

Pleasantville Football



PLAYER AND PARENT HANDBOOK

PLEASANTVILLE FOOTBALL

INTRODUCTION

The primary purpose of this handbook is to serve as a guideline for players and parents involved in the Pleasantville Football Program. We all have a great desire to win and are willing to work in order to accomplish this goal. These guidelines have been put in this handbook so we can refer to them from time to time during the course of the season. This handbook was made to enhance the lines of communication. This can only be accomplished when we know what to expect of each other.

VISION STATEMENT:

To develop well disciplined student/athletes who strive for educational and athletic excellence.

MISSION STATEMENT:

- * Develop student/athletes who are committed to personal excellence and team success.
- * Provide an inspirational and motivational environment where preparation, practice and hard work generate legitimate opportunities for success.
- * Emphasize the importance of character development necessary for meaningful experiences in football and in life.
- * Create a consistently exciting and entertaining program that generates huge levels of support, pride, and tradition for all in our community to share.

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CORE VALUES:

- Commitment: Be committed to personal excellence. Our goals must be a priority.
- Integrity: Do what is right. Be honest and loyal to parents, coaches, teachers, classmates, and ourselves.
- Pride: It is a personal commitment; it is an attitude which separates excellence from mediocrity.
- Teamwork: Teamwork is achieved when individuals make personal sacrifices to work together for the success of the group.
- Discipline: Means being mentally and physically tough, to continually improve and become the best athlete, coach, mentor, student, teacher and family member we can be.
- Effort: Give everything we have in everything we do.

WHAT A COMMITMENT MEANS

1. For the months during football season, you will be required to put your scholastic work and football above other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
2. You are here at Pleasantville High School to get an education first. School must come first. Those not ready to work in the classroom should not be out for football.
3. **ATTENDANCE IS MANDATORY** both for classes and your football program responsibilities (meetings, practice, weight training, and games). Be on time always.
4. Pleasantville football players must conduct themselves with class at all times. We must exhibit good sportsmanship on the field and good citizenship off the field. Every action of a team member reflects on their coaches, teammates and school.
5. Respect your teammates and coaches. Use the Golden Rule. Treat others as you would want to be treated. We must pull together as a team if we are going to have success as a team.
6. There is **NO** room in our program for those who abuse their bodies and minds with drugs and alcohol. Violations will result in disciplinary action according to the school rules.

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DEFINITION OF CLASS:

Class is the respect of others. It is deep and genuine respect for every human being, regardless of their status in life. Class is having manners. It is always saying ‘thank you’ and ‘please’. It is complimenting people for any and every task that is well done. It is treating people as you want them to treat you in similar situations. Class is about avoiding using profanity on and off the field. Class is never making an excuse for your own shortcomings. It is always helping the other person bounce back from a mistake. Class means that you never boast about your own accomplishments and it means that you never tear down or diminish the achievements of another person.

SHOWING CLASS ON THE FIELD:

Class is sportsmanship. It is playing by the rules at all times. It is showing respect for your opponents and for the officials. It is shaking your opponent’s hand after a game – win or lose – and giving them credit for their efforts. Class is never ‘showing up’ your opponents by hot-dogging or trash talking. Class is playing every play hard and expecting your opponents to play hard also. Class is being humble and gracious in victory and congratulatory in defeat. Class is being loyal to your teammates and coaches in both adversity and glory. Act like you are supposed to score and that you have done so before. Celebrate wins as if you expected to win.

PANTHER PRIDE:

It is a privilege to be a member of this football squad and to be a Panther. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding memories. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Pleasantville Football has committed to **PRIDE** and **EXCELLENCE**. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Pleasantville football uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Panther all the time and forever.

