

***WAHOO WARRIOR
FOOTBALL***



Player's Handbook

Philosophy of Wahoo Warrior Football Program

This handbook is written for the benefit of those people associated with the Wahoo High School Football Program. In writing this handbook, the coaching staff hopes to give clear understanding of our goals for the football program.

We feel the most important aspect of the program is to teach the athlete the value of self-discipline. By demanding the discipline we hope it will have a long-term affect on our players. It is our hope that they will use this discipline in all aspects of their life. Without self-discipline it is almost impossible to succeed at anything; consequently, we make this our priority. Players must be disciplined both on and off the field as we feel the two go hand and hand.

Secondly, we feel that the attitude of the athlete is of extreme importance. The attitude that we take in life many times determines our success and happiness. We hope to instill in our players that attitude is something you can always control, unlike many other factors we encounter. We want that player to understand that things will sometimes be difficult, just like life is, but you can still control your attitude.

Realizing that we represent not only Wahoo High School, but also the entire community, we feel pride in our program is essential. The athlete must take a great deal of pride in his performance, appearance, and behavior on and off the field. This coaching staff believes that pride motivates students and athletes to perform at a higher level. We hope that this pride will benefit our athletes in their lives.

Discipline, attitude, and pride are all important to football, but more importantly, they will benefit our players for life. It is a top priority of this coaching staff to teach our players what it means to have these qualities and how these qualities will help them be successful in life.

Discipline

"Know what you have to do; know when you have to do it; Do it to the best of your ability; Do it that way all of the time."

– Bobby Knight

**The Only 2 Things We Can Control Are:
EFFORT and ATTITUDE**

Wahoo Warrior Football Code

1. **Respect Yourself and Others:**

- There is no such thing as self-respect without respect for others
- Individual success is a myth. No one succeeds all by himself or herself.
- People who do not respect those around them will not make good team members and probably lack self-esteem themselves.
- When you ask yourself "Do I deserve to succeed?" make sure you have worked hard enough to know that the answer is YES.

2. **Take Full Responsibility:**

- There are no short cuts to success.
- You cannot assume larger responsibility with out taking responsibility for the small things, too.
- Being responsible sometimes means making tough, unpopular decisions.
- Admit to and make yourself accountable for mistakes. How can you improve if you are never wrong?

3. **Develop and Demonstrate Loyalty:**

- Loyalty is unilateral. You have to give it to receive it.
- The family business model is a successful one because it fosters loyalty and trust.
- Surround yourself with people who are better than you. Seek out quality people, acknowledge their talents, and let them do their jobs. You win with people.
- Value those colleagues who tell you the truth, not just what you want to hear.

4. **Learn to be a Great Communicator:**

- Communication eliminates mistakes.
- Listening is crucial for good communication.
- We communicate all the time, even when we don't realize it. Be aware of your body language.
- Make good eye contact.

5. **Discipline Yourself So No One Else Has To:**

- Self-Discipline helps you believe in yourself.
- Group discipline produces a unified effort toward a common goal.
- Discipline helps you finish a job, and finishing is what separates excellent work from average work.

6. **Make Hard Work Your Passion:**

- Do the things that are fun first, and do them well.
- Think big, work small.

- Plan your work and work your plan.
- See yourself as being self-employed.

7. Don't Just Work Hard, Work Smart:

- Success is about having the right person, in the right place at the right time.
- Know your strengths, weaknesses, and needs.
- When you understand yourself and those around you, you are better able to minimize weaknesses and maximize strengths.
- Be flexible.

8. Put the Team Before Yourself:

- Teamwork doesn't come naturally. It must be developed.
- Teamwork allows common people to obtain uncommon results.
- Not everyone is born to lead. Role players are critical to group success.
- With group success there is individual success.

9. Making Winning an Attitude:

- Combine practice with belief.
- Attitude is a choice. Maintain a positive outlook.
- No one ever got anywhere by being negative.
- Confidence is what happens when you've done the hard work that entitles you to succeed.

10. Be a Competitor:

- Competition isn't social. It separates achievers from the average.
- You can't always be the most talented person in the room. But you can be the most competitive.
- Influence your opponent: By being competitive you can affect how your adversary performs.
- There is nothing wrong with having competitive instincts. They are survival instincts.

11. Change is a Must:

- It's what you learn after you know it all that counts the most.
- Change equals self-improvement. Push yourself to places you haven't been before.
- Take risks. You can't steal second with your foot on first.

12. Handle Success Like You Handle Failure:

- You can't always control what happens, but you can control how you handle it.
- Sometime you learn more from losing than winning. Losing forces you to reexamine.
- It's harder to stay on top than it is to make the climb. Continue to seek new goals.

Practice Philosophy

The coaching staff feels that practices should be more difficult than any game situation. The reason for this is if the player can handle adversity in practice, then he is more apt to perform well under adverse conditions. Also, this should make the player appreciate the opportunity to compete in a game more. We also feel the harder you work in practice, the harder it will be to surrender in competition.

Fundamentals of the game will be emphasized constantly. Players need to develop good habits in practice, which will carry over into games. Coaches will be communicating with players about fundamentals and habits on a non-stop basis. Without the execution of fundamentals good play is impossible.

