

ARROW

W

FOOTBALL

Arrow Football Handbook

John Hodorff

Head Football coach

John.Hodorff@k12.sd.us

Dear Parents/Guardians,

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the Arrow Football Program, have put together an expectations package for you in the hopes of helping you to better understand the program in which your child is involved. Our objectives are to teach young players the qualities of teamwork, commitment, selflessness, leadership and the pursuit of excellence.

This handbook is a look into what the Arrow football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build **UNITY** through hard work and commitment to a common goal of a successful football season.

In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life that are worthwhile come easily. Hard times require a positive outlook and a willingness to strive for continual improvement. Our motto revolves around everyone making a great effort to get better every day for the good of the **TEAM**. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We expect players to give great effort in everything we instruct players to do.

While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach himself is willing to give. In order for all to understand their role, everyone involved should realize the concept of "**Team Before Self.**" Coaches will show a genuine interest in the well-being and concerns of each player as an individual; however, coaches, players, parents, and administrators cannot put their interests before the teams' best interest.

As coaches, we will emphasize the importance of **PLAYER ACCOUNTABILITY**. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right." There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not meet those standards. In the event that an individual player becomes a hindrance to the teams' goals, that player will be dismissed from the team.

The Arrow Football Program demands a great deal of time from our student athletes, and we do not tolerate absences or tardiness for practices, games, or other scheduled events. There is a lot to learn in a relatively short amount of time, so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices and games. Thank you for allowing your son to be a part of our program. Together we will have a great deal of fun while working hard toward our goals.

Coach Hodorff and the Arrow Coaching Staff

ARROW PRIDE

The commitment to earn and maintain the respect of your teammates, your community, and yourself by always putting forth the best effort you are capable of—first as a person, then as a student, and finally as an athlete.

Mission Statement

The Arrow Football program will develop student athletes and empower them to reach their highest potential, graduating champions in the classroom, on the field, in the community, and in life. We will play the game with excitement, intensity, and with the will to overcome adversity as a team. We will have fun and win football games in our program.

Program Philosophy

Our football program exists for our players. Football is a microcosm of life. The most successful people in life exhibit discipline, a strong work ethic, loyalty, and teamwork; along with these traits, our players must have integrity, character, and honesty. Great character is a prerequisite to championship football. Our ultimate purpose is to have each student-athlete leave with a superior education and a feeling that his four years at Watertown High School have been the best four years of his life.

The top priority of student-athletes is to enhance their education and prepare for future endeavors they will face in their lifetimes. The academic success of our players is our primary focus. The support we give to our student-athletes can contribute greatly to their accomplishments in the classroom and their future.

<u>ACADEMICS:</u>	School work comes before football.
<u>CONFIDENCE:</u>	Believe in yourself—you must become a person you like.
<u>UNSELFISHNESS:</u>	Your success is always a credit to others
<u>ADVERSITY:</u>	Never give up, in football or in life.
<u>TRUST:</u>	Player to player, player to coach, player to parent
<u>RESPECT:</u>	Opponent, rules, officials, adults, on the field and off
<u>HIGH GOALS:</u>	What you believe, you can achieve.
<u>WORK ETHIC:</u>	Your success will equal your commitment.
<u>SAFETY:</u>	Football is dangerous; take care of yourself and your equipment.
<u>CLASS:</u>	Practice it at all times, honor your opponents, your fans, your team, your school, your family, and your community
<u>CONTACT:</u>	We hit hard, and we will hit them harder than they hit us

<u>TRAINING:</u>	It takes a full-time commitment to excel.
<u>HUMILITY:</u>	No one is good enough alone to beat anybody.
<u>TECHNIQUE:</u>	Proper technique and execution make winning programs.
<u>FAMILY:</u>	Your success is a reflection on your family. Make them proud by playing hard and being a good sport.
<u>FAITH:</u>	Practice yours in all that you do.
<u>SPORTSMANSHIP:</u>	Our attitude toward our opponent must always make us winners no matter what the final score

Program Objectives

- To develop character on and off the field
- To emphasize the meaning of student-athlete
- To graduate every senior in the football program
- To create excitement within the community and school
- To develop leadership skills in all players
- Maintain a positive atmosphere in the program
- To teach players self-discipline; a positive, team-first attitude; a strong work ethic; and how to handle a competitive environment with class and character

Academics

No player who has an F in a class or D's in two classes will be allowed to participate in the game that week.

