

Stillwater Area High School Home of the Ponies



Player & Parent Handbook Stillwater Area Schools

District 834 Mission Statement

The mission of Stillwater Area Public Schools, in partnership with students, family and community, is to develop curious individuals who are active and engaged leaders in an ever-changing world by challenging all students as they travel along their personalized learning pathways.

District 834 Athletics Mission Statement

Interscholastic athletics are considered a voluntary extension of the educational program and as such will reflect the School District's Educational Goals.

Every effort will be made to provide students interested in participating in an athletic activity the opportunity, regardless of ability.

Stillwater Area High School

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Stillwater, Minnesota 55082

Activities Office

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School Song

Shout the name that Gains the Fame
No one But the Ponies!
Blast the Bleachers with the Roar
That Bids our Team to Score! Rah! Rah! Rah!
Hand in Hand Together Stand
Defiant we Face the Foe
Fight! Team! Win! Win! Win!
STILH₂O

Stillwater Football Philosophy

Mission Statement:

The Stillwater Area High School Ponies Football Program is committed to providing players opportunities for excellence in the high school experience. Our efforts will focus on character development, academic achievement, knowledge and understanding of football, strength and conditioning, fundamentals, and being a member of a team. Our participants will be better people because they played Stillwater Ponies Football.

Program Outcomes:

1. Have fun.
2. Represent our school and community with class.
3. Grow and develop as a person.
4. Become the best team possible.

Offensive Philosophy:

We are a RPO offense that has held onto a power running game. We seek to develop our offense around our athletes while trying to balance traditional formations with the spread offense. We will run core concepts from multiple formations. To be successful, we must give our players the ability to make informed decisions on the football field.

Defensive Philosophy:

We play an attack defense focused on not only stopping our opposition but creating turnovers and making big plays. Consistency in the base defense and aggressiveness in our stunts will allow our team to dictate situations and tempo. Our players must be intelligent, aggressive, dependable, and disciplined.

Special Teams Philosophy:

We will blend aggressiveness and discipline as we seek to improve field position and make big plays. The belief that special teams can make or break any game will drive effort and enthusiasm.

Academic Expectations

A Pony football player will:

- Represent the football team and himself with class at all school events.
- Be on time to all classes.
- Work to and above his ability level in all classes, athletics, activities, and events.
- Make his education a priority at all times.

Character Expectations

A Pony football player will:

- Focus on becoming a better person.
- Participate in at least three community service experiences.
- Show care for football facilities and equipment.
- Stand and clap during the school song.
- Show support to classmates by attending other activities.
- Return all issued equipment.
- Remain chemical free.

Service Expectations

We believe "Giving is receiving." We create opportunities for our players to discover and live that reality. Most of these experiences take place during the summer and fall. All of the experiences allow our players to make life better for others while developing life-long understanding for the importance of service.

- Pony Youth Camp at Stillwater Area High School
- Nursing Homes of Stillwater
- Tackle Cancer with the Minnesota Football Coaches Association
- Adaptive Football Day with the Stillwater Ponies
- Food Drive with Valley Outreach

Head Coach Contact Information

Varsity: Beau LaBore – laboreb@stillwaterschools.org

10: Paul Wieland – wielandp@stillwaterschools.org

9: Wade Deno – wdeno@sowashco.org

9: Mike Tollefsbol – mtollefs@sowashco.org

Policies and Procedures

Player/ Parent/ Coach Communication

1. Player/ Position Coach talk
2. Player/ Head Coach talk
3. Player/ Parent/ Position Coach/ Head Coach meet
4. Involve Activities Director

The Player/ Parent/ Coach Communication method is an expectation regarding all issues. When this method is employed it produces good results. Almost all issues are successfully handled when the player communicates with their position coach. Please follow this guideline in any necessary matters.

Discipline

A player who receives a discipline referral during the school day is subject to ineligibility during practice and games. This will be determined by the coaching staff. However, if a student is suspended from school, they are suspended from practice and games. A football player who steals from a teammate will be dismissed from the team for the remainder of the season. All other disciplinary issues will be handled by the coaching staff.

Injury

If an injury occurs during practice or a game, a coach will make an effort to contact the player or parent(s)/ guardian(s). If it is an emergency and we cannot contact you, we will get your son to a doctor using your prior consent. A trainer is present and will treat non-emergency injuries at most 9-12 practices. A trainer and a veteran medical team including an orthopedic surgeon and a physical therapist are present at all varsity games and available to our student-athletes at all times.

All injured players will dress for practice and games unless the trainer and head coach decide it is not practical. Regardless of the player's ability to practice or dress, the player is expected to perform all rehabilitative exercises and attend the practice to assist the team in some capacity.