Practices are designed to challenge the athlete both mentally and physically. We feel the mental part of the game can be taught in practice. Drills are designed with the specific goals in mind so that the player must concentrate with a great deal of intensity. The coaches will demand that every player is giving maximum effort at all times. Anything less will not be accepted.

Conditioning is a big part of football. The player who is not in shape is at a distinct disadvantage. Conditioning in our practices is done in many ways. Conditioning will be done at the beginning and end of practice, as well as during practice through drills. All drills must be performed at a maximum effort level to ensure that conditioning is being attained. Also, off-season conditioning is very important. The more in-shape we are from summer conditioning the less we have to work on conditioning during the season.

"Winning is a matter of knowing how to win."

**"The mental is to the physical,
As four (4) is to one (1)."**

"Practice does not make the athlete. It is the quality and intensity of practice that makes the athlete, not just repeated practicing."



Daily Practice Expectations

1. Do not miss practice without permission. Absence from school due to illness requires that you also miss practice, so take all precautions to avoid illness. If you are absent from school, call the office and leave a message for me that you will not be attending practice. A teammate telling a coach will not be considered an excused absence.
2. As a member of the Wahoo Warrior Football Team, you have responsibilities to your school, teammates, and coaches. Other than emergency situations, we expect you to be at practice and meetings that are planned. This means that we do not accept work, other activities (except school activities, i.e. chorus, band, etc.), as a valid excuse. All tests and conflicts with school should be made up before practice or after practice. This is usually easily avoided if you plan ahead.
3. Be ready to practice before you come on the practice field. Have all your equipment that you need to practice. Do not leave pads, helmet, etc. in the locker room. You will jog onto and off of the field at the end of practice.
4. Once school ends, quickly get to practice. Look at it this way; any extra practice time that you get can make the difference between winning and losing.
5. Players who need taped for injuries should report immediately to the training room after school.
6. Water breaks will be built into the daily practice schedule. If you need a drink at any time please tell a coach that you are getting a drink. Jog off the field to get your drink and hustle back.
7. When a coach makes any comment on the field, I want all players in the drill listening. At the beginning and end of practice the coaches will address the team. These comments are made for everyone. The coaches will hold everyone accountable for anything that is said in practice.
8. Move quickly from one drill to the next. There will be no walking between drills—this includes everyone. There will be no more than 30 seconds between drills, so move quickly.
9. There is to be absolutely no sitting on the ground or helmets unless you have permission. Everyone is expected to stand and be attentive during practice time.
10. Learn the name and objectives of all our drills quickly, and once again, move from one drill to another quickly. Football is a game of constant change and reaction. We must think and react quickly.

11. Our practices are geared to be competitive. We want competition from you each and every second. To do this, you must concentrate totally during practice. There should be no talking about outside concerns, only about football and how we can get better. This is our classroom and lab for football, so let's use it that way.

12. Don't make excuses. None will be taken and none will be given!

13. You will respond "Yes or No Coach" when a coach asks you a question to confirm your understanding. Look the coach in the eye when you are being talked to or when you are talking to a coach.

14. Accept all criticism from the coaches; it is given to help you improve.

15. Profanity will NOT be accepted. There is no place for this in our program.

16. Help each other out. Players don't criticize. Compliment and praise your teammates. Communicate with your teammates throughout practice. If you are not communicating, you are not concentrating. Communication is the key to football.

17. Each player will be required to wear his practice uniform to practice each day. You will not be permitted to wear your game uniform in practice.

18. Keep your practice gear in good condition. Please wash all practice gear at least once a week. We have nice equipment let's try to keep it that way. If you lose or damage any equipment you will pay for it.

19. Team meetings are like practice – be on time and prepared.

20. Please respect all of your teammates; no matter what grade they might be in.

21. Stop all activity on the whistle.

22. Always acknowledge a great play by your teammates.

Practice is a privilege

"Practice Like A Champion Today!!!"



Wahoo Warrior Football

Game Preparations

Game Day and Game Day Travel:

This is an important time for an athlete to prepare himself mentally for a game. You cannot let outside activities or distractions take you away from your preparation. You should visually imagine yourself in every possible situation and position you may be in during a game. If you can't see yourself winning the game you never will.

1. Dress on game days: You will look nice and part of the team. Either jeans or nice shorts can be worn with our Game Day shirts. (Please no gym shorts, T-shirts, hats, etc.)
2. Be at school at least 15 minutes before the bus leaves for away games. For home games please be in the locker room 1 hour and 45 minutes before kick-off if you do not need taped.
3. Talk should be very limited on the bus or locker room. Please focus on what you need to do well in the game.

Game Uniform:

We are a team, not a group of individuals!

1. Make sure your game uniform is washed and clean.
2. No sweatbands or wristbands are allowed.
3. No bandanas or head coverings are allowed.
4. No unusual colored socks. Team colored selected socks will be worn.
5. Tape on shoes (spatting) must be **BLACK** and purchased by the player
5. No visors on you helmet unless you have a doctor's note.