The same attitude of hard work, self-discipline and commitment that are required to be successful on the football field will also make you successful in the classroom. Just as we expect your best on the field, we expect your best in the classroom.

1. Do the work teachers assign and do it on time. Do the best quality work possible. Don't wait until the last minute—it's easier to keep up than to catch up.
2. Treat teachers with respect. If you work with your teachers, they will work with you. Most teachers respect the commitment you make to football.
3. Plan your day so you can get your assignments done. You may have to give up something else. You chose to play football because you wanted to. Choose to do your schoolwork because you want to. Do not make excuses.
4. Never use football as an excuse for not doing your schoolwork. This is not acceptable.
5. Parents/Guardians should help their players set definite times for doing homework and studying for tests throughout the year, not just during the season.
6. If you need help in a course, ask the teacher in a polite way. They will usually help. Also, ask your coaches.
7. We will check to see how you are doing in the classroom, both in terms of academics and behavior. Any problems will be addressed. We expect our players to be positive leaders and good examples for others in the school.

Injuries

From time to time, players will get hurt or injured at practice and/or during a game. The Arrow Football Program has an athletic trainer and all players will receive treatment from our trainer. The proper protocol for injuries is as follows:

Step 1: Report the injury— See the athletic trainer before, during, or after practice when hurt or for an the injury.

Step 2: Trainer Diagnosis— The athletic trainer will diagnose and recommend treatment.

Step 3: Treatment— The player will either accept treatment or go to the doctor if recommended by the athletic trainer.

Step 4: Back on the field— A player will only be allowed back on the field once the trainer allows, or he gets clearance from doctor. Please understand that even if a player feels better, the coaches will not allow him to participate until the trainer allows it, or, the doctor writes a note giving full medical clearance. This is why we suggest having the trainer review the injury before going to the doctor.

Held out of practice due to Injury

Any player held out of practice will dress in full practice gear, including helmet. This will keep a player up-to-date and ready to go when he comes back to practice. If a player is out for a long period of time, he must still attend practice during the week.

Prevention of Injuries

Unfortunately, injury is a common occurrence in athletics. Prevent injuries by:

- Working hard at conditioning programs established by your coaches.
- Reporting to the first practice in good physical condition.
- Staying mentally involved during games and practices.
- Going as hard during every practice as you do in games.
- Learning to listen to what your body is saying. Most often, pain tells you something is wrong. Stop before the injury gets worse.

If You Are Injured

Tell your coach immediately.

We will direct you to the athletic trainer for diagnosis and treatment. Follow the advice you're given.

Listen to what your body tells you. No one has the right to tell you that your body does not hurt.

Player Expectations

1. Do what you're supposed to do, on and off the field, at all times.
2. Be an example of the right kind of individual, on and off the field.
3. Commit yourself to excellence! Do not tolerate excuses!
4. Work hard. "The harder you work; the harder it is to surrender."
5. Develop yourself physically through our weight training and agility/conditioning program.
6. Listen to your coaches and follow their instructions.
7. Communicate with your coaches.
8. Work and play as a team. Do not let outside influences be distractions from the team goals or your individual goals.
9. Be a player of integrity, character, commitment, and discipline.

10. Respect your coaches. Coaches should be addressed as Coach "Last name" by players. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him your undivided attention and always establish eye contact with him.

The X Rule: X in mathematics is the symbol for the unknown. The X Rule states that if a situation arises that is not mentioned in the player expectations, the coaching staff, at its discretion, will have the right to determine whether the situation will be tolerated and what the consequences will be.

****Failure to adhere to these expectations and/or conditions could lead to disciplinary action or dismissal from the team****

Attendance (Absences and Tardies)

All players are expected to be present for and on time to practice and team activities.

- Any player who is late for practice will make up for the time missed, after practice.
- Any player who misses practice without notifying the Head Coach in person, by text, phone call or by email ahead of time (24 hours) will be dealt with accordingly.
- For each unexcused absence, a player will miss one game.
- In the case of an emergency, a parent/guardian must contact the Head Coach.
- Any absence, excused or unexcused, will require the player to make up conditioning upon returning to practice. (This is for player safety. We don't want players out of shape when they return to play.)

