



TEAM GUIDELINES

2019

FOOTBALL PROGRAM PHILOSOPHY:

The underlying theory to having a successful program involves everyone (from Coaches/Players) buying into what we are trying to accomplish. The 100% COMMITMENT towards believing in the system, what you are being coached to do, in order for us to have success as a TEAM. Everyone must have the ability to believe in themselves and their abilities before anyone else can. Along with this is believing in each other as well. We have a high EXPECTATIONS and STANDARDS compared to the normal student. To do the bare minimum is not enough.

CORE VALUES OF OUR FOOTBALL PROGRAM:

- ❖ **CHARACTER** – *“Doing the right thing when no one else is watching” is the definition of Character. There must be a trust factor that you are a part of something that is bigger than yourself and that you represent an entire school and community through your actions.*
- ❖ **COMMITMENT** – *Buying in 100% to what we are trying to accomplish. Everyone must be rowing the oars of the boat in the same direction in order for us to be successful as a program.*
- ❖ **COMPETITION** – *It is crucial that we create an environment, which includes on a daily basis pushing one another to be at our best at each position. No one can rest on what they did the previous week. Each week we must continue to make each other better with a drive to continue improving.*
- ❖ **ACCOUNTABILITY** – *There is no way we can be successful without the standards of holding each other responsible for their behaviors, attitudes, and attendance on a daily basis.*
 - a) *If you are ill or know you will be out of school and unable to make a practice, meeting, video, etc.. you need to be responsible to call your position Coach and make them aware you will not be in school.*
 - b) *Remember, in the HS handbook the policies for daily attendance and participation in extra-curricular activities is something you and your parents are aware of.*
 - c) *If you are injured you are still required to be in attendance at practice, meetings, video, games, etc. as you are still a part of this team. It will also allow you to stay in tune with what schemes and terminology in the case you are able to return to the playing field.*
 - d) *If you do not call in you will be subject to an OFI upon returning to practice. This goes back to the ACCOUNTABILITY.*
 - e) *YOU must be the one to call in, not your parents/guardian, sibling, and not via someone else letting us know. If you cannot get in touch*

with your position Coach, or Coach Spanton call the HS front office and leave a message.

- ❖ ***Everything we do as a coaching staff will be with the best interest of the TEAM first. We will do everything in our power to put you in the best suited position for this team to be successful. Even if it may not be the position you wish to play. WE WILL BE THE BEST PREPARED TEAM IN THE STATE OF SD WHEN IT COMES TO GOING INTO A GAME.***
- ❖ ***You will be coached in the fundamentals of football relative to your position along with the up-to-date techniques that will allow you to compete against bigger, faster and stronger opponents.***
- ❖ ***Your coaches will challenge you on a daily basis to compete at the highest level. We will teach you the “how” and the “why”, the EFFORT comes from you. There is NO room for LOAFING when it comes to effort. Everything we do has a rhyme and reason as to why we do it. “THERE IS NO ROOM FOR COMPLACENCY IN THIS PROGRAM”!***
- ❖ ***We want to generate a PRIDE within our program, school, and community to able to develop a closeness in knowing they helped play a part in our overall success.***
- ❖ ***You cannot have a “Fear of Failure”. Every game we go into with the mindset that we are confident we can compete against any opponent we face. It is a mindset. You cannot play this game with doubt, or hesitation in your mind. Everyone at some time will face adversity and the most important component to that is, “how will you react” to it. Short term memory and moving on to the next play is key.***
- ❖ ***All of these afore mentioned components are the key to our SUCCESS as a TEAM and a program.***

DISCIPLINE PLAN:

- ❖ ***The student-athlete will be expected to conduct themselves in a manner, which will be a positive example to the opponent, the student body, the school and the community.***
- ❖ ***The student-athlete will be expected to follow the established training guidelines established by the school district's athletic policies. (Refer to handbook). Remember, Athletics is a PRIVILEGE, not a RIGHT.***
- ❖ ***The student-athlete will be expected to exemplify the proper behavior in the classroom and treat teachers, staff, fellow students, and administration with RESPECT. "Yes sir, No sir", "No sir, No mam" Failure to do so will result in an OFI and possible suspension for part or all of a contest.***
- ❖ ***You are a student first, therefore, it is crucial that you take care of your business in the classroom and maintain your eligibility throughout the entire school year. Failure to do so could result in not being eligible to participate in an extra-curricular activity.***
- ❖ ***You have too much to lose when it comes to making a poor choice if involved in illegal substance or actions that could lead to possible suspension and dismissal from the program. (Refer to District Athletic Policies in handbook)***
- ❖ ***We want to be a family within this program, therefore, there is no room for any form of theft within this program. In the event you are involved in such actions will result in suspension and possible dismissal from the team.***
- ❖ ***Athletes that accumulate excessive absences (academic or athletically) will be subject to disciplinary actions.***
- ❖ ***If you are subject to being placed in In School Suspension it will be up to the discretion of the head coach as to whether you will be allowed to take part in a contest.***

- ❖ **REMEMBER – “Don’t do anything to embarrass your family, your school, or your community”.**

ACADEMIC PLAN:

