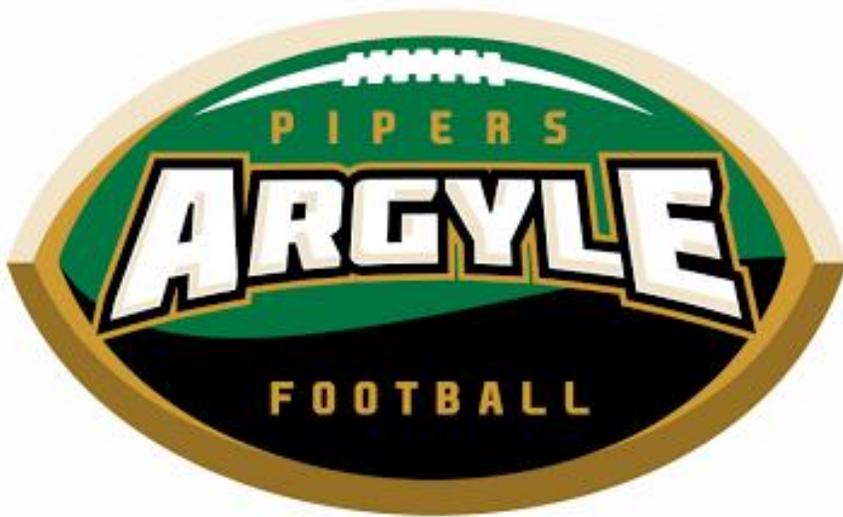


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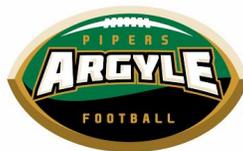
Argyle Pipers Football



09/05/2017

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Introduction

Welcome

Welcome to the 2017/2018 Argyle Pipers Football Program. Football at Argyle Secondary School is open to all Argyle students regardless of experience. There are 3 teams offered:

- Grade 8 – played in the spring – beginning after Spring Break
- Junior Varsity – Grades 9 & 10 – played in the fall
- Varsity – Grade 11 & 12 – played in the fall

This manual will provide most of the information that players/guardians and volunteers will need to enjoy a safe and successful season. Please read all of the information and complete all of the required forms. If you have any questions at all please contact the Manager or Coach for your team.

Structure

Argyle Pipers Football is supported, managed, and coached through a unique partnership between the school and the community. The players will enjoy the safety, structure, support and supervision of Argyle Secondary School and the BC High School Football Association, and the passion, dedication and experience of staff and volunteer community coaches, trainers and managers.

The program relies heavily on volunteers and cannot function if parents and players don't contribute their time and resources. There are many ways to contribute and be involved. Fundraisers, social events, volunteering on game day, helping with communications, organizing equipment, filming, assisting with driving are just some of the ways that you can be involved. Be part of the winning team!

The Argyle Football Committee (AFC) is open to any parent/guardian with a student athlete in the program. The AFC organizes events, supports the program, liaises with the school, and is the decision making body for the program. See Appendix A for the membership and roles.



Expectations

Communication

There are many ways for you to stay connected with the team, the program, and the coaches.

Team Level:

Each team has its own coaches, student managers, school sponsor and manager.

The coach and manager will communicate directly with the players about anything specifically related to the players only. The main form of communication with the players is via facebook, email, and texting. Please ensure that the coach has the accurate email address for each player.

Team specific contact information can be found on the Team Schedule Page for the corresponding Team.

Program Level

Parents/Guardians/Volunteers will be contacted and updated frequently by the Program Communications Coordinator. Please ensure you provide the most relevant and accurate email address to contact you at. Due to privacy laws, this information **is not** provided to the program by the school. Your contact information will not be shared, sold or distributed. You can only be kept up to date if we have your accurate contact information!

All communications to and from the program is through:

Football.pipers@gmail.com

Not sure where you filed that email notice? Want to know when and where the next game is? Want the roster for your team? All this information is kept on the Argyle Pipers Football website! Visit it often to stay in touch with the program. Book mark it to your favourites now!

<http://argylepipersfootball.com/>



Volunteering

There is an expectation that each player and each family contribute to the program in some way. This fosters a sense of belonging, ownership, engagement and community. Great relationships and partnerships have been made with the community and as a result the program has enthusiastic sponsors and supporters. You will be asked to participate in social events, fundraisers, to help out with organizing events or get involved in game day activities. Piper pride is strong! Players and parents will benefit by giving back to the program and to the community. Please review the list of volunteer opportunities below and let Football.pipers@gmail.com know how you can contribute. If you can't commit to a role now you will have other opportunities to help out for specific events during the year.

