

Kickoff Event: August 14 10:30 AM

Introduction of Staff

VARSITY: Flynn, O'Brien, Huff, Knox, Smith, Steffen, Mayorga, Ekhoﬀ, Farmer

JV: Mayorga, Steffen, Farmer

C: Pfeiffer, Schubarth, Kim

Ponderosa Football Since 2014

2020 6-1 league champ, state quarterfinalist

2019 8-4 league champ, state quarterfinalist

2018 10-3 league champ, state semifinalist

2017 9-2 state qualifier

2016 10-2 league champ, state quarterfinalist

2015 8-3 state qualifier

2014 5-6: league champ, state qualifier

Parent Expectations for best experience for your player

- What you say at the dinner table can impact your son and the team
- Understand that it truly is a team sport, and be supportive of your son
- Do not talk negatively about other players in the program
- Follow communication hierarchy: appropriate level, position, head, AD
- Help the program in whatever capacity you can to create a first class program
- State issue with officials shortage- major complaint is coach and fan behavior- we will set the example

Grades//Eligibility Policy

- Will follow all CHSAA and PHS requirements

Travel to away games/ Game Day Attire and Schedule

- Yellow buses are an issue, we will create links for those who need a ride
- We will try to find buses for "inconvenient times"
- Montrose we would like to have players ride with parents again
- Players wear Game Day Polo on game day to school
- Schedule can be changing for lower levels

Playing Time

- Varsity is the coaching staff's best choices to win the game based on practice, film study and game plan
- Lower levels: those who have earned the privilege to play, will receive some form of play time. C team some weeks will be a mix of Fresh/ Sophs.

Player Standards/Core Values

- Non-negotiable standards
 1. Don't be late- respect others time
 2. Work as hard as you can on the field- 100% focus and effort
 3. Take care of yourself off the field- nutrition/hydrate/sleep
 4. Positive representative in the community- you are always representing the program
 5. Do your best in the classroom- You are a STUDENT-athlete first
 6. Be respectful and inclusive in the school- The Golden Rule
 7. Prepare like a champion- study film and your playbook
 8. Follow injury protocol- always see our AT first and keep him in the loop
 9. Be honest with head injuries- Your health and well-being is the primary concern
 10. Leave this place better than you found it
 11. Every decision your coaching staff/you make are in the best interests of the team
- Core Values (Accountability, Commitment, and Effort)
What do they look like on field/in classroom/in community- your player created these and it is his standard of behavior

Zero Hour

- Varsity PE credit- film, field, classroom M-TH 630-715 AM
- Location posted on HUDL every weekend for players

Injury Protocol

Ponderosa Athletic Trainers

Ponderosa high school has two certified athletic trainers on staff to address the injury needs of each student athlete.

Athletes are encouraged to reach out to the athletic trainers anytime they have an athletic healthcare issue. The athletic training room is for **ALL ATHLETES** – regardless of sport or level.

The two staff athletic trainers will be the **ONLY** people to make play or no-play decisions. The athletes health and safety is the number one guiding principle in determining any play or no-play decision. Parents, coaches, the athlete and physicians will all be consulted when determining activity status. Per DCSD policy the staff athletic trainer has final authority.

In the event a student athlete is evaluated by a physician for any healthcare issue (does not necessarily have to be related to a sports injury) they **MUST** bring a signed note from the physician stating s/he is cleared to return to play. The note **MUST** come to the athletic trainer and **NOT** the coach. This is a DCSD and CHSAA policy.

Important Dates:

Scrimmage at Echo Park Friday 8/20 C 330-5, V 5-7, JV 7-8

Sat 8/21 Picture Day time TBD and Mom's Clinic/Lunch 11:15-12:45

Game Schedule- handout (V can also be found on Max Preps)

Fall Break- Varsity will have a long weekend (play 10/14 and 10/23)
(all levels will be off Monday 10/18)

We do practice Labor Day in the morning

“Talking Ball with Coach Cohen and Coach O'Brien”

QB Club Presentation

Head Varsity Coach Jaron Cohen: jcohen@dcsdk12.org

Head JV Coach Jon Mayorga: jon.mayorga@dcsdk12.org

Head C Team Coach Sean Pfeiffer: spfeiffer@dcsdk12.org

QB Club President Tim Porter: ponderosaqbclub18@gmail.com