Concussion

The topic of concussions has gained a great deal of attention in recent years. Our players have worn quality helmets in the past. Since 2012, however, they wear the best. Our players wear Riddell Speed or Speed Flex helmets, each of which is a Virginia Tech Helmet Ratings (one of few

studies measuring helmet performance) 5-star (highest rating) helmet. Nevertheless, no helmet can prevent a concussion. According to US Department of Health and Human Services Centers for Disease Control and Prevention, consider these signs and symptoms as your son participates in any sport: headache, pressure in head, nausea or vomiting, balance problems or dizziness, double or blurry vision, sensitivity to light or noise, feeling sluggish, hazy, foggy, or groggy, concentration or memory problems, and confusion.

Football Equipment

We have all but made the equipment your son wears the best money can buy. This equipment must be cared for by the players. A varsity player is in possession of about \$1,000 of equipment and jerseys. Each player is responsible for all equipment he is issued. The player must pay for any unreturned or damaged equipment.

The coaching staff individually fits each player with the assistance of a veteran Riddell representative. The proper use of the equipment is taught and practiced to improve performance and reduce injury.

Refund Policy

School equipment must be returned prior to refund. Refunds are granted within one week of the start of the season.

Varsity Jersey Care – Nike Uniform Washing Instructions

1. Machine Wash Cold
2. Tumble Dry Low
3. Do Not Dry Clean or Iron
4. Do Not Use Softeners
5. Do Not Soak
6. Do Not Bleach

9-10 Jersey Care – Adidas Uniform Washing Instructions

Machine Wash Warm Separately (40C)

1. Tumble Dry Low
2. Do Not Dry Clean or Iron
3. Do Not Use Softeners
4. Do Not Soak
5. Do Not Bleach

Nutrition

The Ponies Touchdown Club teamed up with PowerUp of Lakeview Health to make the PowerUp for Ponies Football Playbook. This resource is a how-to guide for student-athletes to ensure proper nutrition during the off-season and during the season. It is available under the information tab on www.poniesfootball.com. Three key takeaways include always eating breakfast, eating plenty of carbohydrates, and avoiding sugary and carbonated drinks.

Practice

1. A player must be at practice unless he is sick and not in school or if excused by the head coach.
2. Student-athletes must attend three full class periods in order to practice or play in a game. This does not pertain to field trips.
3. An injured player must be at practice and dressed in practice uniform unless the trainer or head coach excuses him.
4. A player must be at Saturday games or practice unless excused by head coach.
5. A player who receives a discipline referral during the school day is subject to ineligibility during practice and games.
6. A player with an unexcused practice absence will not start that particular game and could face additional consequences. Excessive unexcused practice absence could lead to team dismissal.

Minnesota State High School League (MSHSL) Policy

MSHSL Policy will be enforced at all times and carries significant punishment to the players and consequently the team.

Lettering Policy

A combination of the following components will be evaluated in determining a varsity letter award.

A Stillwater Football Player will ...

Academic: Represent the football team and himself with class at school events ... Be on time to all classes ... Work to and above his ability level in all classes ... Make his education a priority during the season.

Citizenship: Participate in at least two community service experiences ... Show care for football facilities and equipment ... Stand and clap during the school song ... Show support to classmates by attending fall activities ... Return all issued equipment ... Remain chemical free.

Athletic: Have perfect attendance throughout the entire season. This includes Saturday practices ... Player must contribute to the team's preparation and performance. Complete the season without an unexcused practice absence ... Complete the season without a personal foul/ unsportsmanlike penalty.

Letter Situations:

-A player who is injured may be awarded a letter if he would have accumulated enough quarters if the injury did not take place. The injured player must attend all practices and games unless excused by the coaching staff.

-Any member of a conference championship or state tournament team who meets basic requirements will be awarded a letter.

All players must remain on good terms with the coaching staff to letter.

Stillwater Area Football Schedules

Schedule Information

The Suburban East Conference provides an outstanding website that can give you everything you need to know about team schedules. Go to www.suburbaneast.org to access varsity, junior varsity, sophomore, and freshmen schedules, alerts, directions, and other information.

Additional Sophomore (10B) and Freshmen (9B) Games

We may schedule additional games. Some games are scheduled while others will be announced to the players at a later date. These games give more playing opportunities to our players.

Stillwater Area Ponies Football Staff

Varsity

Head Coach	Beau LaBore
Defensive Coordinator	Mark Harris
Offensive Coordinator	Mike Puhmann
Defensive Line	Jason Caballero
Outside Linebackers	Mark Harris
Inside Linebackers	Mike LaBore
Defensive Backs	Nick Varichak
Quarterbacks	Mike Puhmann
Running Backs	Beau LaBore
Wide Receivers	Mike Weiss
Offensive Line	Darrell Salmi
Offensive Line	Matt Cleary
Offensive Line Volunteer	Dan O'Keefe
Tight End (part time)	Matt Anderson
Technology	Brady Hannigan

Sophomore

Sophomore Head Coach	Paul Wieland
Assistant	Scott Buchkowski
Assistant	Bruce Brevitz
Assistant	Matt Hemenway
Assistant	Ryan Bartosiewski
Assistant	Cornelius Rish