10 volunteer hours per player is requested over the course of the season.

Volunteer Opportunities

All Season – On Field	Off Field/Special Events
Head Coach	
Defensive Coach	Water Bottles
Offensive Coach	Ride Coordinator
Assistant Coach	
Manager	GM Test Drive
Assistant Manager	Pub Night/Auction
School Sponsor	Tailgate BBQ
Student Managers	Homecoming
	Banquet
Medical/First Aid	Football for Moms Night
Flags	Other fundraising opportunities TBD
Filmer	Equipment
	Argyle Football Committee
Program Coordinator	Fundraising
	Communications
	Website/Social Media



Player Expectations

- The 4 A's - Attendance, Attitude, Ability and Accountability
- Communication – Facebook Argyle Group is the main avenue for coach to player communications for the Varsity Team– check it regularly! Try to make all practices and training events. Text, email or facebook message the coach if you are going to be absent at any event.
- Playing multiple sports is good cross training and encouraged. Tell your coaches from both teams when you have conflicts. If playing another school sport during football season there is a form to complete.
- All positions are open to win. Open competition is our motto. If you earn a place on the field you will be on the field.
- Put the team first. United we stand, divided we fall. Always do what is best for the team, not for the individual.
- Dignity and respect must be shown to all of the people involved in the sport from the officials to the weakest player. We help each other to be the best we can be.
- Self-evaluate after each game. Watch the film on HUDL. Varsity players are also expected to send a self-evaluation to the coaches including: a letter grade; what you did well; and what you could have done better. This also applies to players who may be injured or unable to play as they are still expected to watch film and send in a team evaluation.
- Believe in yourself. Work hard, enjoy the process.
- Try as hard as you can to be a good student-athlete. School comes first in a school athletic program.
- Take care of yourself. Eat well, sleep well, exercise often.
- Argyle Pipers Football program expects the highest level of sportsmanship from all of its players. Represent yourself, your school, your family, and your community with class and dignity.
- See Appendix B for nutrition and substance use guidelines.

Parent/Guardian Expectations

- Complete all of the required forms! See Appendix C.
- Submit all payments and deposits! See Appendix C.
- Provide accurate email address and current contact information to receive important program updates
- When attending games ensure that you do not distract your child or any other players on the team. Please respect that the coaches require their undivided attention at all times even when they are on the sidelines.
- Volunteer! Help out wherever you can. For every player there is a commitment requested of 10 hours of volunteer time to be given back to the program/team.

“As parents, encourage – do not complain; motivate – do not agitate; be a team parent.”



Fees and Forms

All of the forms need to be completed accurately and handed in to the manager of the team. There are **NO EXCEPTIONS!** If your athlete has not submitted the forms he/she will not be permitted to play at any exhibition/regular season game. This is very important because it puts the player and the team at risk if he/she is not properly registered and insured.

The fees charged to play football at Argyle are heavily subsidized by sponsors and parent fundraising activities. The actual costs to play per player are close to twice the amount that is being charged. Fees cover essentials like safety equipment, field rental, insurance costs, referees, transportation and other costs associated with running the team.

Please see the budget and forms in Appendix C and make sure that all of the forms and payments have been submitted on time.

Policies

- All of the Argyle Secondary School athletic policies and codes of conduct apply to all players while participating in any Argyle Pipers Football event. This includes games, practices, meetings, field and bus trips.
- Playing time and positions are determined by the coaches based on skill, ability, attendance and other factors as discussed with the players.
- If you have concerns or questions please of coaching decisions please adhere to the “24 Hour Rule”. Don’t approach any of the coaches to discuss or question their decisions during a game, or immediately after a game. Wait for 24 hours and if you still want to discuss the concern, contact the coach to arrange a time to discuss.
- Players have been informed that they are to communicate to the coach prior to the event if they are going to miss or be late for an event for any reason. It is very important that the players take responsibility for communicating their attendance.
- If the player is injured at a practice or game ensure that the player seeks medical attention and the injury is reported to the coach and team manager for documenting.



Equipment

The following is a list of equipment issued to each player and the estimated replacement value. All players are responsible for returning their equipment in good repair and clean.

