



2018 Football Student/Parent Handbook

MARSHFIELD FOOTBALL

Welcome to the Marshfield football program. As the head football coach at Marshfield High School I'm very excited about the opportunity to be associated with our community, its coaches and staff as well as our fine student athletes. Over the years the Marshfield Football Program has established a strong winning tradition. We look forward to the opportunity to continue to build and grow on its foundation that has been set by many that have come before us. The entire staff takes great pride in its role as part of the educational process provided by the Marshfield School District.

While our goal is to create a winning program that competes with our opponents on a weekly basis, the coaching staff is also focused on the intangibles that students learn, such as the meaning of hard work, discipline, the need for the personal sacrifices made for the good of the team, goal setting, and many other things which are important to the well-being of an individual and society as a whole.

This handbook is designed so that parents and athletes understand the discipline procedures and policies of the football program. Practice, game expectations, responsibilities toward academics, personal conduct, and NCAA recruiting procedures will be mentioned.

The coaching staff feels that we are extremely fortunate to have the opportunity to work with all the young men in the Marshfield Football Program. As the Head Football coach I have an open door policy in regards to your questions and concerns, so feel free to contact me at any time. We look forward to having your son/daughter as a student/athlete in the Marshfield football program.

Go Rams,

Chris Arouca

carouca@mpsd.org

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MARSHFIELD FOOTBALL

2018 High School Coaching Staff

Chris Arouca chrisarouca@hotmail.com	Head Coach
Sean Camire	Asst. Freshman & Varsity
Dylan Colarusso	RB's & LB's
Jeff Dunn	Freshmen Head Coach & Varsity Assistant
Tony Green	Assistant Defensive Coordinator & DB's
Nick Landry	Quality Control Coach
Chris Leonard	Offensive Line
Reggie Newcomb	Defensive Coordinator / LB's
Bob Noble	QB's / Pass Game Coordinator
John Riordan	Defensive Line
Brian Shacochis	Special Teams Coordinator / RB's & WR's
Jeremy Silva	
John Taylor	Linebackers
Rich Upson	Slot Backs & Head JV Coach
Gary Walsh	Wide Receivers
Scott Madden	Athletic Director

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Summer 2018 Activities

1.) Summer Workouts

“Teams that Grind Together, Win Together”

- Summer Strength and Conditioning Program Held at Marshfield High School
- Starts Monday, June 25
- LINKS:
 - Pinned on: www.marshfieldfootball.com
 - Mr. Madden’s twitter
 - https://docs.google.com/forms/d/e/1FAIpQLSddDaOE8WJzRMTvZFUy_IBICvmiYlwxFXiYRdHeLDzsc2T9Q/viewform
- DESCRIPTION:
 - Our program is designed specifically for high school student-athletes. In addition to enhancing on field performance, we will dedicate time daily for injury prevention. Participants will train four days per week for a total of seven weeks during the summer months leading up to the fall sports pre-season.
 - Our daily workouts traditionally follow this template:
 - A.) Movement preparation and warm up
 - B.) ACL injury prevention and lower extremity strength/coordination development
 - C.) Field work, conditioning, and additional athletic strength development

Session 1: 7:15-8:15 Monday-Thursday, 11th & 12th Grade Boys

Session 2: 8:15-9:15 Monday-Thursday, All Girls 9-12

Session 3: 9:15-10:15 Monday-Thursday, 10th Grade Boys

Session 4: 10:15-11:15 Monday-Thursday, Incoming 9th Grade Boys

Sessions can be flexible!

2.) 7 on 7 ONE DAY Tournament – Varsity/JV Only

July 15 @ Oliver Ames High School

- Parents NEED to fill out waiver

3.) 7 on 7 League at Duxbury High School

Monday, June 25	5:10 vs. Hingham	6:00 vs. Hanover
Monday, July 2	7:00 vs. Whitman-Hanson	7:50 vs. Duxbury
Monday, July 9	7:00 vs. BR	7:50 vs. Scituate
Wednesday, July 18	5:10 vs. B.C. High	6:00 vs. Rockland
Monday, July 23	5:10 vs. Abington	6:00 vs. Weymouth
Monday, July 30	PLAYOFFS TBA	
Wednesday, August 1	PLAYOFFS TBA	

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4.) South Shore Football Clinic

- At Marshfield High School
- Sunday, August 12 – Wednesday, August 16
- 4:30 – 7:30
- Flyers attached – can register online

5.) Equipment for Summer Camps

- Contact me – signed out during lifting sessions

6.) August 17 – Practice Begins! Schedule will be sent out when complete

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Marshfield Rams Football Mission Statement