TEAMWORK:

Teamwork divides the work and doubles the success. It is the fuel that enables common people to attain uncommon results! Being a part of a team, we accomplish more, faster. Support, compassion, and caring will inspire everyone to keep peace, and then, lead in spite of pressures, hardships, or fatigue. It is a reward, a challenge, and a privilege to be a contributing member of our **TEAM!**

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PLAYER EXPECTATIONS

On The Field Expectations:

1. Practice like a winner. Games are won and lost on the practice field.
2. We expect a business-like attitude on the field. There is **NO** time for horseplay.
3. Practices are a time to do and learn. Pay attention to your coach when he is teaching, **“FOCUS!”**
4. When a coach is talking to an individual who plays your position, pay attention; get to a position where you can hear.
5. Know the drills and how to set them up. Don't wait for the coach.
6. Helmets must be worn at all times, unless a coach tells you to take it off.
7. Never, ever sit or lay down on the football field. Rest on one knee.
8. Know the practice schedule.
9. Know the importance of the scout teams and respect them.
10. Always know the tempo of the drill you are in at practice (full speed, walk through, no tackle, etc.).
11. The key to your individual success and our team's success is the total preparation we achieve in practice. There are **NO** limits to **HUSTLE!** (sprint everywhere).
12. Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team. It is up to you to accept the role that the coaches assign you. If you cannot accept the role that has been designated by the coaches, you should not be part of this football team. If you do not have a starting position, it is up to **YOU** to work your way into a starting position.
13. Have **FUN!**
14. **LEAVE THE FIELD WITH NO REGRETS!!!!**

Off the Field Expectations:

1. Think about being successful. Spend time off the field thinking about your assignments. Picture yourself executing your skills and technique perfectly.
2. In between practices is the best time to communicate with your coach.
3. Never leave practice with a negative attitude or complaint. Talk your feelings out with your position coach or the head coach. Get things squared away; if you don't, then little problems and misunderstandings become major problems.
4. Be a positive person. Don't complain or talk negatively to or about our teammates, coaches or program. It only causes morale problems and dissension. See your coach if you have a concern about something.
5. Rumors and Gossip - don't listen to rumors, don't start gossip. Rumors are usually wrong and only lead to bad feelings for everyone.
6. Curfew – the hours you keep are between you and your parents. We recommend that you be home by 9:00pm on all school nights.

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Team Expectations:

1. *Respect for Coaches:* Coaches should receive Coach 'last name' responses from players when talking to them. 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. **"FOCUS!"**
2. *Dress:* Everyone will wear their uniform in the same manner. We are a team. We will furnish your equipment, so you do not need to bring your own equipment. Take care of your equipment. Do not wear jewelry in practice or games. Your appearance away from the field, especially at school, should reflect the same class and pride that show in our program.
3. *Care of Equipment and Facilities:* You are to hang your equipment in your locker as you are shown. You are to clean your equipment at least once per week. Do not track mud and dirt into our locker rooms. Take off cleats before entering the building. When you change into workout gear, your clothes are to be hung up in your locker. Latrines and toilets are to be flushed, showers and faucets turned off so they don't drip, and all bottles and cans placed in the trash. Clean up and around your locker each day. This includes bus usage as well.
4. *Team Travel:* Check and pack all your gear. You are responsible for this. Please be prompt, if you are late you will be left behind. There will be NO loud or boisterous conduct on the trips, remember why we are here. Everyone will return with the team, unless approved by the head coach. There will be very few exceptions
5. *Hazing:* We will never allow any form of initiation known as hazing, nor allow any to start. Younger guys should show respect to the older players, while the older players should prove themselves worthy of that respect. A player shouldn't have to do foul and disgusting things in order to play football. It is a coaches' job, not some teenager's, to determine what's required to play football. If a player is willing to step forward and do all the things required by the coaches, that's enough. Hazing is a serious offense, and will **NOT** be tolerated. Any type of hazing at all will be dealt with severely. Suspension or removal from the team is definite.
6. *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 guidelines, the coaching staff, at its discretion, will have the right to determine whether the situation will be tolerated and what the consequences are for the situation.

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Academic Expectations:

1. Always get to your class on time. This cannot be overemphasized. Nothing causes a teacher to turn off a student faster than a late arrival.
2. Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and show respect at all times. Be a leader in the classroom!
3. Careless appearance is held against an athlete to a greater degree than against other students. Dress neatly and have a great attitude.
4. Before class starts, make sure you have all your materials, make sure that your book or notebook is open, and you have a pen or pencil ready to write.
5. Once class starts, keep your mouth closed unless you are asking or answering a question, or are taking part in a teacher led discussion or activity.
6. Never prepare to leave before the end of class. Closing books, zipping of backpacks, etc..., these are between class activities.
7. Make sure that you turn in all work assigned, on time and fully completed. With proper planning you will get everything done in all of your classes. There are NO excuses.
8. As soon as possible after class, do your homework and read your notes. If you leave them unread for 24 hours, as much as 90% of their value will be lost. Make good use out of study halls!
9. Never be afraid to ask questions, or to ask for help. This is how people learn.
10. If you must miss a class due to travel, before you leave, PLEASE MAKE ARRANGEMENTS FOR ANY ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS AHEAD OF THE ABSENCE.
11. If you know that you're going to miss a test or lab, MAKE ARRANGEMENTS AS SOON AS POSSIBLE. Activity period should be used to make up tests or labs and to get extra help from your teachers.
12. JUST DO IT!! Getting an education does require work...something that you can do if you apply yourself. Follow all class and school policies.