- Helmet \$450
- Chin Guard \$15
- Shoulder Pads \$225
- Game Pants \$60
- Practice Pants \$60
- Practice Jersey \$50
- Belt \$10
- Mouthguard \$5
- Game Jerseys \$180 each
- Total program cost for replacement for each player is approximately \$1400
- Deposit cheques for non- returned items will be cashed.
- Equipment not returned or damaged beyond use will be charged at cost. Final equipment return date will be set and all equipment not handed in by this date will have their equipment deposit cheque cashed.

Apparel supplied to each player:

- Long sleeved compression shirt

Other equipment not supplied by the program:

- Custom Mouthguard (basic mouthguard supplied)
- Girdle (mandatory) available for sale \$40
- Equipment bag (optional) available for sale \$40
- Lock (optional)
- Football boots (mandatory)
- Athletic supporter (optional)
- Gloves (optional)



Care and Maintenance

Players are expected to keep their equipment, locker room, weight room, team meeting rooms, and all football storage areas, clean and in good order at all times.

Each Friday all players are required to clean up their lockers and take their practice apparel home to be laundered.

All game uniforms (pants and jerseys) are to be washed after each game in cold water and hung to dry, do not use bleach or put in dryer.

Lockers

Lockers are available in the change room. Each player is responsible for providing their own lock and all equipment is to be placed in the locker with the door locked. Equipment is never to be left unattended in the locker room.



HUDL

Every game is filmed, cut, edited, and uploaded onto a website called HUDL. Each player will be set up with an account for HUDL attached to their email address. Only one account is permitted per email address so each player will require their own discrete email address.

All players are expected to review the film on HUDL. Varsity players are also expected to send a self-evaluation to the coaches including: a letter grade; what you did well; and what you could have done better.

It is a terrific tool and may be used to share with university, college and team scouts.

If you are not able to attend the game, ask your player to show you the game film!

Review it regularly and encourage your player to review, edit and even add music and captions to their highlight reels. It is a fun way of learning and the highlight reels even make great gifts for the grandparents!

For more information about HUDL go to <http://www.hudl.com/>.



Team Schedules and Contacts

The regular season training and game schedules follow on the next few pages. Please be aware that schedules are subject to change at short notice due to circumstances outside of our control. All attempts to communicate schedule changes will be made as quickly as possible via the player facebook and social media sites, the Argyle Pipers Football website, and through the Football.Pipers email account. Please read the emails and check the website regularly.

Additional Training and Camps

The Argyle Football Program has developed many positive relationships with extracurricular athletic training organizations and often will arrange for special group discounts on camps and training activities.

These training events are not mandatory but are often recommended by the coaches. Please check the Argyle Pipers Website for additional training opportunities, camps, and general fitness classes that run all year long.

Start of Season Mandatory* Practice Schedule – JV and Varsity

Date	Time	Field
Sunday August 20th	6:00- 7:30	William Griffin
Monday August 21st	6:00- 7:30	Sutherland
Tuesday August 22nd	7:00 – 8:30	Sutherland
Wednesday August 23rd	5:30 – 7:30	Sutherland
Thursday August 24th	7:00 – 8:30	Sutherland
Sunday August 27th	6:00 – 7:30	William Griffin
Monday August 28th	6:00- 7:30	Sutherland
Tuesday August 29th	5:30 – 7:00	Fen Burdett
Wednesday August 30th	5:30 – 7:30	Sutherland
Thursday August 31 st – Sept. 3rd	Varsity Team	Oregon Football Trip (optional)

*BC High School Football requires every player to have had 10 full contact practices before the first game.



Grade 8

Grade 8 Football begins after Spring Break.

Watch the BC High School Football Website <http://www.bchighschoolfootball.com/> for information about schedules.

Listen for announcements about meetings and practices at the school.

Check the Argyle Pipers Football Website for news and training schedules.

<http://argylepipersfootball.com/>

Role	Lastname	Firstname	Contact
Head Coach	Howe	Liam	Howe.liam@shaw.ca
Assistant Coach	Chan	Rick	rchan@sd44.ca
Assistant Coach	Gaillford	Steve	604.202.7691
Manager	Symons	Patti	604.626.8811



Junior Varsity (Grades 9 & 10)

Role	Lastname	Firstname	Contact
Head Coach	Howe	Liam	Howe.liam@shaw.ca
Assistant Coach/Staff	Chan	Rick	rchan@sd44.ca
Assistant Coach**	Galliford	Steve	steveg@shaw.ca
Assistant Coach	Avantini	Jamie	Jamie@butlerdiditcatering.com
Program Coordinator	Symons	Patti	ppsymons@gmail.com
School Staff Sponsor	Black	Katie	kblack@sd44.ca
School Staff Sponsor	Donohoe	Larry	ldonohoe@sd44.ca
Game Day Manager	Swarbrick	Jamie	Jjm.northvan@gmail.com
Manager			

**Additional volunteer coaches may be added to the program after completion of volunteer application and Criminal Records Check. All volunteer coaches listed have met these criteria.