To build confidence and self-esteem and a feeling of contribution within each player

Assist in helping every play feel important and unified in purpose

Encourage open and honest communication between staff and players

Focus on solutions rather than problems

Respect dignity and faith of each person on our football program

Commitment to team unity and strong leadership, trust each other

Create an environment for innovation and growth

Each and every one will overachieve

Above all else, our football players will be athletes of strong moral **character**

In order to build a successful program it is vitally important that we develop an atmosphere where every individual feels as though they are important to the success of the program. This applies to coaches, players and managers. It can be the starting quarterback or the third string tackle on Junior Varsity team, every one contributes something to the program, and those contributions should be noted the individual know that they are appreciated.

Athletics has a tremendous opportunity to affect the lives of our students in a positive manner. It is our obligation to provide our student athletes with a program that leads to success in the future.

High School Program Progression

Youth/Flag Football	Players learn the game and love football
Freshman	Participation and development; instill winning attitude; install Varsity system.
Junior Varsity	Preparation for Varsity; intensification of individual and team commitment.
Varsity	Put the best possible team on the field. Discover every team member's ROLE

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Introduction

Please review the following information as information explaining in detail your football program and its requirements. When participating in any extracurricular activity it should be viewed as a privilege and not a right. With any privilege comes guidelines and rules and each one of your student athletes will be required to follow such rules accordingly.

Marshfield High School Athletics Checklist

VALID PHYSICAL

Physicals are only valid for 13 months to the day. Please pass an updated physical into the athletic department before tryouts.

USER FEE POLICY

Each student will be required to pay a \$250.00 user fee per year. Family Cap will be \$500.00.

ATHLETIC REGISTRATION

An email will be sent indicating when registration is open. All team sign-ups will take place online. Registration will take place on your ASPEN family portal. Registration Instructions: <https://goo.gl/c6H3F8>

ACADEMIC ELIGIBILITY

All student-athletes must be academically eligible. Notices will be sent home at the end of the school year. All 8th grade students enter MHS eligible to participate in athletics.

IMPACT TEST

Impact Concussion Screening for all Freshmen & Junior football players will take in August with our Athletic Trainer.

*Juniors take the test via email link on Chromebook

* Freshmen done at the high school over the summer

August 17th Deadline for submitting the following:

1. Updated Physical Forms
2. **Registering online – this is different from payment.**
3. Pay user fee online: <https://unipaygold.unibank.com/transactioninfo.aspx> or Check made out to the “Town of Marshfield”

The athletic department will host an Athletic Parent/Guardian Orientation for all Fall Athletic teams in August. Mr. Madden will send that information out over the summer.

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Team Rules

1. **STUDY HALL** – Due to extenuating circumstances we are often forced to practice at night, sometimes pretty late. While energetic and productive practice sessions are vital to the success of a football program, academics are even more important to the future success of our student athletes. After school we have arranged to have the MHS library open to all athletes. This is a time that can be used to get homework completed, work on projects, write papers and study for tests. Students can also seek out teachers or extra help during this time.
2. **MIAA CHEMICAL HEALTH/ALCOHOL/DRUGS/TOBACCO POLICY** – please see page 60 of the MIAA handbook for a full explanation of the rule. It clearly explains that “a student shall not, regardless of the quantity, use, consume, possess, buy/sell, or give away any beverage containing alcohol; any tobacco product(including e-cigarettes, VAP pens and all similar devices); marijuana (including synthetic); steroids; or any controlled substance. This policy includes products such as “NA or near beer”. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student’s own use by his/her doctor”. Student athletes risk losing games from their season, something they can never get back. As well, football players at Marshfield High School lose the ability to be elected captain if, at any time, during their time at Marshfield High School, they are found to be in violation of the policy.
3. **QUITTING DURING THE SEASON** – If a player quits or is dismissed from the team in or out of season, that player gives up all rights to any honors, which they have earned but not yet received. The player can only try out for the team the next year with permission from the head coach.
4. **STEALING** – Taking things that do not belong to you will not be tolerated. A player caught and proven guilty will result in immediate removal from the football team. As a team we look out for each other.
5. **CONDUCT** – If you want to be a member of the football team you must follow all school rules and procedures while attending class. You are expected to act properly in class, giving your teachers and staff courtesy and respect. Any detention or suspension from school for any reason will result in disciplinary action by the Head Football Coach.
6. **ATTENDANCE** – Do not cut classes or be tardy. If an athlete misses school the day of a game, he will not be allowed to play (unless there are extenuating circumstances and they are also EXCUSED FROM SCHOOL). The school administration must approve extenuating circumstances. Excessive absences will result in game suspension(s) or possible termination from team.

