



Love the Process
Love the challenge
Love your Teammates

2019 Football Handbook

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Program Culture and philosophy



LOVE...

1. The Process...

IN FOOTBALL

--LOVE THE YEAR LONG PROCESS THAT IT TAKES TO EXCEL AT FOOTBALL
LOVE THE PRACTICE, THE WEIGHTS,,THE FILM,,THE CONDITIONING

IN LIFE

LOVE any process that is making you better,
THE PROCESS OF BEING A PART OF A FAMILY,
LOVE SPENDING TIME TOGETHER, LOOK FOR OPPORTUNITIES TO HELP, OUT,
DO YOUR JOB

2. The Challenge...

IN FOOTBALL

LOVE THE OPPORTUNITY TO PLAY AGAINST THE BEST, LOVE DOING MORE
THAN YOU THINK YOU CAN, LOVE DOING THINGS THAT ARE DIFFICULT

IN LIFE

LOVE THE OPPORTUNITY TO TAKE A TEST THAT OTHERS SAY IS HARD, LOVE
THE OPPORTUNITY TO APPLY FOR A COMPETITIVE JOB, LOVE DOING THINGS
THAT OTHERS THINK CAN'T BE DONE

3. Your Teammates-...

IN FOOTBALL

LOVE TO SEE YOUR TEAMMATES SUCceED, LOVE TO SEE A TEAMMATE REACH
THEIR POTENTIAL, LOVE PUSHING AND BEING PUSHED BY PLAYERS ON THE
TEAM, CELEBRATE EACH OTHERS ACCOMPLISHMENTS, Be in the window
room

IN LIFE

LOVE YOUR FAMILY, TAKE CARE OF THOSE THAT ARE IMPORTANT TO YOU, BE
THE BEST SON AND BROTHER THAT YOU CAN BE, be a man built for others

American Fork Cavemen

2019 Football Coaching Staff

Head Coach:

Aaron Behm – Head Coach and Offensive Line

Offensive Staff:

Micah Hunsaker – Offensive Coordinator and Quarterbacks

Skyler Miene – Offensive Line

Cole Perry – Running Backs

Randan Manuela – Wide Receivers

Dirk Stephens – Wide Receivers

Frank Henderson – Offensive Line

Adam Rasmussen – Tight Ends - Sophomore Head Coach and Soph. Offensive Coordinator

Jacen Condie – Quarterbacks and JV Offensive Coordinator

Hayden Johnson – Wide Receivers

Rob McMurray – Director of Football Operations

Defensive Staff:

Nathan Cummings - Defensive Coordinator and Safeties

Sam Harward – Defensive Line

Tui Fa'amausili – Defensive Line

Trevor Richins – Linebackers and JV Head Coach and JV Defensive Coordinator

Dallen Smith – Linebackers and Sophomore Defensive Coordinator

Andy Brown – Linebackers

Scott Hughes – Defensive Backs

Justin Nadauld – Kickers

Tamara McMurray – Academic and Athletic Quality Control

2019 Game Schedule



Aug. 16th – @ Lehi H.S. – Endowment Game (Varsity Only)



August 23rd – Timpview H.S.



August 30th - @ Arbor View, NV (Varsity Game Only)
Sophs and JV v. Orem



September 6th - East H.S.



September 13th - @ Herriman



September 20nd – Skyridge H.S.



September 27th - @ Westlake



October 4th – Pleasant Grove



October 10th (Thur) – @ Lone Peak



October 16th (Wed) –Corner Canyon (Senior Night)

*Sophomores and JV play at 3:30 on the day before the Varsity game. The Sophomores play at the same location as the Varsity and the JV plays opposite the Varsity.