Game Time:

1. During the games, the coaches expect all players to be involved in the game. You are part of a team even if you are not in the game and therefore, you can help if you are communicating. You are not to talk/text with friends or parents that might be sitting in the stands or standing along the sidelines.
2. Never swear or give expressions of failure or displeasure.
3. Keep you head up if you make a mistake. Mistakes will happen. Respond.
4. Address the officials as "Sir". Accept their calls; they are part of the game.
5. If you are taken out of the game, jog off of the field and stand next to the coaches.
6. Play hard, this attitude and effort will help us win games.
7. At the end of the quarter, time outs, and halftime jog off the field.
8. No player is good enough to be a player, coach and official at the same time.
9. Any player that receives a personal foul will be taken out of the game immediately.

Wahoo Warrior Football Game Day Checklist

Check Departure Times and Arrival Times – Always Be Early!!

Your Equipment Bag Should Contain The Following:

Game Uniform

Jersey: Away = White, Home = Blue

Pants: JV's – Blue, Varsity – Gold or White

All Pads

(Shoulder, Girdles, Thigh, Knee, etc)

Helmet and Mouthpiece

Shoes w/Cleats (Tightened)

Socks (Team/Coaches will decide color/length)

Glasses / Contacts / Inhalers / Medications

Headphones / Music

Attitude

(The Most Important Piece of Equipment)

Your Mental Game Preparations Start Thursday Night!!

Pre-Game:

1. Players need to arrive early if they need taped. Please plan an extra 10-15 minutes for this.
2. Locker Room should be very business like. No horseplay. The focus should be on the game. Be mentally ready.
3. Pre-Game Meetings will include anyone on Special Teams, Offense, or Defense. These are generally 30 minutes before we take the field for Pre-Game Warm-Up.
4. Specialty players will take the field first 60 minutes before Kick-Off. This will include Kickers, Punters, Snappers, Returners, Quarterbacks, Receivers, and Running Backs.
5. Lineman will take the field at 50 minutes before kick-off and the entire team will start their Dynamic Warm-Up at that time.

Post-Game:

1. Shake your opponent's hand. Always show good sportsmanship and class no matter what the outcome of the game might be.
2. After shaking hands of the opponent's players we will go directly to the end zone we warmed up in. The coaches will address the team and share their thoughts.
3. Remember, if you gave your best effort that's all that anyone can ask.
4. Make no excuses for your play.
5. After comments are made by the coaches you may leave the field to talk with family and friends. If it is an away game please keep the conversations brief.
6. Players should always ride home on the team bus. This will help create team unity in times of victory and defeat.

Locker Room:

1. You are responsible for keeping the locker room clean.
2. No horseplay in the locker room.
3. All trash and tape is to be thrown in the trash and not on the floor.
4. Make sure all equipment and valuables are secured in a locked locker.
5. During away games, the locker room should look the same way it was when we arrived, when it comes time for us to leave.

Training Rules and Eligibility

All athletes who participate in the Wahoo Warrior Football Program will abide by the Wahoo Public Student Handbook. In particular they will follow all guidelines pertaining to the Training Rules with drugs, alcohol, and tobacco. If you are not sure of these please refer to the Student Handbook. All athletes will also follow all guidelines with academic eligibility. Again if you are not sure of these please refer to the Student Handbook.

Lettering Requirements

Any athlete who participates in the Wahoo Warrior Football Program will be considered for Lettering if they meet the following requirements:

- 1) No unexcused practices
- 2) Earn 50 hatchets through the course for season
- 3) Any Senior athlete that successfully completes the season

All Player must meet the number 1 requirement before even being considered. There are special situations where the coaches' discretion can be used for an athlete to be considered for a letter, even if the above criterion was not met.



Parents/Guardians of WPS Student-Athletes:

It is very difficult to accept your child not playing as much as you had hoped. WPS Coaches are professionals. They make decisions based on what they believe to be best for all student-athletes involved. There are certain issues that can be and should be discussed with your child's coach.

The three items listed below **should not** be discussed:

1. Playing time, positioning, and event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student-athletes.

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. We also strongly encourage a discussion between the parent and player. A parent having the same expectations as the player is extremely crucial. It is also important that all parties involved have a clear understanding of the other person's position.

When a conference is necessary, the following procedures should be used to help resolve any concerns:

1. Student-Coach: Open-door policy for all coaches
2. Parent-Coach: Done by appointment (email or phone).

If you have a concern to discuss with a coach, the procedure you should follow is:

1. Call the coach to schedule an appointment (email or phone).
2. Appointments or meetings should be scheduled over the phone and take place either over the phone or at the school.

**Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.*

THE NEXT STEP:

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call and schedule an appointment with Wahoo High School's AD or Principal to discuss the situation.

At this meeting the appropriate next step can be determined, if necessary.

Thank you for your cooperation, and we hope for nothing but the best experience for you and our student-athletes. **GO WARRIORS!!**

Galen Boldt
Superintendent

Jason Libal
HS Principal

Marc Kaminski
Activities Director

LIFE OF AN ATHLETE (LOA) Wahoo Public Schools

Healthy Diets - YES Foods \$\$

- Water, Pasta, Steak, Yogurt, Bananas, Eggs, Oatmeal, Tuna, & Peanut Butter

Healthy Diets – NO Foods **XX**

- Pop, Pastries, Candy, Fast Food, Energy Drinks & Alcohol

When should an athlete eat? – Allow three hours for a large meal to digest and one hour for a smaller meal.

***Carbohydrate-rich foods are the best for fueling.*

***Too much protein or fat before exercise can cause GI distress.*

RECOVERY **Eat as soon as possible. – Consume carbohydrates, protein, & electrolytes.

