

# Frequently Asked Questions & Answers Rising 9th Grade Players

## **When is registration and how do I register?**

All student-athletes at EVHS are required to register ONLINE. Registration for Fall Sports will open on/after July 15th each year. \*\* When the registration links are live, we will send out a mass email to everybody in our database to announce that the Athletics Office is open for registration.

Every student-athlete is required to have an up to date sports physical on file. Online registration will not be available to you if the physical is not up to date.

If a student qualifies for FREE & REDUCED LUNCH, the registration fee is waived. The player must still register on-line, but the fee will show up as zero. The biggest confusion with free/reduced lunch comes after you hit the "Submit" button. You are not done with registration until you go to the "Checkout" (located at the top of the page) and complete that process.

The EVHS Main Office has a computer available for your use if you do not have access to one. The Main Office hours are 7:00am-3:00pm.

Note: Players will NOT be allowed to participate in practice if they have not been properly registered and cleared for participation. Players who are not cleared, but who intend to play football, are still required to attend and observe practice until the player is cleared.

## **Is there a specific form that I need to use for my physical exam?**

YES. The MSHSL has a specific form that your doctor must complete for participation in high school sports. Some doctor offices have these forms on file, but it is strongly advised that you take the proper paperwork with you to your physical exam. If you do not have the correct form completed and signed by the doctor, you will not be cleared for participation.

Every year we have players who are delayed in starting practices because of improper physical exam paperwork. There are no substitutes for the proper paperwork. Many offices will "redo" paperwork, but require a 2-3 day allowance to complete a different form. Therefore, please make sure the proper form gets used.

You can find the form in three places: the EVHS Main Office, the MSHSL website (listed below), and the Eastview Football website.

Minnesota State High School League website: [www.mshsl.org](http://www.mshsl.org)

Eastview Football Website: [www.eastviewfootball.org](http://www.eastviewfootball.org)

## **When do practices start?**

All practices for grades 9-12 start on the same day. Please refer to the CALENDAR on the Eastview Football website ([eastviewfootball.org](http://eastviewfootball.org)) for the latest information including practice dates and times. A specific calendar will be available at the April 9<sup>th</sup> Parent Meeting at EVHS in the Performing Arts Center at 7:00 pm.

NOTE: Football for all grades starts PRIOR to the beginning of the school year.

## **Where do I report for the start of practices?**

9<sup>th</sup> Graders should report to the EASTVIEW WEIGHT ROOM where the 9<sup>th</sup> grade coaching staff will meet them to start the season.

## **Contact Information for the 9<sup>th</sup> Grade coaching staff:**

Questions prior to August 1 that are not addressed on the website or in this FAQ document should be directed to Coach Sherwin (Head Varsity Coach) at: [kelly.sherwin@district196.org](mailto:kelly.sherwin@district196.org)

## **What equipment do I need to purchase?**

Football players are required to purchase very little equipment. Lightning Football has all required protective equipment with the exception of cleats, mouthguards, and girdles. We do have a large number of “hand-me-down” cleats from previous years that players can choose from if they do not have cleats – but there is no guarantee that we will have the correct size.

There are a few pieces of equipment that most players purchase on their own:

- Protective Girdle (required). 5-pad sewn in girdle. We will make these available at [eastview-football.org](http://eastview-football.org) through our “workout gear” link. They can also be purchased locally at various stores.
- Protective cup or “nut cup”. These are NOT provided, nor are they required. Individual use is up to player/parent discretion.
- Gloves. We do not provide gloves, nor are they mandatory. Gloves must be within the Lightning Football Dress Code (found at [eastviewfootball.org](http://eastviewfootball.org)) You can never go wrong with black.
- Mouth guards. We provide basic mouth guards to all players who need one. However, some players may choose a higher level brand (i.e. Shock Doctor) and/or have a mouth guard created by one’s dentist. This is your option. Players must have a mouth guard to participate in any contact situation.
- Padded under shirts – including those that incorporate greater shoulder and/or rib protection. Some players may choose to wear this under their equipment.

