

2024 UPLAND FOOTBALL

WELCOME

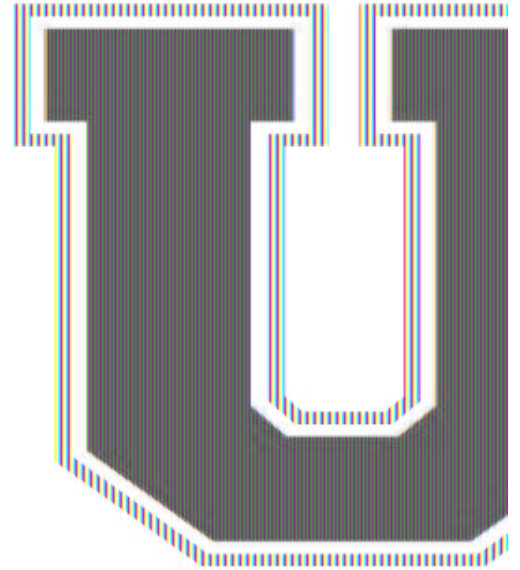


Football is the greatest team sport in the world

Why is American Football the greatest team sport in the world?

<https://www.instagram.com/reel/Cr3PsXpP0bx/?igsh=MTc4MmM1Yml2Ng==>

<https://www.tiktok.com/@patmcafeeshowofficial/video/7278037735175114014>



Football is America's Passion

- Because of this the expectations for football players are much higher than the average student.
- The standard is much higher than the average student.
- Football players should demand more from themselves.



An aerial photograph of Upland High School's football field and stadium. The field is green with white yard lines and a large black 'U' logo in the center. The word 'UPLAND' is painted in black on the end zone. The stadium seating is blue, and a track is visible around the field. In the background, there are school buildings, a parking lot, and mountains under a clear sky.

UPLAND FOOTBALL - VISION STATEMENT

***TO HELP YOUNG PEOPLE ACHIEVE THEIR
HIGHEST POTENTIAL WHILE HAVING ONE
OF THEIR GREATEST EXPERIENCES
PLAYING FOOTBALL***

POUND THE ROCK

PTR

Pound The Rock

“When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.”

— Jacob Riis

<https://www.tiktok.com/@thewinningdiffere/video/7295329811659033899>

THREE SIMPLE RULES

1. ALWAYS DO THE RIGHT THING
2. DO EVERYTHING TO THE BEST OF YOUR ABILITY
3. SHOW OTHER PEOPLE THAT YOU CARE

CANI!

Constant And Never-ending Improvement

POUND THE ROCK

The Top 4 Priorities

Faith



Family

Education

Upland Football



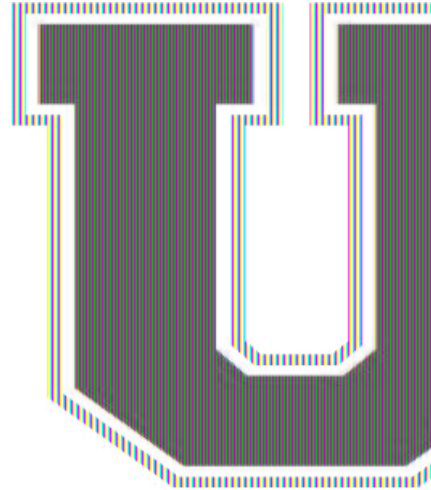
#U BeforeMe

Introductions

- **The Football JV/V Coaching Staff**

- **Darryl Thomas-HC**
- **Jerry Benson-WR**
- **Vince Elefante-DL**
- **Gage Gray-OLB**
- **Shane Hile-OL**
- **John MacKinney-TE**
- **Cole McCarty-STC/JV**
- **Albert Rodriguez-QB**
- **Rashaun Scott-DC**
- **Derric Turner-DB**
- **DeAngelo Wall-RB**
- **Matt Wasef-OL/S&C**

- **Athletic Trainer-Angelina Hernandez**
- **Scots Athletic Foundation Board**
- **Chief Football Operations-Liz Correa**
- **Football Managers**