Practice Schedule subject to change – check field and time regularly! During the season expect to practice or play every weekday. Games are set for Wed. and Thurs.

Day	Field	Time	Type
Monday	Argyle	3:30 – 5:30	Practice
Tuesday	Argyle	5:30 – 7:30	Practice – as light permits
Wednesday	Argyle	3:30 – 5:30	Practice Unless Game
Thursday	Argyle	3:30 – 5:30	Practice Unless Game

JV Game Schedule**

**check BC High School Football Association for official schedule as it is subject to change

<http://www.bchighschoolfootball.com/>

Date	Field	Time	Vs. Team
Thurs. Sept. 3 rd , 2017	Home (Exhibition)	3:00	Pitt Meadows
Wed. Sept. 13 th , 2017	Earl Marriott	3:15	Earl Marriott Secondary
Sat. Sept. 23 rd , 2017	Homecoming!	11:00	West Vancouver
Sat. Sept. 30 th , 2017	Spectrum (Victoria) (Ex)	TBA	Spectrum
Wed. Oct. 4 th , 2017	Home	3:00	Holy Cross
Wed. Oct. 11 th , 2017	Home	3:00	Spectrum
Wed. Oct. 18 th , 2017	Ballenas (Parksville)	TBA	Ballenas Secondary
Wed. Oct. 25 th , 2017	Earl Marriott	TBA	Earl Marriott
Wed. Nov. 1 st , 2017	Home	TBA	Barsby
Playoffs Follow TBA			



Varsity (Grades 11 & 12)

Role	Lastname	Firstname	Contact
Head Coach	Theobald	Wayne	604-789-8404 mrtibs24@gmail.com
Assistant Coach**	Avantini	Jamie	Jamie@butlerdiditcatering.com
Assistant Coach	Stanger	Bill	billtanger@telus.net
Assistant Coach	Symons	Patrick	psymons@purolator.com
Assistant Coach	Saba	Mike	mike@mikesaba.ca
Manager	McLellan	Michele	Michele-jack@shaw.ca

**Additional volunteer coaches may be added to the program after completion of volunteer application and Criminal Records Check. All volunteer coaches listed have met these criteria.

Practice Schedule* Beginning Sept. 6th

*subject to change – check field and time regularly! During the season expect to practice or play every weekday.

Day	Field	Time	Type
Monday	Argyle	3:15 – 5:50 pm	Practice
Tuesday	Argyle	6:00 – 8:00	Practice – will change to maximize light
Wednesday	Argyle	3:30 – 5:15	Practice
Thursday	Argyle	3:15 – 4:30	Walk through
TBA			Film

Varsity Game Schedule: check BC High School Football Association for official schedule

<http://www.bchighschoolfootball.com/>

Date	Field	Time	Vs. Team
Fri. Sept. 1st, 2017	Oregon Reedsport	7:00	Oregon Reedsport
Fri. Sept. 8 th , 2017	Argyle	3:00	Mount Doug
Fri. Sept. 15 th , 2017	William Griffin	3:00	GW Graham
Sat. Sept. 23 rd , 2017	Homecoming	1:00	Valley View
Sat. Sept. 30 th , 2017	Howe Sound	1:30	Howe Sound
Fri. Oct. 6 th , 2017	Burnaby Lake	5:00	Holy Cross
Fri. Oct. 13 th , 2017	William Griffin	3:00	Windsor
Fri. Oct. 20 th or Sat. Oct. 21 st , 2017	Bellenas (Parksville)	3:00	Bellenas
Fri. Oct. 27 th , 2017	Burnaby Lake	5:00	Hugh Boyd
Fri. Nov. 3 rd , 2017	William Griffin	12:00	John Barsby
Nov. 10 th – Dec. 2017	Playoffs	TBA	
December (early) TBA	BC Provincial Championships	TBA	Go Pipers!



Events Calendar

The following is the general outline of the activities of the program for the year. Please check the website and your email for announcements about dates, times, fields and changes to the schedule before you go.

