



F O O T B A L L

HANDBOOK

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www.ohsvikingfootball.com



VISION FOR THE OAKMONT FOOTBALL PROGRAM

All who are involved in the football program at Oakmont High School will be committed to the continued effort to develop individuals that possess the character to be positive contributors to our society. The Oakmont football program will strive to support the school in all aspects. The coaches will provide an environment that will allow all players the opportunity to develop an appreciation for the importance of being involved in interscholastic athletics. The players will be expected to take ownership and pride in their participation in interscholastic athletics.

COACHING PHILOSOPHY

A student's participation in interscholastic athletics plays a major role in his/her development. Therefore, it is vital for coaches to give their players their very best and in turn expect the very best from their players. Coaches have chosen to be leaders so they should lead by example. The field of play is an extension of the classroom. The same teaching styles and methodology that are relevant in the classroom are relevant outside the classroom. Like teachers, coaches must be proactive to ensure a positive line of communication with their players and parents alike. Program rules and expectations should be clearly stated so that all issues can be dealt with properly to uphold the integrity of the program and the school it represents.

The success of a program is a result of a coaches' desire to prepare. Thorough preparation builds confidence and a sense of invincibility. However, a lack of preparation breeds uncertainty and a loss of control. Everyone has the ability to prepare, not everyone has the desire to not be out-prepared.

My goal has always been to be the head coach of a program, not just a team. I will be the leader of a program that will provide all that are involved with an experience that will last a lifetime. I will run a program that is confident and in control because of our preparation. I will lead by example and demand that the Oakmont Football Program be an excellent representation of Oakmont High School and our community.



OAKMONT FOOTBALL PROGRAM

“TEN COMMITMENTS”

1. PRIORITIES

- 1. Family**
- 2. Education**
- 3. Oakmont Viking Football**

2. OAKMONT HIGH SCHOOL

- **Be an excellent representative of your school.**
- **Support all aspects of the educational experience.**

3. PERSONAL DEVELOPMENT

- **Individually**
- **Academically**
- **Athletically**

4. CHARACTER

- **Win in life and you've won the most important game!**

5. RESPECT

- **Be an excellent teammate.**
- **Understand authority.**

6. COMMUNICATION

- **Administration, coaches, parents, and players.**
- **Everyone on the same page all the time.**
- **No messages from messengers!**

7. UNITY

- **Team unity can make you invincible.**
- **Be more than a football program.**
- **Community involvement!**

8. TOUGHNESS

- **The ability to compete at your highest level no matter what!**
- **Mental, Emotional & Physical Strength must work together for you to maintain your Ideal Performance State.**

9. SUCCESS

- **Success will be a direct result of our COMMITMENT to the program and our desire to prepare thoroughly.**
- **Celebrate our success!**

10. OAKMONT FOOTBALL PROGRAM

- **What you do today will become tradition in the future...Leave a Legacy!**

CODES OF CONDUCT

All Oakmont Football **Coaches** will strive to:

- Honor and uphold the “Ten Commitments”.
- Use language that would be acceptable to everyone.
- Be an example of good sportsmanship in all situations.
- Be committed to the proper development of each player in the program.

All Oakmont Football **Players** will strive to:

- Honor the “Ten Commitments”.
- Use language that would be acceptable to everyone.
- Display good sportsmanship in all situations.
- Be a positive roll model for younger players in the program.

PROGRAM GOALS

- Have fun and enjoy spending time together as a family as we prepare for success on and off the field.
- Support Oakmont High School in its efforts to develop well rounded individuals that will have the tools necessary to succeed in life beyond high school.
- Strive for 100% academic eligibility at all levels and team GPA’s of 3.0 or higher.
- Actively encourage and support the players desire to go to college and play football beyond high school at all levels. (Junior College through Div. I)
- Employ coaches that understand, accept, and uphold the overall purpose and philosophy of the football program. All on the same page all the time!
- Understand that the quality of our football will be a direct result of our preparation. We will not be out prepared!
- Offer a football experience that will be sought after by as many of our youth as possible.
- Work together and provide the needed support with the Junior Vikings to create a seamless program throughout.

OAKMONT FOOTBALL PROGRAM EXPECTATIONS

Love your teammates!