Academics

<u>Subject Area</u>	<u>Upland High School</u>	<u>UC/CSU Admissions Requirements</u>	<u>NCAA Division I (Classes must be on approved NCAA list)</u>
English	4 years	4 years	4 years
Mathematics	2 years	3 years, including Algebra I, Geometry and Algebra II (4 years recommended)	3 years, including Algebra I, Geometry and Algebra II
Science	Physical Science (1) Life Science (1)	2 years of a lab science, 1 physical and 1 life (3 years recommended)	2 years of a lab science
Social Science	World History (1) U.S. History (1) Government (.5) Economics (.5)	2 years, including a year of World History	2 years of Social Science
Foreign Language	None	2 years of same language (3 years recommended)	Does not accept Fine Arts
Fine or Performing Arts	1 year	1 year	None (optional)
Physical Education	2 years	None	Does not accept Physical Education
Electives	Nine courses	1 year college preparatory elective taken from English, social sciences, advanced mathematics, a lab science. Foreign Language, Visual or performing arts.	1 Year of additional English, Math or Science 4 years of additional courses from any area above , foreign language, philosophy or non-doc religion
SAT/ACT	Not required	Required and colleges will take either one (Check with each University and see if they superscore or use single seating score)	Required and will take the highest scores and superscore to get highest total test score
TOTALS	230 credits	15 courses	16 courses (Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester)

Athletic Clearance

1. Need yearly physical (MUST use CIF specific forms)

- A. Schedule an appointment with your primary care physician to complete an athletic physical screening.
 - a. If you are having difficulties getting an appointment with your primary physician then the following locations are performing sports physicals:
 - i. CVS Minute Clinic - 11428 Kenyon Way Rancho Cucamonga 91701
 - ii. CVS Minute Clinic - 775 E Foothill Blvd. Pomona, CA
- B. If you recently had a physical (within the last 6 months) then just get a copy of that to bring in to the athletic training staff.

PLEASE MAKE SURE THERE IS A STAMP AS WELL AS A SIGNATURE ON PHYSICAL FORM.



Athletic Clearance

2. Go to www.athleticclearance.com

- a. Create username/password or sign into account
- b. Choose Upland, **2024-2025** school year and sport (s) you will be trying out for (use 2023-2024 is 24/25 is not available yet)
- c. Answer all questions/fill in all information
 - i. Boxes on account should all be green except the clearance section
 - ii. If you are an incoming freshman/transfer and do not have a student ID yet you can put 0 for now



Athletic Clearance

3. Once the online portion is fully complete, keep hard copy of physical until school is open.

(Turn in the hard copies into trainer on first report day, whenever that may be)

Any questions please email Upland's Certified Athletic Trainer:

Angelina Hernandez – angelina_hernandez@upland.k12.ca.us

We will have physical exams on campus on May 16. 4-7pm

A reminder will be sent out at a later date.



Hurt or Injured?

- If you are hurt or injured please see our Certified Athletic Trainers first.
- It is also your duty as a responsible athlete who wants to get back to helping the team, to make it to your rehabilitation sessions.
- You also have to do the work if you want to get better.
- ***If you go to the doctor, be sure to turn in doctor's note clearing your athlete to the athletic trainer***
 - Note must be from ***MD, DO, PA, NP***



Sports Medicine Injury Clinics



909.865.9500 

Pomona [909.865.9810](tel:909.865.9810)

SMC Physician Clinic

FREE athletic injury screens by a Sports Medicine Physician

- Mondays at 4:45 pm
- Includes free injury diagnosis, recommendations for care, plus FREE x-ray and on-site PT consultation when needed.
- Includes injury diagnosis, recommendations for care, plus x-ray and on-site PT consultation, if needed
- Available to any athlete with a sports injury
- Referrals to MRI, medical specialists, athletic rehab and sport-specific diagnostic testing can be obtained
- Coaches or school athletic trainers may accompany the athlete to discuss the injury, treatment options and time frames for return to play
- Athletes should dress appropriately to allow easy examination
- Parent or guardian must accompany athletes under age 18
- PPE sports physicals also available for \$31
- Appointments required - NO WALK-INS.
- Call [909.865.9810](tel:909.865.9810) to schedule



Free Sports Injury Screenings

Don't let a sports injury sideline your season

Are you an injured athlete and not sure where to begin? We can help. The Coliseum at Casa Colina offers a free sports clinic every Monday evening from 5 to 7 p.m. at our Pomona Outpatient Center.



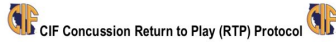
Overseen by Steven Bast, MD, program medical director and an orthopedic surgeon trained in sports medicine, the Coliseum welcomes injured athletes of all ages for medical screening of sports-related injuries:

- Medical screening of sports-related injury by a physician specializing in sports medicine
- Concussion screening by an IMPACT certified clinician
- Physical therapist and/or athletic trainer assessment
- Free x-ray services, if needed

Sports injuries only please—no work-related or other injuries will be seen. The clinic offers screening only—if follow-up treatment is required, a referral will be provided.

Walk-ins are welcome and no appointment is necessary. Screenings are not offered on holidays and some holiday weekends.