- ❖ ***Maintaining eligibility is very important in your own personal success as a student/athlete. If you are struggling in a class(s) seek out help from either a teacher, fellow student, coach, etc.. in order to receive additional help in understanding the material and increasing your chances for academic success.***
- ❖ ***If you continue to struggle in a class most teachers will go above and beyond to work with you if you are making the effort to come in and get extra help. If you do please do so before school or during a homeroom/study hall period, rather than missing practice time.***
- ❖ ***Your education comes first and it will take you a whole lot further than anything you do on the athletic field in your future.***
- ❖ ***Your grades will be monitored on a periodical basis throughout the season to ensure that you are doing the job in the classroom.***
- ❖ ***Possible study table(s) could result if there is a tendency to not uphold your grades.***
- ❖ ***You should excel in the classroom as well as on the field, which can be rewarding by being up for possible All-Academic awards associated with our football program. We will recognize honor rolls, etc.. as we progress through the season.***

ON FIELD BEHAVIOR POLICIES:

- ❖ *Athletes are at all times expected to HUSTLE on and off the field during practices and games.*
- ❖ *Athletes will be expected to play with EFFORT and COMPETE in practice and during games. It does not take talent to hustle.*
- ❖ *Athletes will be expected to stay engaged during games supporting and encouraging their teammates both on and off the field.*
- ❖ *When on the field or sideline, all athletes are expected to behave in a positive manner, which illustrates good sportsmanship toward all officials and opponents. No INDIVIDUAL celebrations or displays of “Look at Me” will be tolerated. Remember, there were 10 other teammates that had a part of you making that big play.*
- ❖ *We want you to get excited about a big play (Score, etc.) and we want everyone to congratulate each other in the proper and sportsmanlike manner.*
- ❖ *Athletes will show respect at all times towards our opponents, officials, coaches and all other personnel involved in the game.*
- ❖ *There will be no use of profanity or “trash” talking toward and opponent. This will be dealt with on an individual basis if it does occur.*

- ❖ ***All athletes whether on the sideline or in the game must stay engaged with the action on the field, and NOT by looking or conversing with any spectators in the bleachers.***

TRAVEL POLICY:

- ❖ ***When we travel on away games the following policies will be followed:***
 - ***All athletes that go on the bus/suburban's will return with the TEAM on the return trip. ONLY exceptions would be family emergency, and the proper forms must be filled out with the front office at least 24 hours in advance.***
 - ***Remember, we are going on these trips with a purpose. Therefore, there should be minimal noise or conversation unless it is about the game. * Note - is also a safety issue as the bus driver should not be distracted by excess noise.***
 - ***You can listen to music as long as head (ear) phones are used.***
 - ***If applicable we will possibly run a movie on longer trips (Douglas).***

- ***You will be provided with some type of pre-game (sack lunch) for the trip and then we will feed you on the trip home.***
- ***Upon arrival to Huron if you need a parent/guardian to pick you up at the school (depending on distance) you need to call and make them aware we are about home.***
- ***Before deboarding the bus, all trash will be picked up and put in available trash bags. All equipment needs to be hung up in your locker (to dry out) before you leave.***
- ***In the case that you do get approved consent to ride home with a parent then you must make sure someone will be responsible to unload your bag for you once we get to school.***
- ***If you bring valuables (phones, \$'s, etc.) we will provide a secure place to store all of these items. Since we are feeding you there should be no need to bring large amounts of cash.***
- ***Before we leave the opponent's locker room, everyone must police their area and make sure all trash, tape, cups, etc. are picked up and thrown away. Nothing left on the floors!!!***

INJURY TREATMENT PLAN:

- ❖ ***Any athlete that has an injury must make the trainer, medical personnel for coaches aware of it.***
- ❖ ***We prefer that you consult with our trainer (Mr. Fryberger) before making a Dr. appointment. The diagnosis (based upon severity) will be made by him and will help recommend what treatments need to be executed to get you back to health. If he determines you need to seek a medical opinion then do so through your parent's/guardian personal physician.***
- ❖ ***If for any reason you ever get dinged (possible head injury) in practice or in a game, make sure you let your coaches, or trainer know of your condition. DO NOT try to continue in the contest until you have been evaluated by the training or medical staff.***
- ❖ ***Any athlete that has any issues (bumps, bruises, etc.) will be encouraged to rehab in the training room before or after practice and report on Saturday morning at 9:00 AM for treatments. If you do not show up for treatment then we will assume your injury is not serious enough to hold you out of practice.***
- ❖ ***If the trainer determines you cannot practice then you are still expected to dress out in your tee/shorts and attend practices. If the trainer feels you can benefit from treatments during practice then that will be communicated between the head coach and training staff.***

TRAINING ROOM POLICIES:

- ❖ ***Athletes should shower before entering the training room before receiving treatment after practice.***
- ❖ ***The training room is for treating and rehabbing injuries ONLY! It is not a place to hang out.***
- ❖ ***If you need to get taped based upon the trainer's recommendation then make sure you get in the training room in advance in order not to miss any practice time.***
- ❖ ***No food or drinks are allowed in the training room other than allowed by the training staff.***
- ❖ ***Training staff along with student managers should be treated with the same respect as is expected for any other personnel of staff. If this becomes an issue it may result in OI's or not allowed into training room.***
- ❖ ***Injuries should be brought to the attention of the training staff and or coaching staff in order to allow for the proper treatment to be utilized.***
- ❖ ***The training staff and or medical professional are the only personnel to clear you to return to practice or competition after an injury.***

I acknowledge that I have read and understand all the afore mentioned guidelines as part of the Huron Tiger Football Program. That I will abide by these guidelines or be subject to disciplinary actions if these are not upheld.

Athlete's Signature

Parent/Guardian Signature

Please have this page signed and returned to your position(s) Coach by Sept. 3, 2019.

***Thank you,
Sincerely,***

***Scott Spanton
Head Football Coach
Huron High School
GO TIGERS!***