It is absolutely crucial that athletes **GET SLEEP!!**

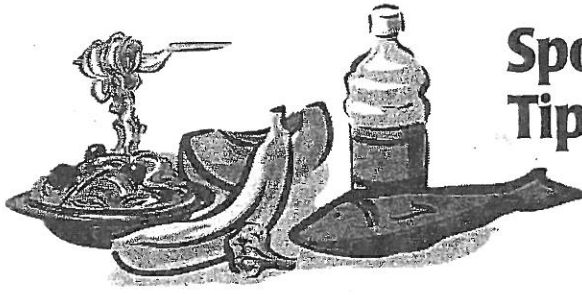
- Limit the amount of technology used before sleep.
- You need 8 hours of total sleep at night.
- There is **NO** way to make up lost sleep with the use of stimulants (Coffee, Energy Drinks, etc.).

Every time you get drunk or stoned; every time you stay out late; every time you sleep in; every time you miss a workout; every time you don't give 100%;

YOU MAKE IT THAT MUCH EASIER FOR ME TO BEAT YOU!

Sincerely, Your Competition.

HARD WORK BEATS TALENT WHEN TALENT DOES WORK HARD!!!



Sports Nutrition: Tips for Fueling Athletes

Your Fueling Plan

Superior athletic ability comes from genetics and training. However, without good food choices and the correct timing of meals, your training and performance will suffer. You need a fueling plan that includes the right balance of carbohydrates, protein, and fat, enough vitamins and minerals, and the correct amount of fluids.

Carbohydrates

- Carbohydrates are the best fuel for working muscles.
- Plan to include carbohydrates in all your meals and snacks.

Protein

- You need protein for muscle growth and to repair muscle damage after exercise.
- You also need protein to make red blood cells, which move oxygen to muscles, and white blood cells, which help fight infection.
- Your body uses protein to make hormones and enzymes, which help regulate metabolism.

Fat

- You need fat for energy.
- Fat also helps your body to use some vitamins as well as plant chemicals known as “phytochemicals.”
- Fat helps move substances in and out of cells, and it helps keep your brain and nervous system healthy.

Vitamins and Minerals

- Vitamins and minerals do not give you more energy, but they help to unlock the energy stored in food so your body can use it as fuel.
- Your body needs calcium, magnesium, fluoride, and vitamin D to keep bones strong.

Fluid

- Water is the most important nutrient. If your body weight drops just 1% from losing fluids, your performance will suffer.
- Be sure to replace the fluids you lose through sweat when you are active.

Strategies

Here are some food and fluid strategies to help you put a fueling plan together.

Breaking Your Fast

- Eat breakfast every morning. The level of glycogen in your liver can be substantially lower in the morning, so you need to refuel your body to replace the energy it used while you slept.
- Eating breakfast will also help you to think. Student-athletes who eat breakfast perform better in the classroom than those who skip breakfast.
- It's okay to choose non-breakfast foods, like last night's pizza, leftover Chinese food with rice, or cheese and crackers.
- Here are some other, more traditional choices you can enjoy:
 - Fruit or yogurt smoothie
 - Breakfast sandwich with egg and cheese
 - Frozen waffles with fruit
 - Banana dipped in peanut butter
 - Hard-boiled eggs
 - Instant grits or a cereal bowl

WHAT TO CHOOSE?

The following are examples of foods to choose and foods to avoid when planning pregame meals, from *The Pregame Meal Planner*, authored by Robert Reber, PhD, Extension Specialist in Nutrition at the University of Illinois.

FOODS TO CHOOSE

Foods	Comments
Pasta (macaroni, spaghetti, noodles, ravioli, plain or with sauce)	Meats, cheese, and oil add fat to the sauce. Use them sparingly.
Rice	Use a sauce low in fat and only as spicy as you can tolerate easily. Or try rice with a little soy sauce flavoring.
Potatoes (baked, boiled, mashed, but not French fries)	Limit butter, gravy, or sour cream.
Starchy vegetables (peas, carrots, winter squash, sweet potatoes)	Cooked vegetables are more easily digested.
Breads (rolls, muffins, crackers, bagels)	Use nutritious, low-fat bread products, quick breads, and spreads.
Cereals (oatmeal, other hot cereals, cold cereals)	Avoid cereals with high sugar content.
Soups (noodle, rice, vegetable, clear broth, consommé)	Choose low-fat soups. Eating large portions of bouillon, or chili, split pea, or bean soups may lead to digestive problems for some athletes.
Pancakes	Limit butter and syrup.
Fruits, fruit juices	Use any juice or cooked fruit except prune. Oranges, bananas, and peeled apples are easily digested raw fruits. You may wish to dilute juices, especially in hot weather. Try hot cider or juice during cold weather.
Milk products (low-fat milk, low-fat yogurt, low-fat cottage cheese, low-fat cheeses, puddings, shakes made with low-fat milk or yogurt and fruit and/or juice)	Avoid high-fat milk products before games.
Liquid meals	Though not a substitute for solid foods in the daily diet, liquid meals are convenient for occasional pregame use.