Concussion Protocol



CA STATE LAW AB 2127 STATES THAT RETURN TO PLAY (I.E., COMPETITION) CANNOT BE SOONER THAN 7 DAYS AFTER EVALUATION BY A PHYSICIAN (MD/DO) WHO HAS MADE THE DIAGNOSIS OF CONCUSSION, AND ONLY AFTER COMPLETING A GRADUATED RETURN TO PLAY PROTOCOL.

Instructions:

- A graduated return to play protocol **MUST** be completed before you can return to FULL COMPETITION. Below is the CIF RTP Protocol.
 - A certified athletic trainer (AT), physician, or identified concussion monitor (e.g., athletic director, coach), must initial each stage after you successfully pass it.
 - You should be back to normal academic activities before beginning Stage II, unless otherwise instructed by your physician.
- After Stage I, you cannot progress more than one stage per day (or longer if instructed by your physician).
- If symptoms worsen at any stage in the progression, **IMMEDIATELY STOP** any physical activity and follow up with your school's AT, other identified concussion monitor, or your physician. In general, if you are symptom-free the next day, return to the previous stage where symptoms had not occurred.
- Seek further medical attention if you cannot pass a stage after 3 attempts due to concussion symptoms, or if you feel uncomfortable at any time during the progression.

You must have written physician (MD/DO) clearance to begin and progress through the following Stages as outlined below, or as otherwise directed by your physician. Minimum of 6 days to pass Stages I and II.				
Date & Initials	Stage	Activity	Exercise Example	Objective of the Stage
	I	Limited physical activity that does not exacerbate symptoms for at least 2 days	<ul style="list-style-type: none"> Unlimited walking okay No activities requiring exertion (weight lifting, jogging, P.E. classes) 	<ul style="list-style-type: none"> Recovery and reduction/elimination of symptoms
	II-A	Light aerobic activity	<ul style="list-style-type: none"> 10-15 minutes (min) of brisk walking or stationary biking Must be performed under direct supervision by designated individual 	<ul style="list-style-type: none"> Increase heart rate to \leq 50% of perceived maximum (max) exertion (e.g., < 100 beats per min) Monitor for symptom return
	II-B	Moderate aerobic activity (Light resistance training)	<ul style="list-style-type: none"> 20-30 min jogging or stationary biking Body weight exercises (squats, planks, push-ups), max 1 set of 10, \leq 10 min total 	<ul style="list-style-type: none"> Increase heart rate to 50-75% max exertion (e.g., 100-150 bpm) Monitor for symptom return
	II-C	Strenuous aerobic activity (Moderate resistance training)	<ul style="list-style-type: none"> 30-45 min running or stationary biking Weight lifting \leq 50% of max weight 	<ul style="list-style-type: none"> Increase heart rate to > 75% max exertion Monitor for symptom return
	II-D	Non-contact training with sport-specific drills (No restrictions for weightlifting)	<ul style="list-style-type: none"> Non-contact drills, sport-specific activities (cutting, jumping, sprinting) No contact with people, padding or the floor/mat 	<ul style="list-style-type: none"> Add total body movement Monitor for symptom return
Prior to beginning Stage III, please make sure that written physician (MD/DO) clearance for return to play, after successful completion of Stages I and II, has been given to your school's concussion monitor. You must be symptom-free prior to beginning Stage III.				
	III	Limited contact practice	<ul style="list-style-type: none"> Controlled contact drills allowed (no scrimmaging) 	<ul style="list-style-type: none"> Increase acceleration, deceleration and rotational forces
		Full contact practice Full unrestricted practice	<ul style="list-style-type: none"> Return to normal training, with contact Return to normal unrestricted training 	<ul style="list-style-type: none"> Restore confidence, assess readiness for return to play Monitor for symptom return
MANDATORY: You must complete at least ONE contact practice before return to competition, or if non-contact sport, ONE unrestricted practice (If contact sport, highly recommend that Stage III be divided into 2 contact practice days as outlined above)				
	IV	Return to play (competition)	<ul style="list-style-type: none"> Normal game play (competitive event) 	<ul style="list-style-type: none"> Return to full sports activity without restrictions

Athlete's Name: _____ Date of Injury: _____ Date of Concussion Diagnosis: _____

Spring Football Practice

Expectations

- **All players are expected to attend the Spring Football practices. Please see the flyer for the days and times.**
- **All players are expected to wear the new 2024 Spirit Pack (Grey Top & Black Shorts)**
- **White or black socks only**
- **White, black, green, or grey sleeves only**
- **All players are expected to be 15 minutes early to all practices and meetings.**
- **Players should wear Under Armour skull caps on their heads or Upland football caps. No bandanas or do-rags.**



Spring Football Practice

Expectations

- All players will be split into two groups- Green or White.
- Groups will be posted in the locker rooms on Mondays before practice.
 - Coaches will re-evaluate groups on a weekly basis.
- We will have a meeting at 4:45pm on the days we have Spring Practices.
 - These meetings can consist of positional meetings, offensive meetings, defensive meetings, special teams, or program meetings.



