

LASSITER FOOTBALL



PLAYER / PARENT HANDBOOK

Football Program Philosophy

Mission: To use the game of football to develop & grow young men physically, mentally, socially, spiritually to reach their full potential both on and off the field! To build a football program that not only changes lives, but changes the school culture as well!

Vision: To be the “standard” amongst GHSA football programs, combining excellence & integrity in academics and athletics. Committed to football through a passionate pursuit of excellence in every aspect of the program.

From the intensity and organization of practice to the sportsmanship and class of competition, we expect excellence at all times. Everyone associated with the program, from coaches, players, and administrators to cheerleaders, boosters and parents, will model character and strive for excellence as we seek to do what is RIGHT and what is BEST for the program

Program Character Traits (Core Values)

Toughness -- when your down, we ALWAYS get back up!!

Relentless – full go, all the time, 100%

Optimism – absolutely zero negativity

Just Us – we’re all we got

Accountability – do your job, great teammate, best version of myself

Never Quit – the fight is never over

Swager – supreme confidence in all we do

Formula for Success on Friday Nights

1. It's all about the ball

Protect it and take it way

2. Execution

Know your role; Do you job; DO it well; Limit unforced errors and penalties

3. Play Great Defense

Play fast and pursue the football; Be great tacklers, create turnovers

4. Win Special Teams

Create field position, Create momentum, score points

5. Balanced Offense

Use formations and movement to be able to run and pass the ball with consistency

Coach Expectations

CONDUCT

Act like a role model – “Actions speak louder than words.”

Be a man of integrity – Let your “Yes” be yes and your “No” be no.

Show self-control and poise – The players will follow your lead with language, attitude & treatment of officials.

Respect is earned – Act in a manner that warrants it.

Treat every aspect of our program with maturity and professionalism.

“Make the Big-Time where you are.”

RELATIONSHIP WITH PLAYERS

Develop the players – physically, mentally, spiritually, and emotionally

Get to know your players as people. Every player has a role.

Show them they are valued. Work to find the best in each player.

Be honest with your players – Nobody benefits from soft-selling the truth.

Don't show favoritism – No Big Dog treatment

Prepare for everything – meetings, practices, games. Maximize time with players.

Communicate with players, making sure the message is not just said, but also heard.

Be a positive coach. Inspire and motivate them to be their absolute best.

Player Expectations

General

Be someone who wants to be motivated

It is the only way that we can make you better

Take responsibility for your actions

Act like a MAN

Put team commitments ahead of personal achievements

It's not about you – It's about US

Be on time for all practices, meetings, and workouts

"Tell me before and it is a reason; Tell me after and it is an excuse."

Treat teammates, opponents, and officials the way you want to be treated

Compete with great sportsmanship

Be humble in victory and congratulatory in defeat

Show respect to your coaches

Address all of them as Coach and respond to any statement with "Yes, Sir"

Earn your playing time – Give the coaches a reason to put you in the game

On the Field

Know your assignment

We must know what to do if we are going to be successful.

Play with great discipline and aggressiveness

Focus on your job. Be on the OFFENSIVE.

Play the next play with confidence

Whether good or bad, put the previous play behind you. Believe in your ability to perform.

Play physical

Football is a collision sport. The most physical team usually wins. Get into the fight.

Be a tough guy, physically and mentally

You will not be asked to play injured, but you will need to play hurt. Battle through difficult situations to find a way to succeed.

Practice and play with energy and enthusiasm

"Nothing great was ever achieved without enthusiasm." – George Hegel

In the Classroom

Exhibit TROJAN football character and class in the classroom

Show respect to your teachers. Let them know that their class is important to you.

Work to excel, not survive. Take advantage of a great education. It is your responsibility.

On Campus and In the Community

Set the pace on campus and off with the integrity of your words and actions.

Football will strengthen the backbone of this campus through character driven leadership.

The way you act outside of school will reflect on LHS Football. Reflect well!

****This includes Social Media as well****

Be someone who looks for opportunities to serve other people.

Parent Expectations

Be Part of the Team

LHS Football is about more than just your son. Get involved and support the entire program.

Know your role and execute it to the fullest – only you can do your job

Players play, Coaches coach, Parents parent

Keep Perspective

Players, Parents, Coaches – You are never as good as you think you are. You are never as bad as you think you are. Keep a balanced perspective of football, your son and yourself.

Set the proper tone for your son in regard to response to the coaches

Your son will follow your lead. Teach them to take responsibility for their actions. You will either help us or hurt us.

