Written by Jim Ecker Friday, 15 March 2013 20:15 -

Several Metro football coaches are troubled by new IHSAA rules that will limit the amount of practice time for their teams this season.

The IHSAA has banned two-a-day practices during preseason drills in August, citing player safety in typically hot conditions. In addition, teams may not engage in full contact drills until the sixth day of preseason practice and cannot hold full contact scrimmages until after the 10th practice.

Total practice time may not exceed three hours of physical activity per day. The IHSAA adopted these measures on March 8.

"I am not in favor of the new rule," Marion High School Coach Tony Perkins told the Metro Sports Report. "It seems like a knee-jerk reaction to a problem the rulesmakers perceive as a problem, (but) we as coaches do not see.

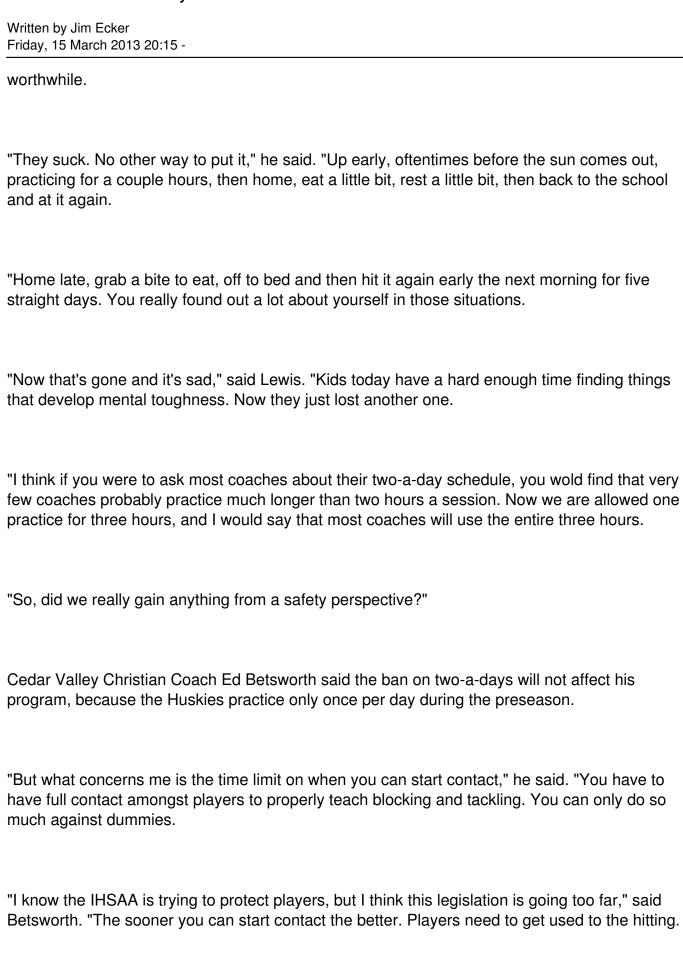
"lowa coaches have done an outstanding job of monitoring our athletes, keeping them safe and healthy," said Perkins. "I feel this will put a lot of teams into early games not as prepared as we should be for competition.

"I would have liked to be able to vote on the change."

Kennedy Coach Tim Lewis also dislikes the new regulations.

"The worst part about it is that now kids won't get to experience the grind of two-a-days," he said. "Those are the kind of things you sit around and talk with your buddies about once your playing career is over."

Lewis acknowledged that two-a-day workouts can be demanding, but thinks they are



Written by Jim Ecker Friday, 15 March 2013 20:15 -"Athletes at this level need that extra full contact time to properly learn the techniques of tackling and blocking. Otherwise we are setting up our athletes for the possibility of having other serious injuries. "And seriously ... Only four days of full contact scrimmaging before the first game?" Cedar Rapids Prairie Coach Mike Morrissey said the new rules will have a minimal impact on his program. "We used two-a-days before as one practice in the morning and a walkthrough/film session in the afternoon," he said. "The three-hour limit on practice doesn't change anything we did in the fall, either. "We were done with practice each day within 2 hours and 15 minutes. We really tried to stress tempo at practice and to get the guys from drill to drill guickly. Luckily for us, it won't change much from what we already do." Jefferson Coach Brian Webb has elected to accept the new rules and move forward. "Whatever rules and procedure are - or will be - set forth, we will follow them as directed," he replied. "Whether we agree or disagree with them is irrelevant." "We'll do whatever they tell us to do," agreed Kennedy Coach Lewis. "Improvise and adjust. Adapt and overcome." Betsworth hope the rules will be amended in the future.

"After the season is over, I hope the IHSAA will come to us and ask how it went and get our

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opinions and input when all is said and done," he said. "And in the future, check with us before they make these type of changes."