FOODS TO AVOID

Foods	Comments
Candy, sugar, honey	After an initial rise, your blood-sugar level can actually drop below normal, resulting in a sudden feeling of tiredness or fatigue.
Fried foods, high-fat meats, fats, oils, gravies, sour cream, etc.	Fat digests slowly and therefore stays in the stomach longer.
Some raw fruits, vegetables, popcorn, nuts, dry beans, and peas	Some of these foods may cause gas and/or an uncomfortable feeling of fullness during the game. An athlete needs to avoid the foods that give him or her problems.
Any new food	Don't experiment with new foods right before an event. If you experience any adverse reactions, your body has little time to recover.
Coffee, tea, chocolate, cola	Caffeine consumption can lead to dehydration.
Fruit-flavored drinks	Many drinks contain little fruit juice and a lot of sugar. Read the label.



RECOMMENDATIONS FOR HYDRATION TO PREVENT HEAT ILLNESS



TYPES OF SPORTS DRINKS

• Fluid Replacers

- Examples: Water, Gatorade, 10K, Quickkick, Max
- These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

• Carbohydrate loaders

- Examples: Gatorlode, Exceed High, Carboplex
- These drinks replace more muscle glycogen to enhance greater endurance.
- They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

• Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy
- These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal, or as extra calories for athletes who wish to gain weight.

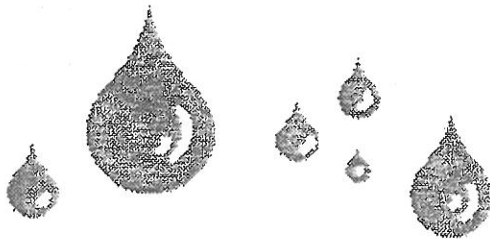


WHAT NOT TO DRINK

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

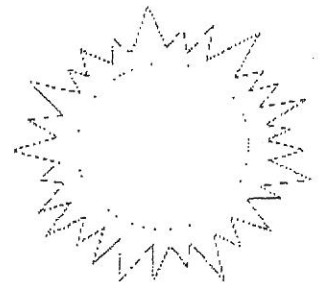
DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS

- Dehydration can affect an athlete's performance in less than an hour of exercise — sooner if the athlete begins the session dehydrated.
- Dehydration of just one to two percent of body weight (only 1.5-3 lb. for a 150-pound athlete) can negatively influence performance.
- Dehydration of greater than three percent of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke).
- High-body-fat athletes can have a harder time with exercise and can become dehydrated faster than lower-body-fat athletes working out under the same environmental conditions.
- Poor acclimatization/fitness levels can greatly contribute to an athlete's dehydration problems.
- Medications/fevers greatly affect an athlete's dehydration problems.
- Environmental temperature and humidity both contribute to dehydration and heat illnesses.
- Clothing, such as dark, bulky, or rubber protective equipment can drastically increase the chance of heat illness and dehydration.
- Wet bulb temperature measurements should be taken 10-15 minutes before practice, and the results should be used with a heat index to determine if practices or contests should be started, modified or stopped.
- Even dry climates can have high humidity if sprinkler systems are scheduled to run before early morning practices start. This collection of water does not evaporate until environmental temperatures increase and dew points lower. Dry climate areas should take wet bulb and temperature readings 10 to 15 minutes before practice or contests.
- A Heat Index chart should be followed to determine if practice/contests should be held.
- A Heat Index chart should come from a reputable source like the National Oceanic and Atmospheric Association.
- A relative humidity of 35 percent and a temperature of 95 degrees Fahrenheit are likely to cause heat illness, with heat stroke likely.
- A relative humidity of 70 percent and a temperature of 95 degrees Fahrenheit are very likely to cause heat illness, with heat stroke very likely.



HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early — By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.
- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.



WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Salt should never be added to drinks, and salt tablets should be avoided.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement.



GENERAL CARE INSTRUCTIONS

FOLLOW THE RECOMMENDED CARE INSTRUCTIONS AS LABELED IN EACH UNIFORM.

NEW UNIFORMS

Russell recommends the following procedures be used on newly received uniforms to prepare them for use.

Wash a medium sized load of uniforms in warm water (<105°F) with 1-2 ounces of mild detergent (pH under 10) on an extra large laundry setting for 3 minutes and then drain. Do not overload the machine.

Re-wash using the same settings without detergent for 3 minutes and drain.

Re-wash again in warm water (<105°F) with 1-2 ounces of mild detergent (pH under 10) on an extra large laundry setting for 3 minutes and drain.

Wash a final time using the same settings without detergent for 5 minutes and drain.

Use the Spin cycle on the washer to extract as much water as possible and tumble dry the garments using very low heat.

LAUNDERING PREP

For best results and maximum wear, launder uniforms immediately after each use.

Uniforms need to be inspected for normal wear and tear so repairs can be made prior to washing to prevent further damage.

Close any Velcro openings to prevent hook and loop from snagging material during wash.

Remove belts and pads, if possible, from uniform before laundering.

Do not allow uniforms to lay on itself or in a pile when wet because perspiration can cause fading or color bleeding.

PRE-TREATING

Retreat stains with pre-wash, stain remover or protein release agent while uniform is still damp for no more than 30 minutes.

Do not soak uniforms containing nylon or nylon spandex blend.

WASHING

Wash uniforms in Warm water (105 ± 5°F) as soon as possible after each use, before stains are allowed to set.

