

ABOVE THE LINE

**THIS IS WHY.....**

**I COACH YOU**

**Because I care about you**

**I CHALLENGE YOU**

**Because I believe in you**

**I EXPECT YOUR COMMITMENT**

**Because I know your family & job will**



**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE



FOOTBALL

**“CLIMB”**

**“CLIMB”**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

## **Horizon Coaching Staff 2020**

**Ty Wisdom-Head Coach**

**Clayton Walker Offensive Line (Asst. Head Coach)**

**Kevin Martinelli-Head JV Coach**

**Akil Abdullah-Quarterbacks**

**Ayrius Justin-Wide Receivers**

**Steve Struzyk-Tight Ends**

**Jon Mumford-Running Backs**

**Airabin Justin-Defensive Coordinator/Defensive Backs**

**Brandon Payne-Linebackers / Strength & Conditioning**

**Isaiah Smith-Defensive Line**

**Byron Thomas-Defensive Analyst**

**Brett Kotler-Director of Football Operations**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

## **Freshman Coaching Staff 2019**

**Doug Zismann Head Freshman Coach**

**Ryan Delaney- Quarterbacks**

**Tyler Evanko-Offensive Assistant**

**Griffin Reding-Defensive Coordinator**

**James Tomas-Wide Receivers**

**Lucas Westric-Line Coach**

## **Football Staff**

**Britt Kato- Head Athletic Trainer**

**Brett Allen- Equipment Manager**

**Dena Anderson- Athletic Director**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE



## **MISSION STATEMENT**

**The mission for the Horizon High School football program is to develop “Champions for Life”. The Husky football program will strive to develop young men that are excellent student-athletes, excellent leaders, and men of character. Our goal is to help our players develop into outstanding leaders and citizens through football.**

**– Champions for life**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

# WELCOME TO HUSKY FOOTBALL



**To have an excellent program requires a commitment on the part of the community, administration, coaches, players, and parents. Husky Football is a FAMILY commitment. It is important that we all realize that the actions and decisions of each player and family impacts every other player and family involved. Let's all pull together and in the same direction for the good of our kids and our program.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## ABOVE THE LINE

**ABOVE THE LINE** behavior is the foundation for success in anything you do. This behavior is conscious and thoughtful, choice made in alignment with your larger vision of where you want to go.



---

**BELOW THE LINE** behavior is directed by impulse or the gravitational pull of old habits; you just react without thinking. This is your default response.

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

Culture Builder

**ABOVE THE LINE**

Energy Giver

Problem Solver



---

Culture Breaker

**BELOW THE LINE**

Energy Taker

Complainer

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE



### **“PRODUCTIVE DISCOMFORT”**

- **You’re going to be uncomfortable, there is nothing you can do about the presence of discomfort in your life.**
- **It is an awareness mechanism, a signal of something important, it’s a building block of growth**
- **Trying to escape it only creates anxiety**
- **People who embrace productive discomfort create better relationships and more success**
- **There will never be a version of you that is free of discomfort**
- **The sooner you hold tightly to this reality, the stronger you will be.**
- **The question is: what are you willing to be uncomfortable for??**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE



**What seems like asking a lot is NORMAL  
in the schools that EXCEL!**

**The lessons you will learn and the relationships you will make  
will last a lifetime.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

# **THE BIG 3**

**Three things that we will expect from our players at all times.**

- 1. DO YOUR BEST – Pride in excellence**
- 2. DO WHAT'S RIGHT – Be a man of honor**
- 3. TREAT OTHER'S WITH RESPECT – Be a person driven to serve others**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## Can you be told the truth?

**Every serious problem can be traced back to an unwillingness to tell the truth or an unwillingness to hear it. If you want the best version of you, then work out your answers to these three questions: YES or NO**

- 1. Can you be told the truth?**
- 2. When you're told the truth, do you hear it?**
- 3. When you hear the truth, do you act on it?**

**YES takes you in one direction. No takes you in a totally different direction. Choose Well!**

$$\mathbf{E + R = O}$$

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE



## **Things everyone needs to understand about being a Husky FB Player**

- 1. There is no secret to success. No shortcuts either. For us our foundation is grueling, nose to the grindstone, monotonous, tedious work and getting the fundamentals right. It requires a ton of conditioning, lifting, and preparation. This is who we are and what we are about. Bottom line is we are committed to hard work and preparation.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## ABOVE THE LINE