- Be more than about just yourself!

Follow all school rules that are found in the OHS Student Handbook, Oakmont Football Handbook and the RJUHSD Athletic Handbook.

- Do what is right even when no one is watching!

Attend class every day.

- Be on time and possess all needed supplies.
- Present yourself in a respectable manner.
- Be a positive **leader**, not a follower.
- Contribute to a positive class atmosphere.
- Cutting class will result in not suiting up for the upcoming game.

Be prepared for practice everyday.

- Wear the proper uniform. Do not borrow, trade, loan or share ANY required gear.
- Use proper practice gear everyday.
- Missing equipment will result in a fine. (See lost gear replacement cost form.)
- No game gear worn at practice.
- No altering (cutting) any uniform. You will have to purchase a new one. This includes t-shirts!

Attend practice everyday

- **Consequences for missed practice.**
 - 1 practice = Miss a quarter of next game!
 - 2 practices = Miss a half of next game!
 - 3 practices = Miss all of next game!
 - Excessive absences from practice will result in the removal from the program.

***This is for missing a full practice for any reason.**

- Added conditioning may result if the position coach feels it is needed.
- You must attend a minimum of 2 periods to attend practice or game.
- If you are injured, you must attend practice and wear appropriate clothing. (See your Head Coach prior to practice!)

***Players, not parents are responsible for contacting their Head Coach prior to 1pm the day they will miss practice/game!**

Be on time.....better yet, be early!

- Chronic tardiness to practice or games will result in loss of playing time or removal from the football program.
- If tardy, the player must complete the required consequence before starting practice.

***Appointments should not be scheduled during practice time!**

Maintain eligibility or progress towards.

- If you become ineligible, you will be expected to continue to participate in everything except games.
- Failure to participate will result in removal from the football program for lack of commitment.

OAKMONT FOOTBALL PROGRAM EXPECTATIONS CONTINUED.....

Participate in Our Year-Round Team Strength Training Program.

- Sign-up for all recommended strength and conditioning classes offered by OHS.
 - Fall Athletic PE for Varsity players
 - Spring Advanced Weight Training for all players.
 - Academic schedule conflicts will be dealt with on an individual basis.
- Attend all spring and summer camps Oakmont Football is involved in.

Never quit on your teammates.

- If you quit during the season you will not be allowed to rejoin the program without personally addressing your teammates before the next season.

Don't put yourself in a position that can cause you to be removed from the program.

- Failure to adhere to the program/school expectations may result in your removal from the program.
- If you are removed from the program, you will not be allowed to rejoin without a personal behavior contract.

Support OTC by committing to your family service requirement.

- Each player's parent or guardian will need to complete approximately 8 hours of work per family with the Oakmont Touchdown Club. If the parent cannot perform, or misses, their player will be assigned in their place.

Oakmont Football, its Coaches and the OHS Athletic Administration reserve the right to remove/cut any player that does not adhere to the expectations set forth by the Oakmont Football Program, Oakmont High school and the RJUHSD.

- All players who wish to play football will have the opportunity to try out for this year's team during the SJS Section Acclimatization week from February 22nd through February 27th.
- Any student that transfers to Oakmont High school after the tryout period that wants to join the team will be provided a 2-day tryout period.
- All fundraising money collected will not be refunded if a player does quits the team.
- Each player/family is expected to raise \$650. If they do, all "Spirit Pack" and "Personalized Travel Sweats" are provided at no extra charge. All these items are used by the player and are considered consumable items.