## **There are some pieces of equipment that you should NOT purchase:**

- Visors. These are only allowed with a written note from your doctor that it is required for a medical reason. In this event, only a clear visor can be worn.
- Wristbands – especially the tiny ones meant to accentuate one's biceps. These are NOT legal in high school football.
- Neon colored anything – including pink. We require players to look as uniform as possible, so bright colored shoes, gloves, socks, etc are not permitted.
- Additional padding without clearing it with a coach. For example, shin guards would not be allowed, nor certain elbow pads. If there is a question, please check with a coach before spending money on a pad that may not be legal equipment.

## **Summer Camps:**

All of our summer opportunities are strongly encouraged but they are not mandatory. They are offered as opportunities to make our players better athletes, better football players, and to get a jump start on our offensive and defensive schemes. Players who attend camp enter the season with a great foundation of being prepared for the season.

We have two opportunities that are strongly recommended:

**EVHS SuperGroup:** This is a camp that features strength training and speed/agility development. This summer program is run by a variety of EVHS coaches including many from the football program.

This program involves weight training, agility & plyometric training, and speed development. Registration for this camp is run through District 196 Fee Pay. We will email out registration links once they are available. This camp runs Monday, Tuesday, and Thursday (8 - 9:30 am) during the summer until the start of fall sports with no sessions during the MSHSL "no contact" week that includes the 4<sup>th</sup> of July. All campers receive a T-shirt. It is open to athletes in all sports.

**Lightning Football Camp:** This is THE summer camp for Eastview Football Players in grades 9-12. This camp includes 11 sessions.

6 skill development sessions are held on Tuesday mornings and Sunday nights throughout the summer. These are conducted with all 9-12th graders together wearing only helmets (and in some instances – shoulder pads). These are strictly non-contact with an emphasis on football skills. We may also "install" schemes specific to Lightning Football.

5 camp practice sessions: These are held in July during the same week. They are 3 hours in length and give all players an introduction to fall practice. They are conducted just as a fall practice will be conducted. Skill development and specific Eastview schemes are once again introduced. On the second day of these sessions we add shoulder pads to the equation. (These pads are issued at the end of the Monday night session.)

All campers receive T-shirt.. This camp is run through the Community Education, and online registration will be available each spring & communicated via email and at [eastviewfootball.org](http://eastviewfootball.org)

Costs & Registration: All registration fees are paid to Community Education, and registration can be done online and payments made with a Credit/Debit card.

Note: These camps are highly encouraged but not mandatory. We believe that those who attend camps will enter the season with a greater understanding of our football fundamentals and systems.

### **How do we get added to the email distribution list?**

If you are not receiving informational emails, email Coach Sherwin at [kelly.sherwin@district196.org](mailto:kelly.sherwin@district196.org) or Bret Lewison (Booster President) at [LewisonBP@hnicorp.com](mailto:LewisonBP@hnicorp.com) and ask to be added to the distribution list. You will be added within 48 hours.

### **Where do I get the latest updates and information for Eastview Football?**

Almost all information is communicated first via the Eastview Football website: [www.eastview-football.org](http://www.eastview-football.org) and then sent via email using our distribution list.

PLEASE refer to your emails and the website before emailing Coach Sherwin about a question. Most answers can be found within seconds of examining this FAQ document, our website, or emails that have been previously sent. If the answer to your question is still not there, email Coach Sherwin at [kelly.sherwin@district196.org](mailto:kelly.sherwin@district196.org)

### **Is it OK for my player to miss practices for vacation?**

Each year this is a tricky subject. The football season starts during the “summer vacation” period and flows through two other school holidays – Labor Day Weekend and MEA Weekend. For incoming 9th Graders, we realize that vacations over one of these times may be unavoidable by the time you learn about the high school football schedule. Therefore, we ask that you communicate any vacation conflicts immediately with the 9th grade coaching staff. For 9th graders, these will be “excused” absences, but it is the expectation that there will be a common understanding between the football program, player, and parents involved, as outlined below:

First, the missing of practices and games by any player will have a detrimental effect to the player’s status on the depth chart, and in turn, one’s playing time. Players and parents must be committed to regaining any on-field playing time through hard work in practice, and there must be a realization that one week of hard work upon returning will not result in one resuming a previously established role. While a player is on vacation, teammates are practicing to improve and build chemistry as a team, and playing time will reflect the roles established in practice.