A mild detergent (pH under 10.0) should be used.

Do not overload the machine.

Use recommended amount of detergent as per detergent manufacturer.

Rinse uniforms in Cold water (80 ± 5°F).

Remove uniform from machine immediately after washing to avoid color migration.

Do not use chlorine bleach.

Do not use fabric softener.

Wash white uniforms separately from colored uniforms.

DRYING

Remove promptly from washer.

Turn uniform reverse side out before machine drying.

Tumble dry on low setting (< 140°F).

Note excessive heat can cause garment shrinkage, discoloration, degradation and cracking of lettering.

Do not use fabric softener or dryer sheet.

STORAGE

Uniform should be completely dry before storing.

Store in a cool, dry place away from direct sunlight and fluorescent lighting to prevent mildew or yellowing.

DRY CLEANING

Do not dry clean uniforms.

IRONING

Do not iron uniforms.

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

NIKE TEAM APPAREL WASH & CARE INSTRUCTIONS

- 1. INSTRUCTIONS ARE PERMANENTLY AFFIXED TO THE INSIDE OF EACH GARMENT.** Follow the recommended care at labeled in each garment. The special fibers used to achieve performance characteristics in some of Nike Team Uniform and fundamental garments require **COLD WATER WASH** to avoid colorfastness issues.
- 2. SOME GARMENTS REQUIRE WASHING BEFORE WEARING.** See care instructions in each garment for specific recommended care.
- 3. DO NOT DRY CLEAN OR PRESS GARMENTS.** Dry cleaning and ironing can discolor athletic uniform fabrics and can damage imprinting.
- 4. UNIFORMS SHOULD BE LAUNDERED IMMEDIATELY AFTER THEY HAVE BEEN WORN.** Do not allow to lay on itself when wet.
- 5. FASTEN HOOK & LOOP TAPES:** (i.e. velcro or similar) to avoid snagging garments in the wash.
- 6. REMOVE BELTS & PADS FROM GARMENT BEFORE LAUNDERING** (if applicable/ appropriate). Launder belts & pads separately from garments.
- 7. DO NOT SOAK NYLON OR SPANDEX GARMENTS.**
- 8. WASH WHITE GARMENTS SEPARATELY FROM COLORED GARMENTS.**
- 9. DO NOT OVERLOAD MACHINE.** Make sure water level in machine is higher than garment level.
- 10. USE MILD DETERGENT.** Detergent with pH under 10 as recommended for athletic uniforms.
- 11. REMOVE GARMENTS FROM MACHINE IMMEDIATELY AFTER WASHING.** This will help avoid color bleeding particularly on color blocked garments.
- 12. DO NOT USE CHLORINE BLEACH.**
- 13. DO NOT USE FABRIC SOFTENERS.** Fabric softeners deteriorate garments with spandex, and they also restrict the effectiveness of Dri-FIT technology.
- 14. LINE DRY TECHNICAL FABRICS.**
- 15. BE SURE GARMENTS ARE COMPLETELY DRY BEFORE STORING.** Store in cool, dry place, away from direct sunlight & fluorescent light to prevent mildew or yellowing.

**COMMUNICATE THE ABOVE CARE INSTRUCTIONS TO ALL OUTSIDE PARTIES THAT
HANDLE OR LAUNDRY YOUR UNIFORMS.**

ATTENTION! ATTENTION! ATTENTION! ATTENTION!

2015 Wahoo Warrior Football Practice Schedule

<u>Date</u>	<u>Practice Time / Equipment</u>	
Aug. 10 Monday	3:30 – 6:00 PM A	
Aug. 11 Tuesday	3:30 – 6:00 PM A	<i>(1st Day Gold Cards)</i>
Aug. 12 Wednesday	3:45 – 6:15 PM B	
Aug. 13 Thursday	3:45 – 6:15 PM B	
Aug. 14 Friday	3:45 – 6:15 PM B	
Aug. 15 Saturday	8:30 – 11:00 AM C	
		<u>Practice Format / Equipment</u> A = Helmets Only B = Helmet, Shoulder Pads, Girdle w/ Thigh Pads C = Full Pads
Aug. 17 Monday	3:45 – 6:15 PM B	
Aug. 18 Tuesday	3:45 – 6:00 PM C	Booster Club Kick-Off
Aug. 29 Wednesday	3:45 – 6:15 PM C	
Aug. 20 Thursday	3:45 – 5:15 PM B	Gold Card Blitz 5:30 – 8:30 PM
Aug. 21 Friday	3:45 PM Team Pictures C	Blue/Gold Scrimmage 7:00 PM
Aug. 22 Saturday	8:30 – 11:00 AM B	
Aug. 24 Monday	3:45 – 6:10 PM C	
Aug. 25 Tuesday	3:45 – 6:10 PM C	
Aug. 26 Wednesday	3:45 – 6:10 PM B	
Aug. 27 Thursday	3:45 – 6:10 PM B	
Aug. 28 Friday	Game #1 @ Ashland-Greenwood	7:00 PM
Aug. 29 Saturday	8:00 – 9:30 AM Films	
Aug. 31 Monday	3:45 – 6:10 PM C	
Sept. 1 Tuesday	3:45 – 6:10 PM C	
Sept. 2 Wednesday	3:45 – 6:10 PM B	
Sept. 3 Thursday	3:45 – 5:30 PM B	FR/SO @ Neumann 6:30 PM
Sept. 4 Friday	Game #2 vs. Norfolk Catholic	7:00 PM
Sept. 5 Saturday	8:00 – 9:30 AM Films	
Sept. 7 Monday	3:45 – 6:10 PM B	(No School – Labor Day)
Sept. 8 Tuesday	3:45 – 6:10 PM B	JV vs. Raymond Central 6:30 PM
Sept. 9 Wednesday	3:45 – 6:10 PM C	