- 2. Commitment is an obligation to fulfill a promise, act or duty. In plain language commitment means I care about you. You can absolutely count on me and I know I can absolutely count on you. It's trust. Commitment is the expectation.**
- 3. Creating a true "TEAM" is bigger, tougher, and more elusive than any opponent we will ever face. We are all contributing to the building of a true "TEAM" or detracting from this.**
- 4. All of our players MUST LOSE SOME OF THEMSELVES in order for the TEAM to thrive. "WE before ME" If you are a ME guy, you won't make it.**
- 5. Our total and absolute focus is on the team. I want our guys to understand what it means to sacrifice for the team and to achieve TEAM related goals. They are not IT. They are a part of it and nobody is above it.**
- 6. If you are a Husky Football Player, understand that you represent our program and everyone involved 24 hours a day & 365 days per year. This is a serious responsibility!**
- 7. Teams that take ownership and hold each other accountable have the greatest results and improvement.**
- 8. THERE IS A DIRECT CORRELATION BETWEEN HOW MUCH WE CARE FOR EACH OTHER AND HOW WELL WE PLAY!**
- 9. Coaches on our staff coach to make a difference, period. We don't do it to win trophies. We are committed to helping our players become champions in life. This drives all else.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

# Time Management

*What Horizon football student-athletes should expect.*

Time management is a key component to any high school student's success but is especially important for students who participate in extra-curricular activities. From classes to competition, and everything in between, the student-athlete schedule stays busy year-round.

*What takes up a Horizon Football players time (In-Season)?*

- In Class – 37.5 Hours per week
- Homework – 8 Hours per week
- Football - 25 Hours per week
- Socializing/Relaxing – 15 Hours per week
- Other (Sleep/Job/Extracurricular)-82.5 Hours per week

*Football Related Activities are:*

Competition

Practice

Strength & Conditioning

Film Review

Academic Meetings

Injury Treatment & Prevention

Team Fundraising

Community Service

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Practice Attendance:** Attendance at all practices is a must! If a player must miss due to an academic issue, illness, or family emergency, please contact Coach Wisdom. Contact Coach Zismann if your son is a freshman. A good rule of thumb is that there are reasons and excuses. Reasons are legitimate (illness, family emergency, funeral) and contact is generally made in advance. Excuses are not acceptable and are generally given after the fact. Two unexcused absences will result in dismissal from the team. Please try and limit dentist appointments etc.. during the season. Missed practice time hurts the player who misses and everyone else on the squad.

**INSTATEAM is the best way to reach out to us about absences.**

**Coach Wisdom's email ([huskyfbfamily@gmail.com](mailto:huskyfbfamily@gmail.com))**

**Coach Zismann ([dzismann@pvschools.net](mailto:dzismann@pvschools.net))**

**Football is a demanding game that requires a great amount of mental toughness. Players must battle through aches, pains, and illnesses – this is a part of the game.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Training Rules: All AIA and Horizon High School training rules (Rules covering alcohol, tobacco, & drug use, criminal behavior, and general conduct detrimental to the program) will be followed. Parents please help our program and your son by supporting these guidelines. Lack of discipline is not an ingredient in the recipe for excellence. Please recognize that these guidelines exist to help in the development of our players as athletes and as young men. In addition to discipline measures outlined in the Horizon High School policies, additional sanctions may be added by the coaching staff such as: no media award nominations, no varsity letter, suspension or extra conditioning or possible dismissal.**

**Bottom Line.... Don't be around drugs or alcohol and do not use these substances. This is a part of your commitment to your team and if you violate our policies it's considered total betrayal.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Conduct:** We expect our players to conduct themselves with honor, integrity, class, & dignity both on and off the field. Remember that a player's conduct reflects on his family, his teammates, his coaching staff, his school, and his community. Practice the BIG THREE. Do your best, Do what's right, and treat others, as you want to be treated. If our players practice these three simple rules, they will never have to worry about there conduct being excellent. Conduct detrimental to the team may result in extra conditioning, suspension, or removal from the team.

