAM BUILDING

- ◆ Mount Peak Hike and BBQ, Smackdown Games, Lock-In, and more...

→ LEADERSHIP AND CHARACTER TRAINING

- ◆ Varsity and Freshmen Leadership Council, Group Discussions, Special Events

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MAKE BETTER FOOTBALL PLAYERS?

→ TEAM-WORK AND COOPERATION

- ◆ Football requires 11 people (a lot more on the sideline) doing the right thing at the right time for a play to succeed

→ SACRIFICE

- ◆ Teammates will need to sacrifice some of their own desires for the success of the team

→ COMMITMENT

- ◆ People that commit to giving the best of themselves in order for the team to succeed



Seahawks Intangibles

Success on the football field is a by product of having players that value teamwork and give their best possible effort for their teammates and themselves.

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WHAT TO EXPECT FROM COACHES

Your son will have a group of adults that CARE about his success as a student, a person, and an athlete at AMHS.



EXPECTATIONS FOR COACHES

AMHS Football Coaches will work to make sure that each player (and their parents) can expect as a member of the AMHS Football Team and Community.

→ DEVELOPMENT

- ◆ All coaches will work to develop your son as a young man and a football player

→ SAFETY

- ◆ All coaches will work to make sure your son is coached in proper tackling and blocking techniques, and that he will practice and compete against comparable athletes

→ EXPOSURE

- ◆ All coaches will work to expose your son to being part of a team, new ideas, and new people

→ COMMUNITY

- ◆ All coaches will work to create a true team atmosphere - where coaches, players and parents can all be better people and

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WHAT WE EXPECT FROM PLAYERS

Work hard, be on time and
prepared, and be good teammates!



EXPECTATIONS FOR PLAYERS

→ COMMITMENT AND SACRIFICE

- ◆ Players show up on time and prepared to all team events

→ SAFETY

- ◆ Players take their personal safety seriously and never, ever endanger a teammate

→ COMPETITION

- ◆ Players work hard to improve themselves and help their teammates improve at the same time

→ COMMUNITY

- ◆ Players work to make sure that all their teammates feel welcome and part of the team, from the freshmen who has never played to returning starters on Varsity



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SPRING FOOTBALL

SPRING FOOTBALL IMPORTANT DATES

- JUNE 2
 - ◆ First Spring Football Practice
 - ◆ 3:30pm - 6:00pm
- JUNE 4
 - ◆ Mattress Fundraiser
 - ◆ 9:00am - 5:00pm
- JUNE 8
 - ◆ Recruiting Forum
 - ◆ 6:00pm - 7:00pm
- JUNE 17
 - ◆ Scrimmage at Tahoma HS with Tahoma, Newport and Hazen
 - ◆ 5:00pm - 8:30pm
- JUNE 21
 - ◆ Scrimmage at South Kitsap HS
 - ◆ 3:00pm - 8:30pm



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SPRING FOOTBALL EXPECTATIONS

Spring Football is a great opportunity for players to get back into football and prepare for the 2016 Football Season

Attendance at Spring Football is **STRONGLY RECOMMENDED** for participation in the 2016 Football Season!



IN ORDER TO BE ELIGIBLE FOR SPRING FOOTBALL:

1. **SPRING FOOTBALL FORM AND \$45 TURNED IN TO AMHS BOOKKEEPER**
 - ◆ Players will receive AMHS Football Shirt and Bus Transport to SK and Tahoma Scrimmages (\$30 for Freshmen)
2. **PLAYERS NEED TO COMPLETE REGISTRATION FORM ON GOOGLE CLASSROOM**
 - ◆ <https://classroom.google.com/c/MTQwMDg1MDIa>
 - ◆ Access Code: r0lr05

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IN ORDER TO BE ELIGIBLE FOR SPRING FOOTBALL:

3. **PLAYERS NEED A CURRENT ASD ATHLETIC CARD**
 - a. If you played a sport this year at AMHS, CMS, RMS you are cleared for Spring Football
4. **PLAYERS NEED 3 FULL PRACTICES BEFORE CONTACT**
5. **PLAYERS NEED 7 PRACTICES TO PARTICIPATE IN A SCRIMMAGE**



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**MOUNTAINVIEW
UNITED**

MOUNTAINVIEW UNITED

→ WHAT

- ◆ Summer Weight Training and Conditioning Program for ALL Auburn Mountainview Athletes

→ WHEN

- ◆ Mondays - Thursdays in July and August
- ◆ 8:30am - 10:30am

→ WHERE

- ◆ Auburn Mountainview Football Field and Weight Room

→ WHY

- ◆ All athletes working together, make summer workouts easier on athletes and easier on parents

→ HOW

- ◆ Split athletes in two groups - 12th & 11th; 10th and 9th
- ◆ One group in weight room; other group on field



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PASSING LEAGUES



→ WHAT

- ◆ 7 on 7 Team Drills with other area High Schools
- ◆ QB, RB, WR, LB, and DB

→ WHEN

- ◆ Tuesday and Thursdays in July
- ◆ 10:00am

→ WHERE

- ◆ Auburn Mountainview Football Field
- ◆ Auburn Memorial Stadium

→ WHY

- ◆ Allows the offense to work together and the defense to see different offenses before Friday nights

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LINEMAN DRILLS

- WHAT
 - ◆ Drills for Offensive and Defensive Lineman
- WHEN
 - ◆ Tuesdays and Thursdays in July
 - ◆ Time: TBD
- WHERE
 - ◆ Auburn Mountainview Football Field
- WHY
 - ◆ Allow Linemen to work together and begin mastering the run plays and pass protections
 - ◆ Defensive Line technique for rushing the passer



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2016 FOOTBALL SEASON

ELIGIBILITY FOR 2016 FOOTBALL

The first official day of the 2016 Football Season is August 17th!