AFHS Football

Information for the 2019 Season

1. All students who are at practices everyday will be eligible to be on the team.
2. Spirit Packs are available for purchase starting tonight, on the team website. Cost of the spirit pack is 99 dollars and includes: Under Armour 7 on 7 Jersey, Under Armour Shorts, a practice jersey, and red and white game socks. These should be purchased by March 17th, so that we will be equipped for our first 7 on 7 on May 28th. Purchase these directly from our website, and they will then be delivered in time for May 28th. Spirit Packs can be ordered at:
<https://affb19.itemorder.com>
3. Participation fee for the fall season is 100 dollars. Uniform fee for the fall season is 200 dollars. This is due on or before July 29th when the season officially begins.
4. Please see our summer schedule for a complete list of team activities. Attendance at team lifting and summer camps will benefit the athletes tremendously!
5. Student athletes must have insurance and proof of insurance. If you are self insured and need access to insurance, the school district has offered temporary insurance through Student Assurance Services. You can enroll for this insurance at www.sas-mn.com

REGISTER MY ATHLETE REGISTRATION IS DUE – JULY 22nd

The following needs to be uploaded into registermyathlete.com by July 22nd: Physical form, Caveman Covenant, Copy of your Term 4 Report Card, and NFHS Concussion Certificate. Equipment will only be issued if everything has been completed in registermyathlete.com More information will be given as we get closer to the date.

AN IMPORTANT REMINDER: ALL PAPERWORK WILL BE COLLECTED ONLINE @ REGISTERMYATHLETE.COM.

IF YOU NEED HELP WITH REGISTERMYATHLETE.COM OR QUESTIONS ABOUT UPLOADING DOCUMENTS, PLEASE SEE THE VIDEO TUTORIALS AVAILABLE ON THE HIGH SCHOOL'S ATHLETIC YOUTUBE CHANNEL AT:

<https://www.youtube.com/channel/UCbLqh-Q2m-GZWHsrZcolz8g>

PLEASE SCHEDULE PHYSICALS PRIOR TO JULY 22nd

OR YOU MAY NOT PARTICIPATE UNTIL IT IS COMPLETED.

- Equipment not turned in at the end of the season will be charged to the student's account. This includes all jerseys and pads. Equipment is very expensive. (Helmets - \$250, Shoulder Pads - \$150, Uniforms - \$100)

Costs for the 2019 Football Season

Until July 1, all fees for the football season need to be paid in the financial office or online at <http://onestop.alpineschools.org>. **Check under the “School Optional” tab on the One Stop Website to find the football fees.**

The spirit pack should be ordered online on our website, <https://affb19.itemorder.com> Please make sure all fees are paid by the assigned due date. Fees for camps and 7 on 7 competitions can be paid now, in the finance office or online at <http://onestop.alpineschools.org>

After July 1, the school will not be using Alpine One Stop to collect fees any longer.

Incoming sophomores will need to pay at the finance window until they are given a student number at the high school.

FEE DESCRIPTION	COST	DUE DATE
Spirit Pack	\$99	March 18 th
Ute Shoot (7 on 7 and Big Man Competition, Varsity Only)	\$30*	June 1st
BYU 7 on 7 (All Levels, Lineman included)	\$30*	June 6th
American Fork H.S. Camp @ Snow College	\$250*	June 23 rd
AFHS Participation Fee	\$100	July 29th
AFHS Uniform Fee	\$200	July 29th
Las Vegas Team Trip (Varsity/JV Players Only)	\$225	Aug. 3rd

*Includes the cost of the bus ride.

A bus will be provided for the athletes to the Ute Shoot, BYU, and Snow College. Athletes **MUST** ride the bus with the team, to and from the event. This is a school district policy.

You may pay for your spirit pack, 7 on 7 competitions, and Snow Camp now. Participation and Uniform fees will not be able to be paid until after July 1.

Where Does the Money Go?

- Ute Shoot – \$20 Per Player charged by the U, \$5 Dollars for the Bus Ride.
- BYU 7 on 7 - \$20 Per Player charged by BYU, \$5 Dollars for the Bus.

-AFHS Participation and Uniform Fee – All equipment, jerseys, supplies, officials, bus rides, coach's clinics and professional development opportunities, field paint, t-shirts, etc.

-Snow Camp Fee - \$250 Per Player. \$175 charged by Snow College, \$10 for the bus, and \$65 to pay the coaches for their time during the 4 days.

Caveman Covenant

I understand that being a part of this football team is a privilege, not a right, and I will respect this at all time. As being part of this team I promise to....

- uphold the Cavemen goals of Character, Attitude, Values, Enthusiasm , Empathy, and No Fear.
- represent myself, my school, my family, and my team in a positive manner.
- be on time or early for all team functions.
- respect my coaches and teachers by addressing them as Coach or Mr. or Mrs.
- treat my teammates, regardless of their age or ability level, with respect.
- always give my best effort, regardless of score or situation.
- abstain from any activity that is illegal or could be detrimental to the team or myself. This includes: drugs, tobacco, alcohol, and steroids.
- give my best in the classroom.