July 2017

Sundays July 16, 23, & 30 - Dry Land Training – William Griffin 6 pm – 7:30 pm (optional)

August 2017

Sundays August 6 & 13 - Dry Land Training – William Griffin 6pm-7:30 (optional)

August 27th Player and Family Pot Luck– after practice social family event

August 30th - Sept. 3rd – Varsity Trip to Reedsport Oregon (optional)

September 2017

Sat. Sept. 23rd - Homecoming – 11am JV vs West Vancouver 2:00 pm Varsity vs. Valleyview

- Entertainment! Food! Fanwear! Don't miss the awesome community event. Come out and show your Piper Pride and support our teams!

Sept 27th – Football For Moms – 6:30pm @ Lynn Canyon Café – Wine and Appies. Social

Exhibition games and regular season begins.

October 2017

Lynn Valley Elementary School Pumpkin Patch – Date TBD – Team volunteers needed.

Regular game schedule.

November 2017

Nov 4th Parent Pub Night at Lynn Canyon Cafe – silent auction and other activities

Regular season ends. Playoffs TBD.

Nov. 11th, Remembrance Day - Team volunteers for set up and take down of ceremony

December 2017

Dec. 6 – 10th – Equipment Return

Football Season End Banquet at North Shore Winter Club – Date TBC (after playoffs)

Lynn Valley Lions Christmas Tree Lot – the LV Lions are very big supporters of Argyle Football, every player is expected to volunteer for many shifts to support this charity.



January 2018

Equipment inventory and inspection – Date TBD

February 2018

Grade 8 Football Info Meeting - TBA

March 2018

JV and V Mandatory Parent Meeting for Football Season 2018 - TBA

All registration forms and fees due for Grade 8

April 2018

Grade 8 Football Season (6 weeks)

May 2018

(late May or early June TBA) 10 days of Spring Training for both JV and V

June 2018

Lynn Valley Days – parade and volunteer duties

Various team and individual training opportunities (optional) – check the website

July 2018

Various team and individual training opportunities (optional)– check the website

Sunday night team practices (optional – no gear) TBA

August 2018

Various team and individual training opportunities (optional) – check the website

Sunday night team practices (optional – no gear) TBA

Full pads practices – usually the last 2 weeks of August - TBA

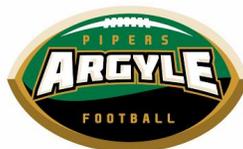


Appendix A

Argyle Football Committee Membership

Executive Committee Roles	Lastname	Firstname
School Liaison – Program	Sheehan	Shane
Program Coordinator	Symons	Patti
Coach - Varsity	Symons	Pat
Coach – Junior Varsity		
Fundraising	Rogers	Sean
Manager – Junior Varsity		
Manager - Varsity	McLellan	Michele
Communications Coordinator	Symons	Patti
Fanware, UR Store, Team Registration Insurance, BC High School Football coordination, book-keeping	Avantini	Erin
Film Coordinator	Durrant	John
Members at large	Brown	Amanda
<i>All family members of players, current and past, are welcome to be involved in the Argyle Football Committee</i>	O'Hea	Triona
	Westmorland	Deborah
	Ward	Russell & Linda
	D'Aoust	Kelly
	Swarbrick	Jamie
	Lovelett	Debbie
	Sullivan	John

New members welcome! Meetings are usually the second Tuesday of each month during school months. Please contact football.pipers@gmail.com if you would like to participate.



Appendix B

Nutrition

Playing athletics require a great deal of energy. It is the athlete's responsibility to keep his/her body in its best possible condition. Athletes must be well rested and properly fed. We recommend a minimum of eight hours of sleep per night.

This again will require time management on the athlete's part to complete his/her class work and other responsibilities in time to get the rest he needs.

What athletes eat directly affects how they feel and how they perform. All football student-athletes will be educated on making healthy nutritional choices. Adhere to these ten simple rules and your body will gain maximum benefit from the strength and conditioning programs we will develop:

1. Always eat breakfast!
2. Eat every 2-3 hours.
3. Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy (greek yogurt, milk, cottage cheese), and lean beef.
4. Get color onto your plate! A fruit and vegetable should be eaten each meal.
5. Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and pop. As well as foods like cookies, candy and ice cream.
6. Choose complex carbohydrates. (brown rice, multigrain, whole grain, or whole wheat options).
7. Stay away from pre-prepared food if possible (fast food, vending machines, frozen dinners).
8. Prepare food ahead of time if possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person!
9. Bookend your workouts – pre and post! Your workout is not complete until you eat!
10. FLUIDS, FLUIDS, FLUIDS! Water should be your #1 drink of choice, Gatorade should be #2.