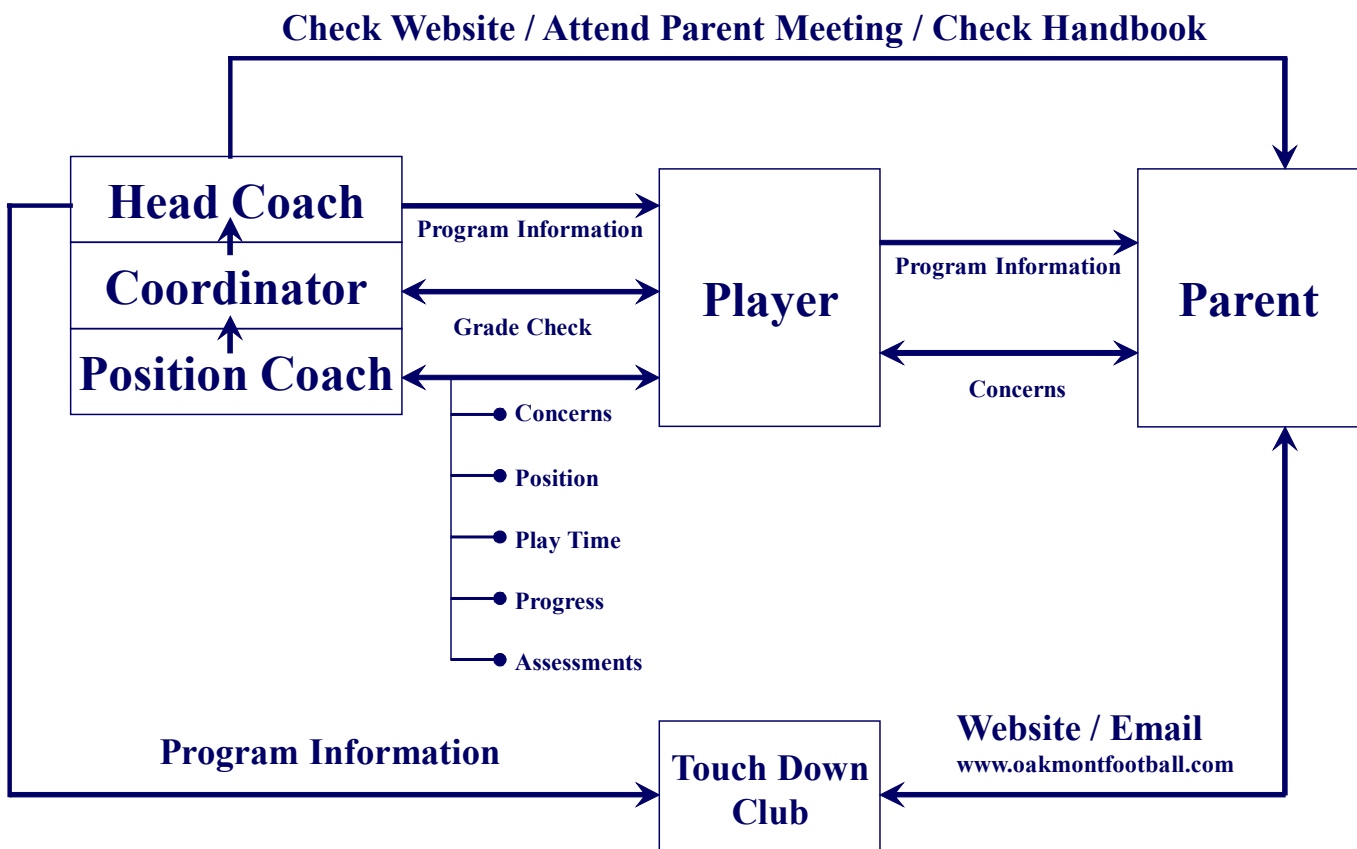
PARENTS SUPPORTING THEIR ATHLETES

- **Wins & Losses**
 - Not a “win at all cost” program!
 - Character building, sportsmanship & commitment to others are a few examples of our program focus.
 - The life lessons learned because of being involved in this program are what will determine our success!
 - Learning how to accomplish a common goal as a part of a group can translate into being successful in life.
 - Parents play a vital role in helping their athletes learn from losses.
 - How they learn to properly deal with their losses has much more of an impact on their development as young men.