→ PHYSICAL

- ◆ Players need a new physical every two years, ALL freshmen need a new physical for High School

→ ASB CARD

- ◆ Players need to purchase an ASB Card from the bookkeeper for \$45 (\$20 for free/reduced lunch students)

→ ASD ATHLETIC CODE

- ◆ Players and Parents need to fill out the ASD Athletic Code for each school year - will hopefully be on-line



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2016 SEASON PROJECTED COST

These are the likely expenses that you should expect from participating in the AMHS Football Program.

- SPRING FOOTBALL AND JERSEY
 - ◆ \$45 (\$30 Freshmen)
- ASB CARD
 - ◆ \$45 (\$20 Free/Reduced Lunch)
- SPIRIT PACK (optional)
 - ◆ \$50 - \$100
- TOTAL COST = \$90 - \$200



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FUNDRAISING

→ MATTRESS FUNDRAISER

- ◆ When: June 4th
- ◆ Where: Auburn Mountainview

→ FIREWORKS TENT

- ◆ When: June 27th - July 5th
- ◆ Where: Fairwood Safeway Parking Lot

→ GOLD CARDS

- ◆ When: August 20th - September 10th
- ◆ Where: Lea Hill and Surrounding Area

→ BOOSTER CLUB AUCTION

- ◆ When: Late March
- ◆ Where: Emerald Downs



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PARENT EXPECTATIONS

“Get Involved and Be Supportive”

Your kids success or lack of success in sports does not indicate what kind of parent you are... But having an athlete that is coachable, respectful, a great teammate, mentally tough, resilient and who tries their best is a direct reflection of your parenting. (unknown)



PARENT EXPECTATIONS

→ GET INVOLVED

- ◆ Find a way to help in the program - Varsity Team Dinners, Fundraisers, Volunteer Events

→ SUPPORT YOUR SON

- ◆ Be your son's biggest fan! Support him unconditionally!

→ BE HONEST ABOUT YOUR SON'S ABILITY

- ◆ Try to be realistic regarding your son's ability as a football player

→ SUPPORT THE COACHES

- ◆ Please do not compete with the coaches...mixed messages are very confusing



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COMMUNICATION WITH COACHES

→ APPROPRIATE CONCERNS TO DISCUSS WITH COACH

- a. The treatment of your son, mentally and physically (you know them best)
- b. Ideas to help your son improve on the field and in the classroom
- c. Concerns about your son's behavior

→ INAPPROPRIATE CONCERNS TO DISCUSS WITH COACH

- a. Playing time
- b. Team strategy and specific play calling
- c. Other student athletes

COMMUNICATION WITH COACHES

→ CONTACTING COACHES

- a. Have your son attempt to talk to the coach first; this will help him learn to advocate for himself
- b. If you have a problem directly related to a football game or practice; WAIT 24 HOURS and then contact Coach Gervais. This allows both parties to cool down and reflect on the situation
- c. Do not come on the field during practice to speak to a coach, wait until the conclusion of practice and then we will be able to talk to you
- d. Please do not start e-mails with “Don’t tell my son that I emailed you” - about his amount of playing time, play calling, etc.

PARENT EXPECTATION S

“Learning is a gift - even if
disappointment is the teacher”

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2016 Football Schedule and NPSL

Week 1 - 09.02.16	Kentlake
Week 2 - 09.09.16	@ Lincoln
Week 3 - 09.16.16	Federal Way
Week 4 - 09.23.16	@ Auburn Riverside
Week 5 - 09.29.16	Thomas Jefferson
Week 6 - 10.07.16	Auburn
Week 7 - 10.15.16	@ Todd Beamer
Week 8 - 10.22.16	Decatur
Week 9 - 10.28.16	@Enumclaw
Week 10 - 11.04.16	District Playoffs

4A North Puget Sound League	
Olympic Division	Cascade Division
Auburn Mountainview	Kent Meridian
Auburn	Kentlake
Auburn Riverside	Kentwood
Thomas Jefferson	Kentridge
Decatur	Tahoma
Todd Beamer	Mount Rainier
Federal Way	Kennedy Catholic
Enumclaw	Hazen

ADDITIONAL INFORMATION

- FOOTBALL TEAM WEBSITE
 - ◆ <http://www.auburn.wednet.edu/Page/1231>
- FOOTBALL GOOGLE CLASSROOM (only players can access this website)
 - ◆ <https://classroom.google.com/c/MTQwMDg1MDIa>
 - ◆ Access Code: r0lr05
- FACEBOOK
 - ◆ AMHS Football Lions
- TWITTER
 - ◆ @AMVFootball
- HUDL

THANKS SO MUCH FOR COMING AND GO LIONS!

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