We cannot emphasize enough the importance of nutrition and fluid intake. The average high school football player requires anywhere from 2,500-3,500 calories a day. You need to eat several times



throughout the day. This means not skipping meals, having a couple of healthy snacks (especially right before practice) and drinking plenty of water throughout the day.

Substance Use and Alcohol

This is a school sport and school district policy strictly forbids the use or involvement with any drug or alcohol at all times while representing the school as a student athlete.

Muscle health is the key to successful athletic performance, and science shows that alcohol can rob you of your hard work in the weight room¹. Here's why:

- **Alcohol use impairs muscle growth** – Not only does working out under the influence increase your likelihood of injury, but it can also impede muscle growth. Long-term alcohol use diminishes protein synthesis, resulting in a decrease in muscle growth. Even short-term alcohol use can affect your muscles.
- **Alcohol dehydrates your body** – If you want to optimize your athletic performance, then you want your recovery from sore muscles to be as fast as possible. Alcohol has been shown to slow muscle recovery because it is a powerful diuretic that can cause dehydration and electrolyte imbalances. When dehydrated, an athlete is at a greater risk for cramps, muscle pulls, and muscle strains.
- **Alcohol prevents muscle recovery** – Getting enough rest is essential to building bigger and stronger muscles. However, because drinking alcohol negatively affects your sleep patterns, your body is robbed of a chemical called human growth hormone, or HGH, when you drink. HGH plays an integral role in building and repairing muscles, but alcohol can decrease the secretion of HGH by as much as 70 percent. Additionally, when alcohol is consumed in amounts typical with binge drinkers, it can reduce serum testosterone levels, a biomarker that is measured by InsideTracker. Decreases in testosterone are associated with decreases in lean muscle mass and muscle recovery, which can impair performance.
- **Alcohol depletes your energy** - After alcohol is absorbed through your stomach and small intestine and moves into your cells, it can disrupt the water balance in your body. An imbalance of water in your muscle cells can hamper their ability to produce adenosine triphosphate (ATP), which provides the fuel that is necessary to help your muscles contract. A reduction in your body's ATP can result in a lack of energy and loss of endurance.
- **The effects of alcohol on memory** -Performing your best involves learning plays or strategies for an event. Alcohol impairs the functioning of the hippocampus, a part of your brain that is vital to the foundation of memories. If you can't form new memories, you can't learn and store information.

¹ Inside Tracker –www.insidetracker.com, 2013, Braun, Perrin



Creating memories is a complex process that takes a long time, and many memories are established even when you're not thinking about them. In fact, the majority of memory foundation happens when you sleep. Alcohol disrupts the sequence of duration of your sleep cycle (even if you drink up to six hours before you go to sleep!), which reduces your brain's ability to process information.

- **The effects of alcohol on nutrition** -Alcohol has lots of calories (about 7 per gram), but your muscles are unfortunately not able to use these calories for fuel. Alcohol calories are not converted to glycogen, a form of stored carbohydrates, and are consequently not a good source of energy for your body during exercise. Your body instead treats alcohol as fat, converting the sugar from alcohol into fatty acids. As a result, alcohol consumption increases fat storage and can adversely affect your percentage of body fat.

Not only is alcohol devoid of protein, minerals, and vitamins, but it also inhibits your body's ability to absorb these nutrients from food.

- Lastly, even small amounts of alcohol (0.02-0.05g/dL) can result in a **slowed reaction time and decreased hand-eye coordination**. Not only can this impair performance, but a slowed reaction time can increase your risk for injury and poor judgment.



Appendix C

Mandatory Forms

All of the following forms are distributed in hard copies and must be returned to the Manager before your player will be permitted to play. Registration for the fall occurs in the spring.

Equipment will not be provided until all fees have been submitted.

1. Football Permission Form
2. Informed Consent for High Risk Athletic participation
3. Student Awareness of Risk
4. Team Information and Karelo Registration – complete registration prior to spring training for the following season. New registration forms will be distributed in the spring of 2017.
5. Argyle Football Player Contact Information Sheet
6. Argyle Football Team Budget

If the forms have been misplaced or you would like a copy contact the team manager.