Second, this tolerance of vacations is NOT extended beyond one’s 9th Grade year. Thus, those who have been in the program for a year (so players entering grades 10-12) are expected to make accommodations in their vacation plans and summer schedule to be in attendance at all practices and games from the start of the season through the final varsity game. NOTE: While each summer schedule varies, there are two weeks each year when there will be no football activities. These weeks are the MSHSL “no contact week” that includes the 4th of July AND the week(s) in August prior to the official start date of football practice.

Finally, if the vacation leads to extensive absences that are detrimental to the team or make it unable for the player to adequately rejoin the team (i.e. gone for three weeks in September), then the vacation may be deemed an unexcused absence and the player recommended for dismissal. This is not meant to be punitive, but rather an appropriate conclusion to a situation that would otherwise be unfair to the player, program, or both.

### **How are positions and playing time assigned?**

The coaching staff will ultimately make the designation for position and playing time assignments. Traditionally, players are given the opportunity to select the position of their choosing the first day or two of practice as coaches evaluate team personnel. From this point coaches will move players to meet team needs and develop a depth chart according to ability and development within the program's schemes.

Positions and playing time are not topics for discussion via email or meeting in person. Players can always meet with coaches to determine areas of improvement that could lead to an increase in playing time or a change of position, but this will not be a topic discussed between parents and coaches. In addition, previous playing experience and/or depth chart perception is NOT necessarily relevant to participation on the 9<sup>th</sup> grade team. A driving force in our program is competition to earn playing time, and players will be encouraged and coached to compete every week.

### **What is 9A and 9B designations for games?**

We want all of our 9<sup>th</sup> graders to gain experience playing in football games. This will vary depending upon each player's role, as well as week to week while facing different game situations. In order to try to accomplish this goal, we work hard to schedule as many "B" games as possible. Each year the initial scheduling goal is to play a minimum of eight 9A games and six 9B games. Please keep in mind that the number of 9B games will be based on the availability of players to participate and this may fluctuate between opponents from week to week. We have ONE 9<sup>th</sup> grade team. We do not split up into separate "A" and "B" 9<sup>th</sup> grade teams. The 9<sup>th</sup> grade team may, however, split up during a team time period and work with different units in practice. The 9A game is the "first team" game featuring the players at the top of the depth chart entering a given game. Playing time is NOT Equal. Therefore, it is entirely possible for a player to not see on-field time during the 9A game.

In the 9B games, players who are determined not to have played enough significant minutes in the 9A game will play in the 9B game. Again, playing time may not be equal, but all players who attend a 9B game (given that they are in good standing with the team) will play in the 9B game. Thus, at the end of a given week, our goal is for all 9<sup>th</sup> grade players will have seen the field in either the 9A or the 9B game. We believe that this will allow for the continued development of all players to work towards improving the Eastview Football program.

### **What is the Eastview Lighting Toughdown Club and How do I get involved?**

The Eastview Lighting Toughdown Club is the booster club that supports Eastview High School Football, and in some circumstances, programs that feed into Eastview High School Football. The primary function of the Eastview Lighting Toughdown Club is to support support the building and maintenance of a high functioning high school football program. This of course involves the raising of money. Your membership in the Eastview Lighting Toughdown Club is automatic once

your child joins the program. There will be volunteer opportunities for all members of our program. Volunteering on behalf of the Eastview Lightning Touchdown Club does not have a reciprocal effect with a player's playing time or role on the team. While the football program recognizes the crucial role that an effective booster club can have on our success, involvement will not be in exchange for playing time, position selection, or any other undue influence on coaching and/or staff decisions.