- **Move Away From the Negative & Find the Positive**
 - Blaming vs. Crediting
 - Coaches, Players, Team & Officiating
 - Excuses vs. Responsibility
 - Coaches, Players, Team, Plays, Losses
 - Focusing on Mistakes vs. How to Improve
 - Coaches, Players, Team, Plays, Losses

***True character shines through when the times are tough!**

Oakmont Football Communication Flow Chart



LOST EQUIPMENT REPLACEMENT COSTS

| | | |
|--------------------|-------|---|
| 1. Helmet | \$550 | (Riddell Speed Flex w/ Insite) |
| | \$400 | (Riddell Speed Flex) |
| | \$275 | (Riddell Revo Speed) |
| 2. Chin Strap | \$10 | (Riddell) |
| 3. Shoulder Pads | \$325 | (Riddell Power, SPK & SPX) |
| | \$150 | (Riddell EVX, Douglas & Schutt) |
| 4. Practice Jersey | \$30 | |
| 5. Practice Pants | \$35 | |
| 6. Practice Belt | \$5 | |
| 7. Game Belt | \$10 | |
| 8. Game Jersey | \$175 | (Varsity – Nike) |
| | \$175 | (JV – Nike) |
| 9. Game Pants | \$100 | (Varsity – Nike) |
| | \$100 | (JV – Nike) |
| 10. Girdle | \$50 | (Stromgren, McDavid or Under Armour All-in-One) |
| 11. Soft Shell | \$70 | (Douglas) |
| 12. Game Socks | \$10 | |
| 13. Team Bag | \$65 | |
| 14. Cowboy Collar | \$50 | |
| 15. Ankle Brace | \$30 | |
| 16. Rib Pads | \$90 | (Riddell Power Pads) |
| 17. Back Plate | \$60 | (Riddell Power Pads) |



Oakmont Viking Football

Year-Round Strength & Conditioning Program

The Oakmont Football year-round strength and conditioning training program is broken up into four training periods. By using periodization I can cycle our players through different phases allowing us to apply specific targets in each phase. My goals throughout each period are to increase our strength, power, core stability, core strength, joint flexibility & mobility, speed, quickness, agility and conditioning.

January - May is our off-season period. During this period I take my players through an adaptation/technical teaching phase, a hypertrophy phase (foundational lean muscle growth) and an explosive power phase (explosive functional movement development). The players will test three times during this period. Baseline testing is done following the adaptation phase, mid-term testing is done following the hypertrophy phase and the final testing is done after the absolute strength phase. Our final testing gives us our max strength and power numbers that we will use throughout the pre-season phase and into the first part of our in-season phase. Outside the weight room I teach the players how to refine their basic linear running biomechanics and build on those principles to develop functional speed through the use of very specific programmed then un-programmed agility drills. Speed acquisition is developed through a combination of loaded running and over speed training after the hypertrophy phase. The development of conditioning is done by training the player's aerobic energy system then transitioning to more anaerobic conditioning as we get closer to the pre-season period.

June - July is our pre-season period. During this period I am heavily focused on the strength and power we have developed by gradually increasing the player's sets while decreasing their reps combined with using aggressive percentages. I also increase the amount of functional movement work the players do as well. I focus mainly on un-programmed agility drills, over speed training and 10 -15 second conditioning.

August - End of the football season is our in-season period. During this time I stay focused on continuing to build explosive strength and power through a high number of sets, low number of reps combined with aggressive percentages for the player's strength and combination lifts for their power. The drills that the coaches use during practice provide the player's with their agility work and I use a variety of conditioning drills to ensure they are in competition shape.

End of the season - December is our post-season period. During this time, I am heavily focused on refining our basic lift technique and repairing our bodies. I use a low number of sets and a high number of reps, combined with low to intermediate percentages for the player's recovery strength and power. I use competition in recreational sports twice a week during this time for their conditioning and agility.

I also recognize that I am training multi-sport athletes as well. These special athletes are provided the appropriate training volume and load throughout the year to allow for the added strain their bodies go through while playing other sports.

Timothy H. Moore, BA Kinesiology
Oakmont High School
Strength & Conditioning Instructor
Head Football Coach
Go Vikes!!!!



2020/2021 IMPORTANT CONTACT INFORMATION

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***PLEASE ASK YOUR SON, GO TO OUR WEBSITE OR
CONTACT THE TEAM MOM ABOUT QUESTIONS
BEFORE CONTACTING THE COACHES WHENEVER
POSSIBLE!**

GO VIKES!!!

**TOGETHER...LET'S MAKE BEING AN OHS FOOTBALL
PLAYER THE EXPERIENCE OF YOUR LIFETIME!**