PRACTICE and MISSING PRACTICE – Practice is mandatory and the expectation is for high intensity and focus; everyday, rain or shine. Our athletes will be given weekly practice schedules for in season workouts. Regular attendance to practice and games is very important in order for the team to improve. The quickest way to earn a spot on the bench is to miss practice or show up late. Everyone is expected to come to practice, on time, and stay until all the day’s work is done. Absences from practice and games will result in down ups, sprints, playing time reduction, game suspensions and/or termination from team (the coaching staff will determine this).

At all organized football practices football players will be expected to wear the practice gear required for the day. If a player misses practice without notifying the coach or coaches he will likely not play in that week’s game. Parents and athletes make sure you have notified the head coach (phone call, text, email) if you are going to be late or miss an activity.

7. **INJURY OR ILLNESS** – If you have an injury, see one of the trainers first. They will either treat you or refer you to a physician. If you are going to miss a practice or a game because of injury or an illness, we must have a note from a trainer or a doctor. If you are unable to physically participate, you will still be expected to dress out and accompany your team and watch all plays, etc. unless given special permission from the Head Football Coach.

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8. **RESPECT** – You will ALWAYS show respect. This involves your coaches, teachers, parents, other teams, fans, and anyone in our community. You must always exemplify quality character in all situations. If you disagree with coaching decisions, talk to the coach one-on-one.
9. **EQUIPMENT** – Our athletes are responsible for all equipment checked out to them, if they lose any item they will have to replace it. An athlete should not lend his clothes to anyone. Each athlete is responsible for taking care of his locker area. We are not responsible for any items that are lost in the locker room. Be sure to lock your locker or take your valuables with you. Your school issued practice clothes are to be worn to practice everyday.
10. **JEWELRY** – Jewelry is not allowed to be worn during a sporting event, or in warm-up; therefore, it will not be allowed to be worn during practice. Players are encouraged to lock all jewelry up in their lockers at all times. No earrings in the locker room or on the field.
11. **EARNING A VARSITY LETTERMANS JACKET** – to letter at the varsity level, players must give 100% effort towards the successful contribution to the team. Earning a Varsity letter is not based upon playing time. The coaching staff will determine a varsity letter.
12. **PICKING STUDENTS UP AFTER GAMES AND PRACTICE** - Parents need to provide transportation for their son as soon as practice ends or after games.
13. **PARENT CONFERENCES** - During the week we will always maintain an open door policy for those individuals that would like to come in and visit. The Head Football Coach will be available to meet with parents pending his schedule. We will not talk to parents after games, but we will be glad to schedule an appointment after the athlete has had a conference with his position coach and/or the Head Coach. Athletes need to talk to coaches about problems before parents do.

Please email the head coach to set up an appointment or leave a phone number where we can reach you if you have any questions during the school day. We will return your call/email at our earliest convenience. We will not conference with parents before or after a contest, or before or after a practice. These tend to be times when emotions may be running high, among the players, parents and coaches.

Coaches will not talk to parents about a problem with an athlete until the athlete has talked to the coaches first. Please encourage your son to talk to us if he does not understand something. Most of the time, it can be worked out at this level. This policy is only made to help the athletes learn to speak in their behalf, not to stop parent communication.

14. **TRAVEL POLICY** (away games) - All athletes will travel and return with the team unless previous arrangements have been made to do otherwise. In case of emergency, parents must sign an alternate student travel form before leaving for the trip. Parents cannot take other players home from games. Athletes (healthy or injured) are required to ride with the team if they are going to be on the sidelines.
15. **HAZING** - There will no initiation or hazing of any football player. Players are encouraged to support each other and also report any incidents to the coaches immediately. Upper classmen will assume the role as leader, mentor, and help in keeping hazing completely out of our program: set the example for our under classmen to follow. If an athlete is caught hazing it could result in the removal from the football program.