Please learn more about the Eastview Lightning Touchdown Club by visiting the ELTC website: [eastviewfootball.org](http://eastviewfootball.org)

All 9<sup>th</sup> Grade Player Families will be expect to Volunteer at two events. These involve time only - no financial contribution. Example volunteer opportunities include working in the concession stand, being a driver in the fall card fundraiser, working during the kick-off bash in August, etc... More information on opportunities will be made available via email and at the parent meeting at the beginning of fall practice.

### **Is Eastview Football doing anything to address concerns surrounding concussions?**

Yes. Absolutely. First, we follow all of the concussion protocols as mandated by state and federal rules. This includes removing any player from participate if symptoms of a concussion are present until he is CLEARED BY A DOCTOR to return to play. When in doubt, we play it safe. We have a Certified Athletic Trainer at all of our football events – practices and games. At the 9<sup>th</sup> grade level, the EVHS ATC is at all home games, and our opponent is responsible for providing an ATC at away events. In addition to following safety protocols, we have a couple of additional steps to help with concussion prevention and diagnosis. First, we have all players go through the Baseline testing. This is a test taken on a computer screen that measures healthy/normal brain activity of an individual. It is this test that an athlete who has possibly sustained a concussion will take again, and the results compared with the original by a doctor who specializes in neurological health.

Next, our program has made a commitment, and we are in year three of this commitment, to steadily restock our helmet supply with Schutt Vengeance helmets. In an independent study by Virginia Tech, this helmet received the revered 5-star rating for safety. The vast majority, (over 85%) of our helmets are the Schutt Vengeance. The remaining 15% Schutt DNA helmets which scored a 4-star rating, the next highest. Within the next 2 years we expect to have only 5 star helmets in our inventory. So all Eastview High School football players, grades 9-12, are in either 4-star or 5-star helmets for safety.

Finally, we have a schutt helmet specialist come to check each players helmet prior to contact. He checks each helmet for fit and to ensure that all padding is adequate and up to date. It is CRITICAL that parents and players not adjust helmets on their own – especially during the first week of practice when the helmets always feel too tight as players have not worn a helmet for the previous 9 months.

### **Can a 9<sup>th</sup> grader try-out for the JV/Varsity team?**

A 9<sup>th</sup> Grader cannot “try-out” to make the varsity team. At any point in the summer before or the season, the EVHS coaching staff may determine that a varsity or JV need may require a player to be pulled up from the 9<sup>th</sup> grade team. This is then communicated to the player, parents, and the 9<sup>th</sup> grade coaches. This has happened very rarely in our program’s history.

All 9<sup>th</sup> grader should plan on starting and playing the whole season with the 9<sup>th</sup> grade team. It is better for a player to play and help his team be successful than it is to be “pulled up” and only receive limited playing time.

### **Can Rising 9<sup>th</sup> Graders start lifting weights and working out at EVHS in the spring before entering EVHS?**

Yes. Actually starting during the winter months we run a middle school SuperGroup free of charge at EVHS. Information is distributed after the start of the new year to each of the schools and athletic organizations. Workouts usually last one hour and include both weight training, speed development, agilities and plyometrics.

### **What is the try-out criteria and how many players make the team/are cut?**

We do not cut at any level of Eastview High School Football. Because we have multiple levels of participation, a student-athlete will never have to worry about being “cut” and not allowed to play. All students who want to play football will be allowed to play football at Eastview High School provided that he is in good standing with the program (attendance, behavior, and academics). It is important to remember that playing time is NOT EQUAL at any level of Lightning Football.

Note: There are attendance requirements that include a limited number of excused and unexcused absences. Players at any level may be dismissed from the program if they violate the absence policy with too many absences. This, however, is not being “cut”.

### **Where can I find the game schedule?**

Two places: [www.eastviewfootball.org](http://www.eastviewfootball.org) and at the eastview high school website - follow the athletics link.

### **Where can I find directions to away games?**

These can be found at [eastviewfootball.org](http://eastviewfootball.org)