Spirit Pack



Compression Sleeveless Tops \$40



Shorts \$40



Cotton Loose Fit
Top \$40

Philosophy on Playing Time

- Playing time is earned everyday in practice through effort, attitude, and play-making abilities
 - Friday Night is not a tryout period
 - It is not a right to play in the game. You have to earn it.
- We will play as many players as needed to ensure the victory
- Opportunities to Play
 - Offensive Personnel Groups: At least 8 different groups
 - Defensive Personnel Groups: At least 7 different groups
 - Special Teams: At least 7 different groups
- Still want curious about playing time?
 - Talk to your child about the situation
 - The coaches will be very clear and honest about the depth chart and please encourage your son to start with his position coach on his situation.
 - **Parents: If you still want to meet regarding playing time please wait 24 hours after the game to call to make an appointment with Coach Thomas.**



Scots Athletic Foundation

Who we are and what we do

- **Our board consists of seven members who work together to take on the task of giving our boys a great season. We work hard to make sure the players have what they need and so much more.**
- **We raise money through sponsorship, advertising, events, snack bar, merchandise, raffles and anything else we can think of! New ideas are always welcome.**

WE NEED YOUR HELP!

- **Team Parent**
- **Freshman parents will sign up for a shift in the snack bar for Varsity home games**
- **Volunteers for team and fundraising events**
- **Involvement! Come to our meetings share your ideas and talents and let's give our boys a great season.**



Scots Athletic Foundation

Our Board

President - Denise Vidaure
SAFpresident1@gmail.com

Vice President - Jen Martinez
SAFVicePresident@gmail.com

Treasurer - Tina HoChing
SAFtreasurer21@gmail.com

Secretary - Katrina Castro
SAFSecretary2@gmail.com

Fundraising - Tauvaga HoChing
SAFFundraising@gmail.com

Parent Volunteer Coordinator
Heather Dube
Safparent@gmail.com

Volunteer

- Wednesday Night Varsity Meals
- Friday Afternoon Meals
- Tournaments and Youth Clinics
- Senior Night
- Snack bar
- JV Awards Night & Varsity Banquet
- Fundraising



Text **@uplandfb24** to (704) 350-2961

Scots Athletic Foundation

Weekly Meals

We feed the team and coaches:

- Wednesday Nights
- Fridays before game

This year some businesses may still be recovering from COVID-19 and may not be able to donate as much food as in the past. The more people we have asking for donations, the better our boys will be fed. This year we have something new to offer sponsors, advertisement on our scoreboard! Almost any type of business can donate. Two years ago the tattoo parlor across the street bought the boys pizza. This last season the Police Department bought Costco pizza and fried chicken for the boys. So please, ask around and see who would be willing to help feed our boys this season.

Any questions, please feel free to call
Denise Vidaure 909-996-5293.



Fundraising Opportunities

NOTICE: Parent/Player goal for fundraising is \$300. All fundraising proceeds go back to the football players in the form of uniforms, protective equipment, and other essentials to run a high-caliber program.