I understand that.....

- being late or not showing for a team function will result in a consequence. This includes practices, games, team meetings, etc.
- any deviation from the promises above may forfeit playing time, my ability to be a captain, or/and my ability to be a part of this team.
- my teammates and coaches are counting on me. They are counting on me to be a hard worker, to be a leader, and to always give maximum effort.
- part of being a Caveman Football Player includes hard work on the field, in the classroom and in my personal life.

By signing below I am indicating my promise to uphold and respect all of the items listed above.

I pledge to uphold the Caveman Football Covenant at all times:

Name (Please Print)_____ Date_____

Signature _____ Grade_____

Captain's Covenant

If you are asked by your team and your coaches to be a captain for this football program, you need to understand that not only are you committed to the Caveman Covenant, but you will be held to a higher standard than the rest of your teammates. The

honor of being a Captain is not something to be taken for granted or something to be taken lightly. Captains will have extra requirements and more responsibilities than other players on the team. By being a captain, you will strive to....

- get your teammates excited about the work we have to do. Whether that be work in the weight room, during drills, or on the field on game day, find a way to get your teammates excited!
- learn to give of yourself, even when you get nothing in return.
- be a model for the Caveman community. In school, at church, on the field, or in your community you must be a model for future Cavemen.
- be the hardest worker on the team.
- find the positive in every situation.
- love the challenge. When no one thinks it can be done, you will need to inspire them to think otherwise.

Being a captain comes at a high price. It takes courage, determination, desire, discipline, dedication, loyalty and togetherness.

If you are selected to be a captain, know that this is a great honor to be bestowed upon you. Many captains have come before you and many will come after you. You must represent those who have been captains, and build a foundation for those who will be captains.

Some of the responsibilities of a captain will include:

- upholding the Caveman and Captain's Covenant.
- leading the team in team activities.
- attending weekly in-season meetings in the morning with Coach Behm.
- addressing the team at the request of your coaches.
- being a liaison between the coaches and the team.

If you are asked to be a captain you will need to sign the bottom of this sheet and return to your coaches ASAP.

I pledge to uphold the Caveman Football Covenant at all times:

Name (Please Print)_____ Date_____

Signature _____ Grade_____

Team Professionalism

Game Day

Our goal on game day is to play, act, and look like one solid unit. Because of that, we will follow these guidelines on game day.

- Shoes-the only colors on your shoes should be black, white, or red.

- Socks – should be white or red (depending on the game) no higher than mid-calf. Socks must be the socks issued in the spirit pack.
- Gloves – should be white, red, or black with those same colors as the accents.
- Eye Black – should be used as it is intended, a thin strip beneath your eye. It will not be used as face paint! The stick on strips are acceptable as well.
- You may not write on your arms or legs with a marker! This is now a rule instituted by the National High School Federation.
- NHSF rules also say that jerseys must be tucked in and back plates must be covered. Make sure this is taken care of before we take the field.
- School – you must be in school all day on Friday (or Thursday) to be eligible to play in the game. If you have a doctor appointment or a treatment, please plan it for sometime between 2:15 and 5:00.
- School – **Not wearing the correct team attire to school on game days (Sophs, JV, and Varsity) will result in team conditioning after practice on Monday.**
- Game Time – Game time is what we work towards all week. It should be treated with the utmost respect and enthusiasm. The only thing taken with you to the field will be your uniform and equipment. No cell phones or iPods will be used on the sideline. Anyone caught having them will be immediately removed from the sideline.

Practice

Attendance at practice is mandatory if you expect to play in the games on Thursday and Friday.

