

**HARVARD-WESTLAKE
FOOTBALL HANDBOOK**

Wolverines

HW

Harvard-Westlake **Football Handbook**

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COACHING STAFF

We are excited about the football coaching staff we have assembled. It is a mixture of youth and experience that should provide a balanced approach to teaching the game of football to our players.

VARSITY/JUNIOR VARSITY

Vic Eumont – Varsity Head Coach
Dave Levy – Offensive Coordinator
Bernardo Castro – Assistant Coach
Darrel Griffin – Assistant Coach
Dylan Washausen – Assistant Coach

Will Gilmore – Assistant Coach
Tony Peters – Assistant Coach
Micah Reed – Assistant Coach
Junior Thurman – Assistant Coach
Zach Volet – Assistant Coach

FRESHMAN

Scott Wood – Head Coach
Deron Braswell – Assistant Coach
Mike Daniels – Assistant Coach
Jim O’Leary – Assistant Coach

SENIOR

Scott Bello – Head Coach
Julette Bush – Assistant Coach
Ben Kattan – Assistant Coach
Brendan McDonald – Assistant Coach
Lamar Jones – Assistant Coach

JUNIOR 2

Lew Roberts – Head Coach
Cory Cooper – Assistant Coach
Ian McDonald – Assistant Coach
Mike Mahon – Assistant Coach
Ken Reid – Assistant Coach

TRADITION

Highest Finish:

2nd in CIF 1998, 1985

3rd in CIF 2006, 1994, 1986, 1983

5th in CIF 1999, 1982

Playoff Appearances' since 1980:

15 (2008, 2007, 2006, 1999, 1998, 1995, 1994, 1993, 1990, 1989, 1988, 1987, 1986, 1985, 1983)

League Titles:

8 (2006, 1999, 1995, 1994, 1990, 1986, 1985, 1983)

Total Yards Per Game:

366 1998

330 2008

316 1990

302 2006

Total Yards in a Single Game:

603 vs. Pioneer 1998

488 vs. Rosemead 2008

448 vs. Bosco Tech 2006

440 vs. North Hollywood 1998

Best Record:

12-1 1983

11-2 1986

10-3 2006

9-2 1990

9-2-1 1994

Points Per Game:

36.2 1986

32.6 2006

27.4 2008

26.9 1991

26.7 1998

Fewest Points Per Game:

10.3 2008

10.5 1979

10.9 1999

12.8 1986

18.0 2006

Coaching Wins:

107 Gary Thran 1974-1992

44 Dave Bennett 1993-1999

26 Vic Eumont 2006-

PHILOSOPHY

We will develop our student-athletes to enjoy the game of football. Our guiding force will be regimented skill progressions, strength & conditioning exercises, and teaching the rules & fundamentals of the game. Our goal is to encourage a competitive edge to succeed by daily improvement. When our players have completed their high school careers, we want them to want to continue their football development beyond Harvard-Westlake or feel complete in accomplishing their high school plan.

Regardless of their football futures, their character development and team concepts will endure. Our football principles will be constant reminders in their maturation process.

Principles

1. Accountability

A team counts on all of its parts. You must be a strong link for our success. Be honest and dependable. Do what you say or are asked to do.

2. Communication

On and off the field, amongst players and coaches, most challenges are resolved before they become problems if you communicate issues.

3. Endurance

We can and will be in better condition than our opponents. No one has ever been in too good of shape. Force the other guy to quit because he knows you never will.

4. Enthusiasm

Playing football can be the most enjoyable experience of your life. Maintain a sense of urgency in making it even better. Football is not for everyone. Enjoy it.

5. Expectations

Each player and coach should expect nothing but the best from every teammate. Raise our expectations.

6. *Focus*

It is important to pay attention in meetings, at practices and during tape review. When someone is speaking, look at the person and listen.

7. *Guarantees*

There are none. Hard work does not guarantee wins, but it does give you a better opportunity to be successful.

