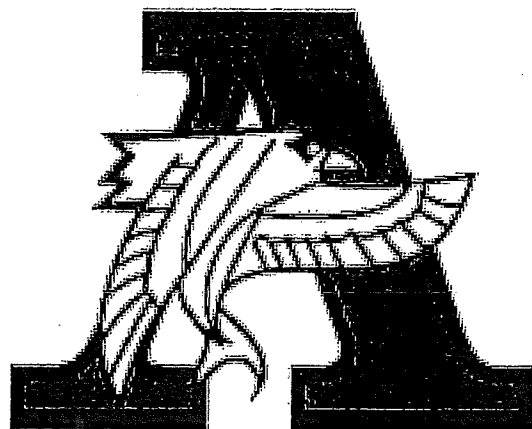


ARMSTRONG FALCONS FOOTBALL



Technique Effort Attitude Mental Toughness

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T.E.A.M

Technique

Effort

Attitude

Mental Toughness

ARMSTRONG FALCONS FOOTBALL TEAM GUIDELINES

PHILOSOPHY/MISSION STATEMENT

The Armstrong Football Program is operated to enhance the students' overall development in the Armstrong Community. We will seek to cultivate the growth of all our student-athletes academically, socially and athletically. The Program encourages self-discipline, teamwork, good sportsmanship and personal integrity that develop character and life long values that each student-athlete can draw upon for future success. We will serve as a positive force for our administration, staff, parents, students and community.

Football teams change every year. Football programs are established. Our philosophy is to build a football program that the players, parents, teachers, administrators, alumni and community can identify with pride. Our players and coaches must be passionate about the game and believe the program is bigger than they are; that they are part of something awesome where expectations are high. This will come from coaches driving an atmosphere of involvement, consistency and communication. Players, parents, coaches, faculty and the community are all an important part of the program.

Players will be taught the football fundamentals of T*E*A*M Technique, Effort, Attitude and Mental Toughness. We will focus on establishing a desire to practice hard, prepare hard and play hard.

Core Beliefs:

1. Have fun.
2. Represent our school and community with class.
3. Grow and develop as a person.
4. Become the best team possible

Role of the Head Coach

1. Ensure that everyone involved in the program understands that the players are students first and athletes second
2. Communicate with players, parents, teachers, administrators and coaches effectively.
3. Provide a safe, fun and orderly environment for Falcon Football Players.
4. Provide teachers with a list of all football players, and inform them of our expectations of our players in the classroom.
5. Keep attendance at practice and let players and parents know that practice participation and attendance is a factor to determine playing time.
6. Surround the TEAM with good people. Coaches must be knowledgeable, professional, enthusiastic, and care about kids.
7. Plan and organize off-season opportunities for players to improve, including weight lifting, conditioning programs.
8. Speak well of our school, our students, our administration, our parents and our players. Let the public know we are proud to coach at Armstrong High School.
9. Plan effective and well organized practices where we focus on T*E*A*M Technique, Effort, Attitude, and Mental Toughness.

Role of the Player

1. Be on Time! Get in the habit of being early. Players should expect that being late would impact playing time. If a player will be late or miss practice they should have a note from a teacher or from a parent.
2. Have integrity. Do what is right. Be honest and loyal to team, parents, coaches, teachers and administrators.
3. Be coachable. The coaches' job is to make players and the team better. Accept your role and coaching. The team comes first.
4. Positive mental attitude wins. Get excited for your team and your teammates. Believe in yourself, your coaches and your teammates.
5. Respect our school and our facilities.
6. No swearing. What we say and do reflects on our whole program.
7. Have fun!! Enjoy being a part of Armstrong Falcon Football.
8. Show good sportsmanship.
9. Represent our Program in a positive manner both on and off the field!

Role of the Parents

- 1 Be positive with your student athlete. Let them know you are proud they are part of the team.
- 2 Support the willingness and sacrifice it takes to be a student athlete.
- 3 Athletes must attend all games and practices. Stress the importance of making a commitment to the team.
- 4 Find time to be an active member of Our Football Program.
- 5 Be supportive of the school, players and coaches. Communicate concerns with players and coaches in a positive manner.

- 6 Please do not compare the skill, courage, or attitude of your child with other members of the team.
- 7 Please do not compete with the coach. If our child is receiving mixed messages from two different authority figures, he will likely become disenchanted.
- 8 Teach them to enjoy the thrill of competition, to be “out there trying,” and to be working to improve their skills and attitudes. Help them
- 9 Get to know the coach. Then you can be assured that his philosophy, attitudes, ethics, and knowledge are such that you are happy to have your child under his leadership.

Appropriate Procedure for Discussing Concerns with Coaches **Parent / Coach Communication**

1. Player / Position Coach talk
 2. Player / Head Coach talk
 3. Player and Parent meet with Head Coach and Position Coach.
 4. Player, Parent and Head Coach meet with Activities Director.
- Please call to set up an appointment with the coach.
 - Please do not confront a coach before or after a contest or practice. These can be emotional times for all parties involved and does not promote resolution.