Freshman

Freshman Co-Head Coach	Wade Deno
Freshman Co-Head Coach	Mike Tollefsbol
Assistant	Tim Kiemel
Assistant	Kevin Klancher

Support Staff Leadership

Athletic Trainer	Mike Renfro, ACT/R
Orthopedic Surgeons	Andrea Saterback & Andrew Schmeising
Sports Doctor	Dr. Paul Schafer
Grounds Supervisor	Dominick Velentia
Chain Gang Coordinator	Greg Krenz
Statistics Coordinator	Frank Matschina

Stillwater Varsity Captains and Parents

Captains

Gus Gregg, Emilio Rosario Matias, Nolan von Behren

The parents of our captains organize and delegate many of the functions that make the football season memorable and successful. This includes:

Kickoff – Parent Meeting and Pictures
Parent Night
Community Service – Stillwater Nursing Homes
Community Service – Adaptive Football
Communications
Freshmen / Sophomore End of the Year Pizza Party
Varsity Banquet

The parents of the captains will need assistance to make these important events and projects a success. Please show your support of them by taking the lead or assisting in some way. We encourage you to become involved!

The 10 Commandments of Football Parents/ Guardians

As parents, encourage, do not complain; motivate, do not agitate; be a team parent or guardian. The following are 10 helpful suggestions to parents in regard to the football experience:

1. Be positive with your son. Let him know it is a great accomplishment to simply be a part of Stillwater Area Ponies Football.
2. Do not offer excuses for why he is not playing if that is the case. There is usually a reason for it. Encourage him to work hard and do his best.
3. Do not criticize his coaches. The coach represents the authority, the parent or guardian, and the teacher. If you constantly criticize your son's coaches, you cannot expect him to play for them. He is being taught to be a complainer, not a doer. Discuss problems with your son. If needed, have your son talk to his position coach. If you are still not satisfied, have your son talk to Coach LaBore. If the issue is still not resolved, the player, parents or guardians, position coach, and head coach will meet to discuss the issue. Problems cannot be solved unless your son communicates with his coaches.

4. Encourage your son to follow team and school rules. If we are going to be successful, your son must follow the MSHSL rules, Stillwater Area High School rules, and Stillwater Football rules.

5. Insist on your son working to his ability academically. Check the number of hours your son spends on homework. It is the duty of the parents or guardians to see that their son is working in the classroom. No matter how good a player he may be, if he does not have good grades he does not get into college. A student-athlete must be a student before he is an athlete.

6. Do not develop envy toward other players. Do not live your life vicariously through your son. Football is a game – let them play it. Do not show animosity or jealousy to any of your son's teammates because they carry the ball more, score more touchdowns, or get more publicity. Do not care who scores or gets the publicity. The important thing is that every player on the team does his best!

7. Do not be a know-it-all. The coaching staff at Stillwater works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be “into the game,” but please be positive toward our players and coaches.

8. Insist on your son's respect for the game of football, the officials, and our opposing players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have class. It takes years to develop a “class” program, but it can take seconds to destroy it.

9. Foster in your son a positive self-image. Do not compare and contrast your son with former family members who played football. Help him in any way possible to feel good about himself and his role in Stillwater Football.

10. Encourage your son to play the game of football for the “love of the game.” Winning will take care of itself. Post-season awards will take care of themselves. College scholarships will take care of themselves. Usually, good things happen to teams and individuals who are unselfish, hardworking, and committed.

Putting Football into Perspective

Many high school athletes dream of earning a college scholarship and becoming a professional athlete. It is a common dream, but unrealistic for most high school athletes. Participation in athletics is highly valued in the St. Croix Valley. The importance of scholarships and individual accomplishments, however, must be placed in a broader perspective. At Stillwater Area High School we work to emphasize character, teamwork, and competition. It accentuates the classroom and getting an education first. It does not emphasize winning at all costs or showcasing an individual player. It should prepare young men for future challenges in life. Therefore, we must keep football in perspective. The 1993 Utah State University study shows the likelihood of a high school student-athlete getting an athletic scholarship and moving on to professional athletics. Over three decades later, the percentages can only be smaller.

- 59% of high school football and basketball players believe they will earn a scholarship.
- 98 out of 100 high school athletes will never play in college.
- Only 1 out of every 100 high school athletes will receive a Division I scholarship.
- Only 1 out of 12,000 athletes will go on to become a professional athlete.
- Only 1 in every 5,200 college football players will go on to be a professional player.
- 67% of all NFL players do not have a college degree.
- The average career in the NFL lasts shorter than 5 years.

Moreover, when our 2014 7-on-7 team won the Minnesota Vikings Tournament and represented them at the High School Player Development National Tournament, a similar case was made. In 2013, 1.2 million young men played high school football and over 63,000 played college football. Of those 63,000, approximate 300 will play in the NFL. That is 0.025% of high school players and 0.5% of college players in a given year. Clearly, a young man should be playing this game for the right reasons – have fun, develop character, and be part of something greater than themselves.