8. *Relentless*

You are conditioned to work, hit and hustle each time the ball is ready for play. Create the tempo that your opponent can't keep. On days when nothing is going right, you will find a way and win.

9. *Respect*

To get it, you must give it. It is not a birthright. You must earn it.

10. *Responsibility*

Be ahead of time for all activities. Don't waste time. If there is an unavoidable delay, call 818-487-5429 well in advance of your commitment.

Goals

1. Win the next one
2. Win a championship

Rules

1. Be on time
2. Do your best
3. Make us better

FIVE NUTRITION COMMANDMENTS

1. Eat breakfast

Your body needs fuel after fasting all night during sleep. Starting the day with an empty tank will negatively affect your mental and physical performance.

2. Pee clear

Water is crucial to your health – it makes up sixty percent or more of your body weight. Dark urine is a sign that you're dehydrated and, especially for athletes, thirst isn't always a reliable indicator of hydration needs.

3. Eat more fruits and vegetables

Athletes need nutrient dense foods. Eating fruits and vegetables is the best way to get the nutrients you need to perform your best.

4. Never feel hungry

The best athletes graze rather than gorge. Eat smaller portions of the right foods all day instead of starving between infrequent large meals.

5. Refuel

Your body needs fuel immediately after training. Waiting longer than thirty minutes after exercise before refueling is stressful and hinders your body's ability to recharge.

SPORTS MEDICINE

The Harvard-Westlake sports medicine department is committed to providing our student-athletes with the best possible care available.

The health of our student-athletes is contingent upon a cooperative environment between student-athlete, coach, parent, medical providers, strength and conditioning department and the Harvard-Westlake sports medicine staff. Timely and detailed communication is the key to successful sports participation.

Recovery Period

All athletes should take a recovery break of at least one week after their previous season ends and before beginning their next season. During this period there should be a complete cessation of all activity; no personal training, no weight training, running or club sports.

Pre-existing Medical Conditions

Student-athletes must inform the sports medicine staff of any pre-existing conditions such as asthma, diabetes or allergies.

Medicine Prescriptions

Student-athletes who are on prescription medication (asthma inhalers, epi-pens, migraine medications, etc.) must leave such medications with the sports medicine staff so that they will be available in the event that the student-athlete needs them during practice or competition.

PARENTS

Parents are encouraged to be active in the program and their attendance at practices and games is encouraged. The more support student-athletes receive from their families, the more likely they are to enjoy playing football.

To ensure that student-athletes receive the proper support, parents and coaches must work together. Communication between parents and coaches is encouraged and should be consistent throughout the season. If a parent has a question or concern, he or she should contact the coaches so that it can be addressed.

Parents, teachers and coaches are in a unique position to influence young adults – both positively and negatively. With this in mind, it is important that the behavior of all who attend practices and games be of a nature befitting Harvard-Westlake School.

TEAM SELECTION PROCESS

Football is not for everybody. However, we will give everyone who wants to play football an opportunity to tryout. We do not cut unless the coaches, the parents and medical staff decide that it would be unsafe for a student to continue our sport.

Playing Time

While it may not be possible to have everyone play in every game, the coaching staff will make an effort to give every student-athlete an opportunity to play. Each student-athlete selected has a role on the team and it is up to the coach to define that role. Student-athletes are encouraged to speak to the coaches if there is a concern about playing time or their role on the team. They should schedule a meeting with their coach to discuss any concerns.

TIME COMMITMENT & TRANSPORTATION

Fall

Football practice begins in early August for all levels. The Varsity, Junior Varsity and Freshman teams practice together in the fall. Athletes on these teams should expect to commit six days per week to football participation. Varsity games are played on Friday or Saturday nights. Junior Varsity games are played on Thursday afternoons or Saturdays. Freshman games are usually played on Friday afternoon before the Varsity game, with occasional games on Thursday and Saturday afternoons. Practices and home games are held on Ted Slavin Field. The Junior 2 (J2) and Senior teams practice on the middle school campus. Home games are played at the upper school. Games are usually played on Saturdays. Both teams practice four days a week.