Policies and Procedures

Practice and Game Policies:

We always practice. Vacation or work is treated as an unexcused practice resulting in demotion and lost playing time. Football begins on August 11. We practice Monday – Saturday each week, including our scrimmage following the second week of practice.

We practice Thursday and Friday over MEA. Vacations, college visits, and hunting are not excuses for missing practice and will be treated as an unexcused practice.

- A player must be at practice unless he is sick and not in school or if excused by a coach.

- Players will do make up conditioning for any missed practice, excused or unexcused, unless his coach determines otherwise.
- An injured player must be at practice and dressed in practice uniform unless the Head Coach excuses him.
- A player with an unexcused absence will lose playing time in the next upcoming game. A third unexcused absence will lead to a player being dismissed from the team.

MSHSL Chemical policy

MOOD-ALTERING CHEMICALS

•Twelve (12) months of the year, a student shall not at any time, regardless of the quantity: (1) use or consume, have in possession a beverage containing alcohol; (2) use or consume, have in possession tobacco; or, (3) use or consume, have in possession, buy, sell, or give away any other controlled substance or drug paraphernalia.

Penalty:

1. First Violation: After confirmation of the first violation, the student shall lose eligibility for the next two (2) consecutive interscholastic contests or two (2) weeks of a season in which the student is a participant, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
2. Second Violation: After confirmation of the second violation, the student shall lose eligibility for the next six (6) consecutive interscholastic contests in which the student is a participant or three (3) weeks, whichever is greater. No exception is permitted for a student who becomes a participant in a treatment program.
3. Third and Subsequent Violations: After confirmation of the third or subsequent violations, the student shall lose eligibility for the next twelve (12) consecutive interscholastic contests in which the student is a participant or four (4) weeks, whichever is greater. If after the third or subsequent violations, the student has been assessed to be chemically dependent and the student on her/his own volition becomes a participant in a chemical dependency program or treatment program, then the student may be certified for reinstatement in MSHSL activities after a minimum period of six (6) weeks. Such certification must be issued by the director or a counselor of a chemical dependency treatment center.

MSHSL Policy

SEXUAL/RACIAL/RELIGIOUS HARASSMENT/ VIOLENCE and HAZING

•A student shall not engage in the sexual, racial, religious harassment, violence or hazing during the school year or any portion of an activity season that occurs prior to the start of the school year or after the close of the school year.

Academic Policy: Students will be ineligible in accordance with the Armstrong High School academic policy. You will be allowed to practice and will be expected to be at games on the sidelines supporting your team.

Academic Preparation: During the season we will be checking on behavior, attendance and grades. Players will take Behavior/Attendance reports to their classroom teachers. Players who return a satisfactory report will not be required to have another report completed until the following week. Players who return an unsatisfactory report will be required to complete another report the following week. Players who continue to receive unsatisfactory reports will receive additional consequences, which may include not dressing for practice, games or possible dismissal from the team.

School Attendance: Players must be in attendance in school each day in order to practice or play.

Hazing / Harassment: *Hazing or harassment of players or any person will not be tolerated. This will lead to grounds for dismissal (player or coach).*

Hazing means committing an act against a student, or coercing a student into committing an act, that creates a substantial risk of harm to a person.

Harassment covers a wide range of behaviors of an offensive nature. It is commonly understood as behavior intended to disturb or upset, and it is characteristically repetitive. In the legal sense, it is intentional behavior which is found threatening or disturbing

If you suspect hazing or harassment is taking place contact the head coach immediately who will contact the activities director and will take appropriate measures.

Falcon Football Lettering Requirements

*All Seniors and Juniors who are in good standing at the end of the season will be awarded a varsity letter. Injured players must continue to attend all practices and team functions in order to be awarded a letter.

*Serving a MSHSL violation during the season will make the athlete ineligible to letter and be nominated by the coaching staff for any post-season awards.

*Sophomore letting will be based on playing time and coaches' discretion.

*ALL PAPERWORK, FEES AND PHYSICALS MUST BE ON FILE BEFORE YOU WILL BE ALLOWED TO GET EQUIPMENT OR PRACTICE

REMEMBER

ALL TIMES ARE SUBJECT TO CHANGE. PLEASE COMMUNICATE WITH YOUR SON AND CHECK THE WEBSITE.

<http://armstrongfootball.com>

PLEASE DO NOT SCHEDULE ANY OTHER ACTIVITIES THAT WILL CONFLICT WITH FOOTBALL.

BE CONSIDERATE OF YOUR TEAMMATES WHO ARE HERE!

YOUR COOPERATION IS NEEDED AND GREATLY APPRECIATED.