Wahoo Warrior Football 2015 Football Schedules



Varsity

<u>Date</u>	<u>Time</u>		<u>Opponent</u>
8/28	7:00	A	Ashland-Greenwood
9/4	7:00	H	Norfolk Catholic
9/11	7:00	H	West Point - Beemer
9/18	7:00	A	Syracuse
9/25	7:00	H	Columbus Lakeview
10/2	7:00	A	David City
10/9	7:00	H	Columbus Scotus
10/16	7:00	A	Bishop Neumann
10/23	7:00	A	North Bend Central

Junior Varsity

<u>Date</u>	<u>Time</u>		<u>Opponent</u>
9/8	6:30 PM	H	Raymond Central
9/14	6:30 PM	H	DC West
9/21	5:30 PM	A	Arlington
9/28	6:30 PM	H	Lincoln Christian
10/12	6:30 PM	A	Ashland-Greenwood
10/19	6:30 PM	A	Bishop Neumann

C - Team

<u>Date</u>	<u>Time</u>		<u>Opponent</u>
9/3	6:30 PM	H	Bishop Neumann
9/17	6:00 PM	A	Seward
10/1	6:00 PM	A	Mount Michael
10/8	6:00 PM	A	Platteview

2015 Wahoo Warrior Football Play-Off Practice Schedule

<u>Date</u>	<u>Practice Time / Equipment</u>
Oct. 26 Monday	3:45 – 6:00 PM B
Oct. 27 Tuesday	3:45 – 6:00 PM C
Oct. 28 Wednesday	3:45 – 6:00 PM B
Oct. 29 Thursday	3:45 – 5:30 PM B
Oct. 30 Friday	TBD 1 st Round Play-Off Game
Oct. 31 Saturday	8:00 – 9:30 AM (Films)
Nov. 2 Monday	3:45 – 6:00 PM B
Nov. 3 Tuesday	3:45 – 6:00 PM C
Nov. 4 Wednesday	3:45 – 6:00 PM B
Nov. 5 Thursday	3:45 – 5:30 PM B
Nov. 6 Friday	TBD Quarter Finals Play-Off Game
Nov. 7 Saturday	8:00 – 9:30 AM (Films)
Nov. 9 Monday	3:45 – 6:00 PM B
Nov. 10 Tuesday	3:45 – 6:00 PM C
Nov. 11 Wednesday	3:45 – 6:00 PM B
Nov. 12 Thursday	3:45 – 5:30 PM B
Nov. 13 Friday	TBD Semi-Finals Play-Off Game
Nov. 14 Saturday	8:00 – 9:30 AM (Films)
Nov. 16 Monday	3:45 – 6:00 PM B
Nov. 17 Tuesday	3:45 – 6:00 PM C
Nov. 18 Wednesday	3:45 – 6:00 PM B
Nov. 19 Thursday	3:45 – 6:00 PM C
Nov. 20 Friday	3:45 – 5:30 PM B
Nov. 23 Monday	3:45 – 5:30 PM B
Nov. 24 Tuesday	10:30 AM State Finals Play-Off Game

August 2015

 US Holidays
 Football

July 2015							August 2015							September 2015										
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S				
1	2	3	4				1	2	3	4	5	6	7	8	1	2	3	4	5					
5	6	7	8	9	10	11	9	10	11	12	13	14	15	16	17	18	19	6	7	8	9	10	11	12
12	13	14	15	16	17	18	16	17	18	19	20	21	22	23	24	25	26	13	14	15	16	17	18	19
19	20	21	22	23	24	25	23	24	25	26	27	28	29	30	31			20	21	22	23	24	25	26
26	27	28	29	30	31		30	31										27	28	29	30			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 6:00 PM Conditioning	27 6:00 PM Conditioning	28 6:00 PM Conditioning	29 6:00 PM Conditioning	30 6:00 PM Conditioning	31	1
2 6:00 PM Conditioning	3 6:00 PM Conditioning	4 6:00 PM Conditioning	5 6:00 PM Conditioning	6 6:00 PM Conditioning	7 6:00 PM Parent Meeting / Team Picnic	8
9 1st Day of Practice 3:30 PM FB Practice - A	10 3:30 PM FB Practice - A	11 3:30 PM FB Practice - A	12 3:45 PM FB Practice - B	13 3:45 PM FB Practice - B	14 3:45 PM FB Practice - B	15 8:00 AM Scrimmage
16 3:45 PM FB Practice - B	17 3:45 PM FB Practice - B	18 3:45 PM FB Practice - C	19 3:45 PM FB Practice - C	20 3:45 PM FB Practice - B	21 7:00 PM Blue-Gold Scrimmage	22 8:30 AM FB Practice - B
23 3:45 PM FB Practice - C	24 3:45 PM FB Practice - C	25 3:45 PM FB Practice - C	26 3:45 PM FB Practice - B	27 3:45 PM FB Practice - B	28 7:00 PM Varsity @ Ashland - Greenwood	29 8:00 AM Films
30 3:45 PM FB Practice - C	31 3:45 PM FB Practice - C	1 3:45 PM FB Practice - C	2 3:45 PM FB Practice - B	3 3:45 PM FB Practice - B 6:30 PM FR/SO vs. Heumann	4 7:00 PM Varsity vs. Norfolk Catholic	5 8:00 AM Films