Winter and Spring

Varsity, Junior Varsity and Freshman football players are expected to enroll in the football class if they are not playing another sport at Harvard-Westlake. This class meets four days per week immediately after school. Freshman football players are bused from the middle school to the upper school and back for these classes. Multiple-sport athletes are expected to give equal time to all sports during off-season periods. Any athlete that commits to playing another sport is expected to finish that season before returning to football. Spring practice for the JV and Varsity teams is held in May and lasts approximately 15 days. Spring practice will conclude before final exams.

Summer

Athletes entering the 9th, 10th, 11th or 12th grade are expected to participate in the summer program. The program starts immediately after graduation and continues through the end of July (approximately six weeks). During this time, athletes will participate four days a week, with some evening commitments for passing league competitions.

Transportation

Everyone is expected to be on time or make up that time with your coach. Shuttles are available from both campuses to transport teams to off-campus practice sessions. These buses return in time for the late buses on the middle school campus. Everyone is expected to stay for an entire practice session.

2009 VARSITY FOOTBALL SCHEDULE

Home games are in bold

Date	Opponent	Location	Time	Result/Info
09/04 Fri.	Franklin	<u>Harvard-Westlake US</u>	7:00 PM	
09/11 Fri.	Lynwood	<u>Lynwood Middle School</u>	7:00 PM	
09/25 Fri.	Rosemead	<u>Rosemead High School</u>	7:00 PM	
10/03 Sat.	Aleman	<u>Harvard-Westlake US</u>	7:30 PM	
10/09 Fri.	Chaminade	<u>Harvard-Westlake US</u>	7:00 PM	
10/16 Fri.	St. Bernard*	<u>St Bernard High School</u>	7:00 PM	
10/23 Fri.	Serra*	<u>Harvard-Westlake US</u>	7:00 PM	
10/29 Thu.	Verbum Dei	<u>Harvard-Westlake US</u>	7:00 PM	
11/06 Fri.	Cathedral*	<u>Cathedral High School</u>	7:00 PM	
11/13 Fri.	Bishop Montgomery*	<u>Harvard-Westlake US</u>	7:00 PM	

* indicates League game

Game times, dates and locations are subject to change. When multiple games are played consecutively at the same site, the later game(s) may begin earlier than the scheduled time.

2009 JUNIOR VARSITY FOOTBALL SCHEDULE

Home games are in bold

Date	Opponent	Location	Time	Result/Info
09/05 Sat.	Franklin	Franklin High School	10:00 AM	
09/10 Thu.	Lynwood	Harvard-Westlake US	4:00 PM	
09/24 Thu.	Rosemead	Harvard-Westlake US	4:00 PM	
10/02 Fri.	Alemanly	Alemany Catholic High School	4:30 PM	
10/08 Thu.	Chaminade	Chaminade High School	4:00 PM	
10/22 Thu.	Serra*	Serra High School	3:00 PM	
11/07 Sat.	Cathedral*	Harvard-Westlake US	3:00 PM	

* indicates league game.

Game times, dates and locations are subject to change. When multiple games are played consecutively at the same site, the later game(s) may begin earlier than the scheduled time.