- Practice will start on a normal school day at 3:30. Warm-ups at 3:20.
- Going through the motions will not make us better. If we don't do it right, we will do it again!
- You must practice the day before a game to be eligible to play in that week's game.
- **We will practice on school holidays and over UEA weekend. Attendance at these practices is vital to our success on Friday nights.**
- Your son will be coached by all coaches on the coaching staff.
- Missing practice will result in loss of playing time.
- Practice Equipment:
 - **Full Pads: Helmet, Shoulder Pads, Practice Jersey, Girdle, Practice Pants, Knee Pads, Mouth Piece, Belt, and Cleats.**
 - **Shells: Helmet, Mouth Piece, Shoulder Pads, Practice Jersey, Shorts, and Cleats.**

Practice for Sick/Injured Players

Attendance at practice is still mandatory if you are injured or sick. Injured players will wear cleats, a practice jersey, and their helmet to practice. Players recovering from concussions will be excused from wearing their helmet. Injured players still

need to be on the field at the start of practice. Make sure you are out of the training room and on the practice field on time.

Training Room

The training room is intended for use by players who legitimately need to be seen by the trainer.

- **The training room will only be open to football players from 2:20 to 3:10. You must be signed in by 2:20 to be seen by Becky or her staff.**
- **Becky will inform me of players that she may need extra time with, only those players will be excused for being in the training room.**

Weight Room

The weight room will be open most weeks of the summer on Monday, Wednesday, and Friday. Varsity and JV Players will lift at 7:30 am and the sophomores and 9th graders will lift at 8:30 am. During the month of July, the schedule will change. The Varsity and JV players will still lift at 7:30 and the Sophomores and 9th Graders will lift at 9:30. At 8:30 all levels, 9th – 12th, grade will do speed and agility conditioning together. Seniors and Juniors will be done with their workouts by 9:30 and the Sophomores and 9th Graders will be done at 10:30. (See attached Summer Schedule for further explanation.)

Consequences

As stated in the Caveman Covenant, missing team functions, being late, or violating the covenant will result in consequences. These consequences may range from extra conditioning, to missing a portion or all of a game, or being removed from the team.

Parent Guidelines

Parents, we need parental involvement to be successful and to continue to build our program. As a parent, here are a few things that you can do to help us be successful:

- Be a part of the Booster Club. Help in any way is greatly appreciated.
- Check the website for any information, forms, etc. that you are looking for.

www.cavemanfootball.com

- When addressing the issue of playing time, please follow these steps:

1. Have your son approach the coaches first. Coaches love it when players approach them to find out what they can do to get better and get on the field. This is a great experience for the athletes, to have to ask an adult a tough question.

2. If the player approaches the coach, and feels he is being treated unfairly, myself or another coach will be more than willing to sit down with you and your son, to address the situation.

-Parent involvement in the Booster Club, helping with coaching, or any other involvement in the program, does not earn athletes special privileges, more playing time, etc.

-Immediately after a game is not the appropriate time to have a conversation with a coach. If there is an issue, it needs to be dealt with the following day.

-During practices, parents are welcome to watch. Please do not come onto the practice field.

-During games, parents should stay off of the sideline and outside of the fence, unless they have been issued a sideline pass. This applies to all levels.

-There is a very good chance that at some point this season your player will come home frustrated about his performance, playing time, injury, the coaches, etc. The best response is: "Keep your head up, I am really proud of all your hard work, and love watching you be a part of a team."

-Our parent support will be a big part of our successes this season!

**American Fork High School
Football Fees**

Sport or Extra-Curricular Activity _____ Football _____

Board Approved Fees: Not available to pay until after July 1, 2019

- Participation Fee: \$100
 - Uniform Fee: \$200
-

Other Optional Fees:

Please select the optional items you wish to purchase.

- Spirit Pack \$99
(Purchase on <https://affb19.itemorder.com>)
 - Ute Shoot 7 on 7/Big Man Challenge (Varsity) \$30
 - BYU 7 on 7 \$30
 - American Fork H.S. Camp @ Snow: \$250
 - Las Vegas Team Trip \$225
-

Total Due: \$ _____

(Participant's Name)

(Parent's Signature)

(Date)

Please bring this sheet to the Finance Office when you pay your fees.

FAMILY

What Does it Mean to Be a Family?

The goal in every decision made, is what is best for our family, this team is our family.

How Do Families Behave?

- Families support each other, in the good times and the bad.
- Members of families often have to be selfless and put other's needs before their own.
- Members of a family trust each other and trust in each other.
- No member of the family, is more important than another.
- When families have issues, they discuss them together.

A football family must function the same way.

Goals of the Family

To stick together and be successful as a family.

Ensure everyone has a role in helping the family be successful.

Love the family, love the process, love a challenge.

Be A Part of the Family!