September 2015

 US Holidays
 Football

August 2015							September 2015							October 2015																		
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S												
						1	1	2	3	4	5		6	7	8	9	10	11	12					1	2	3						
2	3	4	5	6	7	8	13	14	15	16	17	18	19	20	21	22	23	24	25	26					4	5	6	7	8	9	10	
9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				11	12	13	14	15	16	17
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											18	19	20	21	22	23	24
23	24	25	26	27	28	29	30	31																		25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 3:45 PM FB Practice - C	1 3:45 PM FB Practice - C	2 3:45 PM FB Practice - B	3 3:45 PM FB Practice - B 6:30 PM FR/SO vs. Neumann	4 7:00 PM Varsity vs. Norfolk Catholic	5 8:00 AM Films
6	7 Labor Day 3:45 PM FB Practice - C	8 3:45 PM FB Practice - B 6:30 PM JV vs. Raymond Central	9 3:45 PM FB Practice - C	10 3:45 PM FB Practice - B	11 7:00 PM Varsity vs. West Point-Beemer	12 8:00 AM Films
13	14 3:45 PM FB Practice - B 6:30 PM JV vs. DC West	15 3:45 PM FB Practice - C	16 3:45 PM FB Practice - B	17 3:45 PM FB Practice - B 6:00 PM FR/SO @ Seward	18 7:00 PM Varsity @ Syracuse	19 8:00 AM Films
20	21 3:45 PM FB Practice - B 5:30 PM JV @ Arlington	22 3:45 PM FB Practice - C	23 3:45 PM FB Practice - B	24 3:45 PM FB Practice - B	25 7:00 PM Varsity vs. Columbus Lakeview	26 8:00 AM Films
27	28 3:45 PM FB Practice - B 6:30 PM JV vs. Lincoln Christian	29 3:45 PM FB Practice - C	30 3:45 PM FB Practice - B	1 3:45 PM FB Practice - B 6:00 PM FR/SO @ Mt. Michael	2 7:00 PM Varsity @ David City	3 8:00 AM Films

October 2015

 US Holidays
 Football

September 2015							October 2015							November 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31					29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 3:45 PM FB Practice - B 6:30 PM JV vs. Lincoln Christian	29 3:45 PM FB Practice - C	30 3:45 PM FB Practice - B	1 3:45 PM FB Practice - B 6:00 PM FR/SO @ Mt. Michael	2 7:00 PM Varsity @ David City	3 8:00 AM Films
4	5 3:45 PM FB Practice - B	6 3:45 PM FB Practice - C	7 3:45 PM FB Practice - B	8 3:45 PM FB Practice - B 6:00 PM Fr/So @ Platteview	9 7:00 PM Varsity vs. Columbus Scotus	10 8:00 AM Films
11	12 Columbus Day 3:45 PM FB Practice - B 6:30 PM JV @ Ashland-Greenwood	13 3:45 PM FB Practice - C	14 3:45 PM FB Practice - B	15 3:45 PM FB Practice - B	16 7:00 PM Varsity @ Neumann	17 8:00 AM Films
18	19 3:45 PM FB Practice - B 6:30 PM JV vs. Neumann	20 3:45 PM FB Practice - C	21 3:45 PM FB Practice - B	22 3:45 PM FB Practice - B	23 7:00 PM Varsity @ North Bend	24 8:00 AM Films
25	26 3:45 PM FB Practice - B	27 3:45 PM FB Practice - C	28 3:45 PM FB Practice - B	29 3:45 PM FB Practice - B	30 7:00 PM 1st Rd Playoffs	31 Halloween 8:00 AM Films

November 2015

October 2015							November 2015							December 2015						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5		
8	9	10	11	12	13	14	8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30	27	28	29	30	31							

 US Holidays
 Football

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2 3:45 PM FB Practice - B	3 Election Day 3:45 PM FB Practice - C	4 3:45 PM FB Practice - B	5 3:45 PM FB Practice - B	6 7:00 PM Quarterfinals Play-offs	7 8:00 AM Films
8	9 3:45 PM FB Practice - B	10 3:45 PM FB Practice - C	11 Veterans Day 3:45 PM FB Practice - B	12 3:45 PM FB Practice - B	13 7:00 PM Semi-Finals Play-offs	14 8:00 AM Films
15	16 3:45 PM FB Practice - B	17 3:45 PM FB Practice - C	18 3:45 PM FB Practice - B	19 3:45 PM FB Practice - C	20 3:45 PM FB Practice - B	21
22	23 3:45 PM FB Practice - B	24 10:30 AM State FB Finals	25	26 Thanksgiving	27	28
29	30	1	2	3	4	5