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CRITERIA FOR SUCCESS AS A MARSHFIELD HIGH SCHOOL FOOTBALL PLAYER

The following criteria is used to help evaluate our athletes:

1. **Are You Coachable?** Can you listen, and are you willing to learn from the instruction, which you are given, or will you insist upon doing things your way?
2. **Commitment** – Are you committed to teamwork or individualism? Are you paying the price for success both in the classroom and in the weight room?
3. **Loyalty** - Do you support your fellow players and the mission of the football program?
4. **Work Ethic**- Do you do extra work outside of practice to further your own skill to help the team? Going the extra mile, workouts (summer – in-season – off-season), etc.
5. **Responsibility** – Are you always on time, bringing all your equipment every day? Do you help keep the locker room clean and neat? Do you take care of your pre-practice setup or post-practice clean up assignment without somebody reminding you?
6. **Can You Accept Criticism?** Coaches will, from time to time, be critical of your actions on and off the field. If you can accept criticism, you should be motivated to correct errors, which you have been making. Criticism is never anything personal against you; on the contrary, it's a coach that cares enough about you to make you better. Must be able to take coaching.
7. **Relationship With Teammates** – Do you respect your teammates and their efforts? Do you work to help them become a better player? Do your teammates respect you as an individual and as a team member? Do you do the things that will earn their respect?
8. **Are you a team player?** Do your actions on and off the field show that you are more concerned with the welfare of the team than gaining individual glory? In a team sport, individuals may win honors, but the entire team earns them.
9. **Are you disciplined?** The greatest player is a disciplined individual, **both on and off the field.**

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PARENT'S 10 COMMANDMENTS

Parents please feel free at anytime to contact the Head Football Coach if you have any questions or concerns about your son and his involvement in the "Rams" football program. Please help our program with the follow requests:

1. Be positive with your son. Let him know how proud you are of him by simply being part of team – don't put him down!
2. Encourage him to work hard and do his best. Don't offer excuses if he is not playing. There is usually a reason for it and he should discuss it with his coach.
3. Be loyal to the program and to the coaches. The coach represents the boss- authority – parent – teacher- etc. If parents constantly put down the coach, how can we expect your son to play for him? Teach your child to be a DOER, not a complainer!
4. Insist that your son follows TEAM RULES! No matter which team your son is on, players must follow the rules! Athletics is very demanding and coaches are concerned with a player's activities. In order to get the maximum physical and mental performance, he needs to follow team rules!
5. Insist of good GRADES! Monitor your son's homework. It is a parent's duty to see that homework gets done.
6. Be Positive toward ALL other players in the program. Please do not carry bad feelings towards other players because of incidents that may have occurred between others. Every player has an important role on the team and all roles contribute to the success of the entire team.
7. Insist that your son maintains his self-control! Self-respect begins with self-control.
8. Refrain from comparing your son with previous athletes who have played sports, or with other players on his team. Encourage your son to be himself and develop his own talents. Do not put undue pressure on your son by thinking only in terms of scholarships. Scholarships are the result of unselfish play and team skills, as well as individual talent. A college coach prefers team players, rather than one focused on himself!
9. Have your son see their position coach if they have a problem. Almost all concerns can be handled at this step. Coaches are here because they love coaching and love working with your children.
10. Lastly, ENJOY YOUR SON'S INVOLVEMENT ON THE TEAM!!!

Time flies quickly as your son goes through high school. Make the most of each game –

If he has a good game ... great!!

If he has a poor game ... it's still okay!!

Don't worry too much ... that's the coach's job!!

Sometimes, not most of the time, parents tend to take things harder than the players do!!

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INJURIES

We must distinguish between pain and injury. Athletic participation (of any kind in any sport) will lead to occasional pain and discomfort due to the nature of your chosen sport. An athlete who is injured and cannot practice will be under the direction of the Athletic Trainer who will advise the coaches on the status of the individual.

It is the responsibility of the athlete to make the trainer aware of any injury or illness that will limit your ability to participate. If the condition has been evaluated/seen by a doctor, a written note from that doctor will be required. The trainers cannot treat an injury that has been evaluated by a doctor's written orders

The athlete's name will be placed on an Injury Report that is given to the coaches if they are suffering from any injury, illness, or other condition. It is expected that the athlete will participate to their fullest ability under the advisement of the athletic trainer regardless of the injury or condition, and will seek full clearance prior to attempting more activity than what is indicated on the Injury Report.

If at any time during a practice or game, you feel that you are injured, over-heated or ill notify the athletic trainer or coach! Nobody but you can perceive your pain or illness.

If you are injured, the following expectations are required of you:

1. Report to the athletic trainer daily and follow their instructions to the letter.
2. Attend treatments at the time the athletic trainer designates.
3. Attend all meetings.
4. Seek advice/evaluation no matter how small the injury may be.
5. Wear the appropriate uniform, even when not participating.
6. Attend practice/team events and contribute as much as you are allowed (i.e. filling up water for teammates, spotting the ball during drills, helping younger players learn, etc.)

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The Little Things Parents and Athletes Need to Know

The College Recruiting Process

No official recruiting trips can be taken by a prospective student athlete unless he has a test score whether it be SAT or ACT.