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Respect the Game: We will respect the game, the program, the officials, and our opponents. Players and parents need to be reminded that being ejected from a contest results in a state mandated suspension for the next contest. We will not address officials in a disrespectful manner, talk trash to our opponents, or draw attention to ourselves by “showboating”. Players will be removed from the game and disciplined in practice for any flagrant or personal fouls. Always represent our program with class and never hurt our team. Only amateurs advertise. Champions expect to be successful and conduct themselves with class.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Academic Performance:** We expect our players to be Student-Athletes. Our players will be on time to class, will sit near the front, will bring materials, will be respectful to teachers and classmates and will do their best to achieve good grades. Students are expected to be passing all classes. If players are performing poorly, teachers can require students to complete work or seek help after school. Teachers will contact me immediately with any problems.

**Players: Your homework and classroom preparations are a part of “your job”. Do your job. If our staff can’t trust you to do the basic things right in the classroom, we certainly can’t and won’t count on you on the field.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Injuries:** Players are encouraged to report all injuries to our athletic trainer Britt Kato. Britt is a certified athletic trainer. Britt will treat minor injuries, refer some athletes for treatment other places. Our trainer and our student trainers will be treated with respect at all times. Established training room rules will be followed. Injured players will be required to dress out for practice and will have exercises to do during practice to help rehab the injury and stay in shape.

**Please follow our injury protocol whenever possible:**

- 1. Horizon Athletic Trainer**
- 2. Physical Therapy (Select Physical Therapy)**
- 3. Orthopedic Physician**

**Always begin through Britt Kato First**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Bus Policy: Due to Covid-19, athletes are allowed to take their own transportation to and from games with the waiver signed. All athletes not taking the bus, will be required to leave from the Horizon High School Senior lot at the same departure time as the team bus. Athletes providing their own transportation are NOT allowed to take any other athletes/students/volunteers with them.**

## **PROGRAM POLICIES:**

**Cell Phones:** Cell phones will be put away during practice, team meetings, and film sessions. **Cell phones are to be locked in your locker during practice! Cell phones will not be permitted to be used at all in our locker room for any reason.** This is our school policy and for our players protection. **Step outside the locker room if you must use your phone.**

## **PROGRAM POLICIES:**

**Curfew: During the season our coaching staff recommends that players be home at least 10:00 on weeknights and midnight on weekends (the sooner the better). With very few exceptions, nothing very positive goes on after midnight. Not only will our players be more rested (which is vital), they will also be much less likely to find themselves in negative situations. Getting plenty of rest, staying ahead academically and making great choices reflects that we are committed to our team.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Addressing Concerns:** If you have a concern that you wish to address, call the head coach (preferably) during school hours to set up an appointment to discuss the concern. I prefer to discuss things in person rather than over the phone, if at all possible. The player needs to discuss the issue in question with the position coach and/ or the head coach before any meeting will be considered with parents. If a meeting is needed, the player, parents, Head Coach, and position coaches and, if necessary the AD will be a part of it. **Playing time, game strategy or coaching philosophy are not up for debate. Please use the proper chain of command to address any concerns.** (Coach, AD, Principal, Etc...) Our staff will always strive to first do what is in the best interest of our program while also doing our best to serve each individual player.

**Part of building a stronger young man is encouraging him to stand on his own two feet. Part of his self-reliance is learning how to communicate with others (in this case, his coaches). Our staff will be absolutely honest and candid with players and parents.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Equipment:** We provide our players with top of the line equipment. It's the player's responsibility to care for this equipment properly and check it in immediately following the season. **Players who are over one week late in turning in their gear will be charged a late fee.** Players will be billed replacement cost for equipment that is lost. Take pride in your equipment, take care of it, and turn it in on time. Inform a coach immediately if your equipment is damaged in any way or needs repaired or replaced.

**\*Scientific studies reveal that given dramatic improvements in helmets over the last decade, the vast majority (not all) of concussions can be eliminated in football by players simply adhering to the following:**

**1) Play the game with my head up and use correct technique at all times 2) Make sure my helmet is properly inflated 3) Secure my chinstrap properly 4) Wear my mouthpiece at all times**

**\*IF YOU HAVE BOUGHT YOUR OWN HELMET.... You will need to sign a waiver form**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**The Ultimate Mission: More than likely, our players won't have to block or tackle later in life. Each player will however, have to learn to tackle life's challenges. To achieve their potential in life, these boys will have to develop great work ethic, self-discipline, the ability to work with other people, the ability to set and achieve goals, the ability to meet deadlines, the willingness to sacrifice for the good of others, and they will have to be mentally tough. Our goal is to help these boys develop into strong leaders, men of honor and capable citizens in a rapidly changing world. In my opinion this is the most important role of high school football.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Offseason Expectations:** Be a multi-sport athlete if possible. If you are not out for another sport, you will be expected to be in the weight room and participating in off-season workouts. **COMMITMENT IS THE EXPECTATION AND IS ESSENTIAL!**