Use Proper Lines of Communication

1. Player must communicate with his position coach
2. If needed, player and position coach will meet with the head coach
3. If needed, player, position coach, and parent will meet with the head coach
4. Meetings with the head coach are by appointment only

Trust the Coaches

Just as you would trust another professional (doctor, accountant, mechanic), trust the expertise and insight of the coaching staff. You see the games. We see the practices. You see your son. We see the PROGRAM.

Be a POSITIVE presence

Negativity, cynicism, and sarcasm don't make any organization better. Make the decision to help build the program. It is your choice. We want you to be on board and join us.

Team Information

Standards

Members of the TROJAN football program are held to a higher standard than a normal student. Everything that you do and say reflects back on our program. We follow these 3 guidelines:

1. Abide by all of the rules and regulations of Lassiter High School
2. You know the different between right and wrong – Do right!
3. Don't do anything to embarrass your parents, team, school, or community

Academics

Each athlete must understand that academics have priority over athletics. The coaching staff fully supports the academic requirements set for athletes by the Georgia High School Association and Lassiter High School. At the same time, practice time must be protected for the team. Students need to utilize other opportunities as much as possible to receive extra help in their classes. Students may attend teacher led help classes at any point, but we encourage them not to abuse that right.

****We encourage all players to register for weight training each semester****

Practice Policy

You must be at practice every day. In order to be excused from practice, it must be approved by Coach Thom. In general, acceptable excuses are limited to acute personal illness and urgent family circumstances. Unexcused absences from practice during game weeks will result in game suspension.

Weekly In-Season Practice Schedule

JV/Varsity

Monday & Tuesday 3:40-6:30 pm, Wednesday 3:40-5:45pm

*9th study hall 3:35 – 4:05 ; join practice @ 4:15 pm

Thursday 6:30-7:15 am, Saturday Film – Varsity players 10:00-11:00 am

Weights on Monday, Tuesday, Thursday, & Friday – before school or during class

We will practice every day during football season including Labor Day and any student holidays

We will also practice week of Thanksgiving if we are in the GHSA playoffs

Weekly Off-Season Schedule

Each athlete grades 9-12 will be involved in off-season workouts from January-July. A schedule for workouts will be available in December prior to Christmas break each year. Those athletes that participate in a second sport will still be expected to participate; however, their schedule will be altered due to the schedule of the sport in-season.

Discipline

The LHS football program will work to provide a highly disciplined and accountable environment for the players. However, football should not be used as a punishment for academic or personal behavior issues unrelated to the school. If a PARENT ELECTS to remove an athlete from the team for academic or personal discipline reasons unrelated to football, the athlete will be required to turn in all issued equipment and will remain off the team. We encourage parents to communicate with the coaches as we all work together to help each young man in his personal development.

Team Information (Cont)

Equipment Policy

Your equipment is the property of Trojan football. You are accountable for all your equipment. If you lose any piece of you equipment, you will be charged the replacement cost of each piece.

Injuries

All injuries should go through our athletic trainers, Amanda Roberts & Sean Amos. We have a strong medical team that we trust. We want all evaluations and treatment directed by our staff to ensure timely care, creating clear communication between the medical team, student-athlete, parents, and coaches.

Locker Room

The LHS football locker room is for football players and coaches only. Each player will be assigned a locker. Players have no business to use another player's designated locker. If a player is caught stealing someone else's property they will be disciplined by Coach Thom. Lockers do not come with a lock, but are able to be locked. We encourage every player to lock up his belongings each day. Locker room cleanliness is up to coaches and players. Each day following practice, a specific grade will be asked to stay after and clean-up. We want to be good stewards and take pride in our facilities.

Game/Practice Eligibility

In order to participate in a game or practice, you must be in school. If you are not present, you cannot participate. If you have to be late or check out for some reason, you must go through the office to be excused. Please let Coach Thom know if you are going to be late or if you are checking out that day.

Heat Policy

LHS football will follow GHSA guidelines for heat and extreme weather during practices. When possible, we will practice in the morning or evening to avoid the heat of the day. Varsity football will always practice in some form or fashion, regardless of the weather.

Lettering

1. Be a member of the team in good standing
2. Be a varsity participant
3. At the discretion of the Head Coach

Transportation

All players must ride the bus to games. For away games, players may only ride home with their parents/guardians. Parents/Guardians must sign their son out with the designated coach.

Quarterback Club

Every parent/guardian who has a son in the LHS football program is a member of the Quarterback Club. There are many opportunities to get involved. We need everyone to participate!