NOTE: The coaching staff may not always accept a player excuse as a valid one. For example, a player who tells his coach he wants a day off to study won't be granted an excused absence.

Playing Time

Perhaps the most emotional part of a student athlete's involvement in high school athletics centers around playing time. Attendance, attitude, commitment, and skill level all enter into the decision. As a staff, we make many decisions, and we take them very seriously. It is our responsibility to decide which athletes should start a game and at what level they will play. We make these decisions, which are often difficult, after observing and evaluating players in practice sessions, in game situations, on film, and during scrimmages, camps, and actual games.

We understand that every player wants to start on our football team, unfortunately not all will get that opportunity. Some players who begin the season as starters may not even retain their positions due to competition or caliber of play. Consequently, we feel it is important for you to understand how we will determine playing time as the season progresses. We will use the criteria listed below to select starters and develop depth charts.

1. Knowledge of Assignment: We cannot and will not play people who do not know their assignments. All coaches will spend extra time with players if they so desire. Everyone can give 100% in this area.

2. Hustle and Effort: Everyone will be expected to give 100% at all times. Extra effort wins games. Everyone can give their best effort and hustle.

3. *Hitting and Mental Toughness:* We will discover during practice who is aggressive and mentally tough. Football is a collision sport, and it must be played with mental and physical toughness. This will be the very core of our football program.

4. *Talent:* If the above-mentioned characteristics are equal, the players who have the most talent and make the most plays will start. Obviously if a player is injured or misses practice, it will be difficult for us to evaluate them. The best players in our program will get the most playing time.

Arrow Parent Expectations

Sportsmanship: If parents hope for their children to display positive sportsmanship, parents must model sportsmanship during competition for their children.

Teamwork: Parents must encourage a team-first mentality by encouraging their child to take the high road and not allow him feel sorry for himself.

Encouragement: Parents should encourage their child to have fun.

Life Lessons: Parents should help their child learn life lessons that come from participation in football. One example would be overcoming adversity. Help them learn to deal with the disappointment of not playing the role on which they had their hearts set. The first question that parents should ask when they observe the disappointment of their child is, "Have you spoken to the coach?". If he hasn't, then please encourage him to do so.

Character: Parents need to respect other parents and other athletes at sporting events.

The following are appropriate concerns to discuss with coaches:

1. Concerns regarding your son's physical or mental status
2. Ways to help your son improve
3. Concerns about your son's behavior

Concerns not appropriate to discuss with coaches:

1. Your child's playing time
2. Team strategy and play calling.
3. Other student-athletes

Parents Attending Practice

1. All practices are open to parents unless they are otherwise notified; however, parents will stay in the bleachers and not communicate with any players or coaches. The time allocated for practice is short and all attention needs to be on practice.
2. Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings.

CODE OF COMMUNICATION

Proper steps to take when there is a concern

1. Encourage your son to speak to the coach.
2. If he is not satisfied after the initial conversation, then request a time when you, your child, and the coach can sit down and talk. Getting satisfaction doesn't mean getting your way, but it means getting a reasonable answer as to why the coach made the decision that he made. An attempt to talk to the coach before or immediately after a game is ALWAYS inappropriate. Abide by the 24-hour rule—wait at least twenty-four hours; then request the above-mentioned meeting.
3. If you or your child is not satisfied after meeting together with the coach, then it would be appropriate for you to contact the athletic director. The first question the athletic director will ask is, "Have you spoken to the coach?". If you have, then the athletic director will schedule a meeting with the parent, child, and coach to further discuss the issue at hand.

Game Day Dress / Travel Policy

Our captains will decide whether we are wearing travel shirts or game jerseys in school on game days and on the bus to away games. Any player who is not dressed in the appropriate, game-day apparel will sit out the first half of that day's game. When we travel, no hats or jewelry will be allowed on the bus.

The varsity travel list will be posted on Mondays for all games, and our travel itinerary will be handed out on Thursdays. The bus will leave at the time listed on the travel schedule. If a player is late, we will leave without him.

Any player riding home with a parent must make arrangements with the head coach and athletic office.

Arrow Lettering Policy

Any player who makes the varsity traveling roster and finishes the season will earn a varsity letter.