2009 FRESHMEN FOOTBALL SCHEDULE

Home games are in bold

Date	Opponent	Location	Time	Result/Info
09/04 Fri.	Franklin	<u>Harvard-Westlake US</u>	4:00 PM	
09/11 Fri.	Lynwood	<u>Lynwood Middle School</u>	4:00 PM	
09/24 Thu.	Rosemead	<u>Rosemead High School</u>	3:15 PM	
10/03 Sat.	Aleman	<u>Harvard-Westlake US</u>	4:30 PM	
10/09 Fri.	Chaminade	<u>Harvard-Westlake US</u>	4:00 PM	
10/17 Sat.	St. Bernard*	<u>St Bernard High School</u>	10:00 AM	
10/23 Fri.	Serra*	<u>Harvard-Westlake US</u>	4:00 PM	
10/31 Sat.	Verbum Dei	<u>Harvard-Westlake US</u>	11:00 AM	
11/06 Fri.	Cathedral*	<u>Cathedral High School</u>	4:00 PM	
11/13 Fri.	Bishop Montgomery*	<u>Harvard-Westlake US</u>	4:00 PM	

* indicates league game.

Game times, dates and locations are subject to change. When multiple games are played consecutively at the same site, the later game(s) may begin earlier than the scheduled time.

DIRECTIONS

Aleman High School

11111 N. Alemany Dr., Mission Hills, CA 91345 (818) 365-3925

Directions: 405 Fwy North. Exit Rinaldi. Left on Sepulveda. Right on Rinaldi. Right onto Alemany Drive.

Cathedral High School

1253 Bishop Road, Los Angeles, CA 90012 (323) 225-2438

Directions: 110 Fwy South. Exit Hills Street. Keep Left at fork. Right on Stadium Way. Right on Bishop Road.

Chaminade High School

7500 Chaminade Avenue, West Hills, CA 91304 (818) 347-8300

Directions: 101 Fwy North. Exit Topanga Canyon. Left on Burbank. Right on Topanga Canyon. Left on Sherman Way. Right on Woodlake. Left on Cohasset. Right on Chaminade Ave.

Franklin High School

820 North Avenue 54, Los Angeles, CA 90042 (323) 256-2144

Directions: 134 Fwy East toward Pasadena. Merge onto 2 Fwy South. Take exit York Blvd. Turn left at York Blvd. Turn right at N Avenue 54

Lynwood Middle School

12124 Bullis Rd, Lynwood, CA 90262 (310) 603-1466

Directions: 110 Fwy South to 105 Fwy East. Exit Long Beach Blvd., turn right. Left on Magnolia Ave. Left on Bullis Rd.

Rosemead High School

9063 Mission Drive, Rosemead, CA 91770 (626) 286-3141

Directions: 5 Fwy South to 10 Fwy East. Exit on Rosemead Blvd. Right on Rosemead Blvd. Right on Mission Dr.

Serra High School

14830 S. Van Ness Avenue, Gardena, CA 90249 (310) 324-6675

Directions: 101 Fwy South to 110 Fwy South. Exit Rosecrans, turn right. Left on Van Ness.

St. Bernard High School

9100 Falmouth Ave, Playa Del Rey, CA 90293 (310) 823-4651

Directions: 405 Fwy South. Exit Jefferson Blvd. Right at Jefferson Blvd. Left at Lincoln Blvd. Right at W Manchester Ave. Left at Falmouth Ave.

LEAGUE & CIF INFORMATION

The Varsity, Junior Varsity and Freshman teams will compete in the Del Rey League. The Del Rey League consists of the following teams:

Bishop Montgomery
Cathedral
St. Bernard
Serra

At the Varsity level, the top three teams from the Del Rey League qualify for the playoffs in the Northwest Division.

The Junior 2 (J2) and Senior teams compete in the Gold Coast Youth Football League (GCYFL). Teams in the GCYFL include:

Camarillo Cougars
Fillmore Raiders
Grace Brethren
Moorpark Packers
Oxnard Golden Knights
Santa Clarita Wildcats
Santa Paula Cardinals
Simi Valley Vikings
Westlake Braves

COLLEGE INFORMATION

The National Collegiate Athletic Association (NCAA) publishes a *Guide for the College-Bound Student-Athlete*. This is an important document for any student-athlete who wishes to compete at the collegiate level. You may visit their website at www.ncaa.org.

CONTACT INFORMATION

COACHING STAFF

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ATHLETIC ADMINISTRATION

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