Frequently-Asked Questions on Recruiting Definitions

Contact period - permissible for authorized athletic department staff members to make in-person, off-campus recruiting contacts and evaluations.

Dead period - not permissible to make in-person recruiting contacts or evaluations on- or off-campus or permit official or unofficial visits.

Evaluation period - permissible for authorized athletics department staff to be involved in off-campus activities to assess academic qualifications and playing abilities. No in-person, off-campus recruiting contacts with a prospect are permitted.

Quiet period - permissible to make in-person recruiting contacts only on the member institution's campus.

What's the Difference between Divisions I, II and III?

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Division I schools must play 100 percent of the minimum number of contests against Division I opponents -- anything over the minimum number of games has to be 50 percent Division I. men's and women's basketball teams have to play all but two games against Division I teams; for men, they must play one-third of all their contests in the home arena. Schools that have football are classified as Football Bowl Subdivision (formerly Division I-A) or NCAA Football Championship Subdivision (formerly Division I-AA). Football Bowl Subdivision schools are usually fairly elaborate programs. Football Bowl Subdivision teams have to meet minimum attendance requirements (average 15,000 people in actual or paid attendance per home game), which must be met once in a rolling two-year period. NCAA Football Championship Subdivision teams do not need to meet minimum attendance requirements. Division I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Division I school cannot exceed.

Division II

Division II institutions have to sponsor at least five sports for men and five for women, (or four for men and six for women), with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50 percent of their games against Division II or

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Football Bowl Subdivision (formerly Division I-A) or Football Championship Subdivision (formerly Division I-AA) opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Division II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student-athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletic programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are minimum contest and participant minimums for each sport. Division III athletics features student-athletes who receive no financial aid related to their athletic ability and athletic departments are staffed and funded like any other department in the university. Division III athletics departments place special importance on the impact of athletics on the participants rather than on the spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition.

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Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level:



Estimated Probability of Competing in College Athletics

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	491,790	34,980	7.1%	2.1%	2.2%	2.8%
Basketball	550,305	18,712	3.4%	1.0%	1.0%	1.4%
Cross Country	266,271	14,350	5.4%	1.8%	1.4%	2.2%
Football	1,057,382	73,063	6.9%	2.7%	1.8%	2.4%
Golf	141,466	8,527	6.0%	2.1%	1.7%	2.2%
Ice Hockey	35,210	4,199	11.9%	4.8%	0.6%	6.5%
Lacrosse	111,842	13,899	12.4%	2.9%	2.3%	7.1%
Soccer	450,234	24,986	5.5%	1.3%	1.5%	2.7%
Swimming	138,364	9,691	7.0%	2.7%	1.1%	3.1%
Tennis	158,171	7,957	5.0%	1.6%	1.1%	2.3%
Track & Field	600,136	28,595	4.8%	1.8%	1.2%	1.7%
Volleyball	57,209	2,007	3.5%	0.7%	0.7%	2.0%
Water Polo	21,286	1,013	4.8%	2.7%	0.7%	1.3%
Wrestling	244,804	7,175	2.9%	1.0%	0.8%	1.1%
Women						
Basketball	430,368	16,532	3.8%	1.2%	1.1%	1.5%
Cross Country	226,039	15,966	7.1%	2.6%	1.8%	2.7%
Field Hockey	60,549	6,066	10.0%	3.0%	1.3%	5.7%
Golf	75,605	5,372	7.1%	2.9%	2.1%	2.2%
Ice Hockey	9,599	2,355	24.5%	8.8%	1.2%	14.5%
Lacrosse	93,473	11,752	12.6%	3.7%	2.7%	6.2%
Soccer	388,339	27,638	7.1%	2.4%	1.9%	2.8%
Softball	367,405	19,999	5.4%	1.7%	1.6%	2.1%
Swimming	170,797	12,684	7.4%	3.3%	1.2%	2.9%
Tennis	187,519	8,736	4.7%	1.5%	1.1%	2.1%
Track & Field	494,477	29,907	6.0%	2.7%	1.5%	1.8%
Volleyball	444,779	17,387	3.9%	1.2%	1.1%	1.6%
Water Polo	20,826	1,159	5.6%	3.4%	0.9%	1.3%

Sources: High school figures from the [2016-17 High School Athletics Participation Survey](#) conducted by the National Federation of State High School Associations; data from [club teams](#) not included. College numbers from the NCAA [2016-17 Sports Sponsorship and Participation Rates Report](#).

Last Updated: April 20, 2018

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