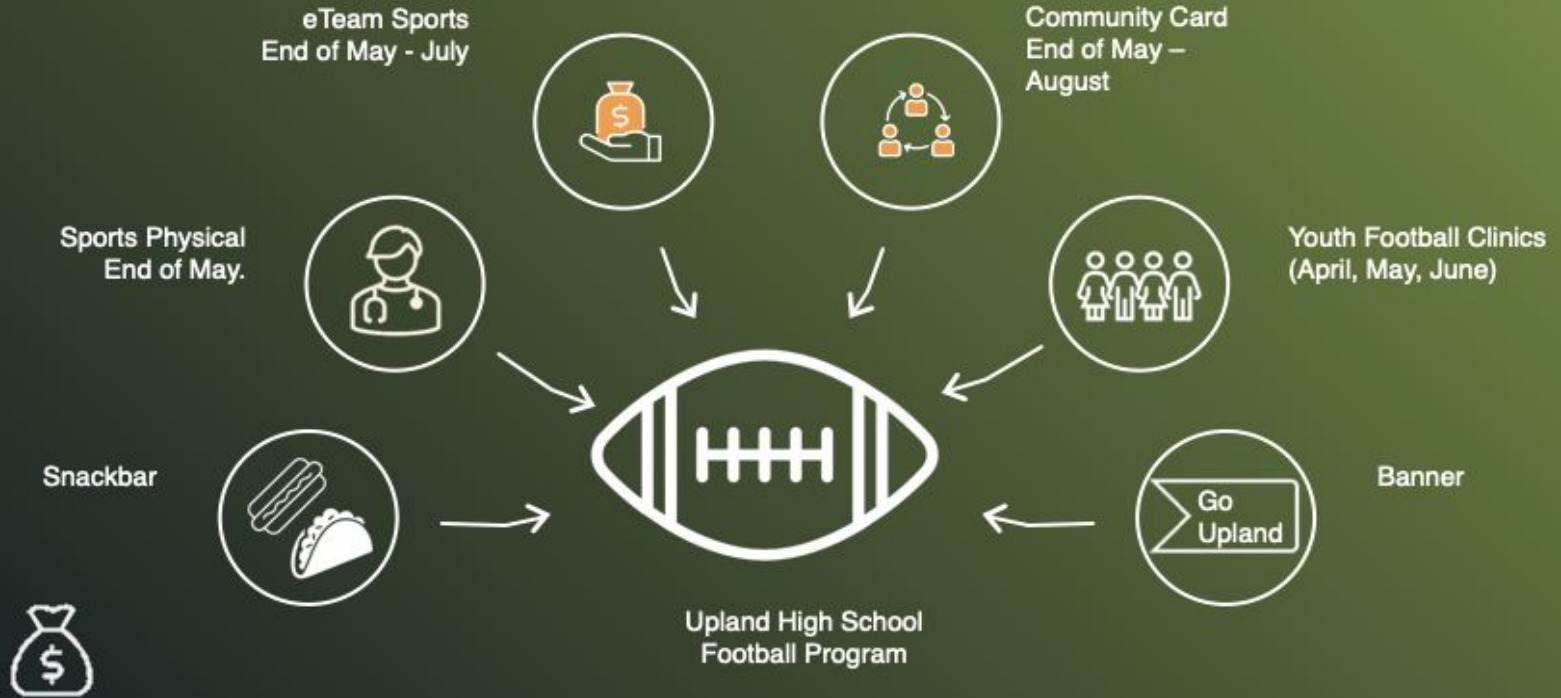
1. Eteamsponsorship: May 8
2. Car Wash: July 27

In addition players and family members can place a program/personal ad in the program which will be sold at each and every home game.

Program/Personal Ads are due by Monday, August 1



Upcoming Fundraisers



Cost to Run UHS Football Program

Approx. \$130,000

School District
25%



Scots Athletic
Foundation
75%

Equipment

33%

Jersey/Pants

20%

Game Meals

16%

Player Wear

13%

Player Extras

7%

Transportation

7%

Officials

4%

Upland Football Summer Camp

- Dates are Monday, June 17th- Saturday, July 6th
- Summer camps are designed to enhance football skills.
- Teams will compete in various passing tournaments and linemen competitions.
- We will have weight room and conditioning workouts from 6-7:30am
- We will also have a couple practices a week from 3-6pm. These days vary so please check the website or calendar handout for specific days.
- Cost is \$200.00 payable to Scots Athletic Foundation by Friday, June 7th.







Summer Dead Period

Sunday July 7th-Sunday July 21st



Need Information?

- Go to the UHS Football website: <https://www.uplandscotsfootball.com/>
- Follow us on Twitter @upland_fb 
- Follow us on Instagram @upland_fb 
- Follow us on Facebook @Upland High School Football 
- Join JV/Varsity for Players on Remind App 
 - Send a text to 81010
 - Text this message: @8c6472
- Check the your Upland Football Google Classroom



It is a strong possibility that the Football class will be moving to 1st Period at the start of the 2024-2025 School Year

Reasons:

- It would free up essential facilities for other sports during the 6th period. This would alleviate scheduling conflicts and ensure equitable access to resources for all athletic teams.
- Unique opportunity for me as the coach to interact with and get to know our freshman players better. It would allow for more focused attention on their development and integration into the team, ultimately fostering a stronger sense of camaraderie and cc among all players.
- This schedule change would create a valuable mentoring opportunity for our upperclassmen.



UPLAND FOOTBALL = FAMILY



Know, Understand, & Accept Your Role On The Team

How committed are you to the succes
of the Upland Football Team?
Are you willing to sacrifice individual
glory for the embetterment of the
team?



[Tesoro vs. Covina CIF
Semi-Final](#)

https://www.youtube.com/watch?v=jB0C_E4mKlg

#UBeforeMe



Q & A Session

Please let us answer any question you may have