**SUMMER WORKOUTS ARE A MUST!**

**9<sup>th</sup>- 12<sup>th</sup> Grade- 5:30 a.m. – 7:45 a.m.**

**SUMMER WORKOUTS 2021**

**START MONDAY, JUNE 7<sup>th</sup> – JULY 23<sup>rd</sup>**

**VACATION JUNE 28<sup>th</sup> – JULY 9<sup>th</sup>**

**OFFICIAL PRACTICE STARTS – MONDAY JULY 26<sup>th</sup> (*Pending AIA Changes*)**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Hazing of any kind will not be tolerated in the Husky Football Program.**

**Should cases arise, they will be turned over to our school administration and the school resource officer for prosecution. Suspension or Dismissal from the team will result. This always goes back to the BIG 3 – Do your Best, Do what's Right, and Treat others with Respect.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

**Social Media:** In addition, all other forms of conduct, we expect our players to use social media in a positive and responsible manner. Posting pictures, messages, or comments that are deemed detrimental to the program will result in consequences ranging from extra conditioning, suspension or removal from the team. This includes media outlets and message boards. **THINK before you post anything on social media because once out there, it becomes public and it's out there FOREVER.** Abide by the "Granny Rule". Don't post anything (pictures, messages, etc.) that you wouldn't want your grandmother to see or read.

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

### **IN SEASON DRESS CODE:**

**Monday-Golf Shorts or Pants & Team Polo – Back to work Monday (Set the Tone)**

**-ALL LEVELS**

**Tuesday-On your own “Be Sensible”**

**Wednesday-On your own “Be Sensible”  
(Freshman- Jersey & Shorts or Pants)**

**Thursday- JV Jersey**

**Friday- Jersey & Shorts or Pants**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

## **PROGRAM POLICIES:**

### **LETTERING CRITERIA**

- **If you have completed all of your high school football seasons during your time at Horizon High School, you will letter your senior year**
- **If you appear in a post-season game for 2 Consecutive Plays, you will letter**
  - **If you start a Varsity game, you will letter**
  - **If you play in at least 8 regular season quarters, you will letter**
- **If our team wins the Section Championship, everyone who dressed during a Varsity game and finishes the season in good standing with the coaching staff will letter**
  - **Coach Wisdom reserves the right to award letters under special circumstances, such as injury.**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

# **HORIZON HIGH SCHOOL FOOTBALL**

## **WHAT WE WILL ASK OF OUR PARENTS**

1. **Trust:** We realize that we are working with your most valuable possession...  
Your child
2. **Support:** Your Childs' commitment to athletics
3. **Support:** The ideals that we will build our programs upon
4. **Share:** Your concerns with us before they become problems
5. **Exemplify:** Good Sportsmanship
6. **Stress Academics:** At home... Homework & Studying!!
7. **Volunteer:** When you can... Join our Gridiron Club
8. **Believe:** We have the team and your kids best interest in mind
9. **Be a Fan:** Support the team in the stands and in the community
10. **Congratulate your kids:** All student-athletes are special individuals;  
not everyone can do what they do

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

**FUNDRAISING IS CRUCIAL FOR THE SUCCESS OUR  
PROGRAM**

**WHERE IS THIS MONEY GOING???**

**CAMP, PREGAME MEALS/SNACKS, WORKOUT PROTEIN, BIG MAN/7V7  
TOURNAMENTS, NEW UNIFORMS, FOOTBALL EQUIPMENT, WEIGHT  
ROOM & TEAM ROOM UPGRADES, PLAYER SWAG, TEAM BUILDING  
ACTIVITIES, END OF THE YEAR BANQUET, ETC.....**

**Commitment Little-things Intensity Mental-toughness Brotherhood**

ABOVE THE LINE

## **WAYS TO STAY INFORMED**

**Talk to your Son** 😊

**Sign up on Instateam**

**@HZFBFAMILY -- FOLLOW OUR TEAM TWITTER**

**[www.huskygridiron.com](http://www.huskygridiron.com)**

**Commitment Little-things Intensity Mental-toughness Brotherhood**