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Parental Expectations:

1. Be positive with your student/athlete. Let them know you are proud they are part of the team (focus on the benefits of teamwork and personal life).
2. Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team (set a good example in your personal life).
3. Allow your athlete to perform and progress at a level consistent with his ability (athletes mature at different ages; some are more gifted).
4. Always support the coaching staff when controversial decisions are made (the coaches need your backing to keep good morale on the team).
5. Insist on positive behavior in school and a high level of performance in the classroom (numerous studies indicate extracurricular involvement helps enhance academic performance).
6. Know the policies outlined in the school's student handbook (this will facilitate communication with our school administrators).
7. Cheer for our team and players. Opponents and referees deserve respect (realize that high school players will make mistakes. Your support is needed during tough times).
8. Promote having fun and being a team player. Very few high school athletes receive scholarships (concentrate on what is best for the team. Preoccupation with statistics can be very distracting).
9. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged (encourage the athlete to do their best regardless of brothers and sisters who may have been outstanding players).
10. Winning is great, but building positive team values is most important (the concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly).
11. Find the time to be an avid booster of school activities (help build a solid support system for ALL coaches and ALL athletes).
12. Athletes must attend all practices and contests (stress the necessity to make a commitment to the team. Practice is important).
13. Emphasize the importance of well-balanced meals and regular sleep patterns (an athlete functions best when care is taken to consume nutritious food and obtain sufficient rest).
14. Many athletes enjoy participating in several sports (specialization in one sport may prevent an athlete from enjoying great team relationships in other activities).
15. Persistence and being able to accept a role is extremely important for the team to be successful (not everyone can be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent).

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THE PANTHER APPROACH TO FOOTBALL

Pleasantville Panther Football prides itself in playing tough, hardnosed, physical defense with a relentless offense that is based on execution and ball control and special teams that create big plays while maintaining optimum field position.

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on depth charts as practice progresses. The following points will be part of the criteria used in selecting starters and developing depth charts.

1. *Knowledge of Assignments:* We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire.
2. *Hustle and Effort:* Everyone will be expected to give 100% and they expect you to do so also. Extra effort wins games. Everyone can give 100%.
3. *Physical and Mental Toughness:* We will discover during practice those who are physically and mentally tough. Football is a contact sport and it must be played with mental toughness.
4. *Commitment to the Team:* Commitment is what transforms a promise into reality and defines your character. Commitment must be exhibited before the season and starts in your preparation. You must learn to balance your commitments to other sports you play. If your participation (practicing or playing) in another sport takes priority over your football preparation then you cannot expect to enjoy success in football.
5. *Talent:* If the above characteristics are equal, and they should be, then the young man who has the most talent, makes the most plays, will start. However, talent will not enter our evaluation until we look closely at the other qualities. Obviously, if you are injured it will be difficult for us to evaluate you.

It is our desire to play as many people as possible but obviously we cannot play everyone each game. The above was written so that you will know exactly how we will evaluate you. Our best athletes will play. All of you who do not earn a starting position must continue to work hard and be prepared when called upon.

Our main concern is to be fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach. In the event you are still not satisfied, then come see the head coach. (Proper Chain of Command)

We are here to see that you get an education, mature and grow as a man, and to have the best football team as possible.

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I HAVE READ AND ACKNOWLEDGED ALL THE EXPECTATIONS PUT FORTH IN THIS HANDBOOK. I AGREE TO ABIDE BY THESE EXPECTATIONS AND ACCEPT RESPONSIBILITY FOR MY ACTIONS. I AM AWARE THAT FAILURE TO MEET THESE EXPECTATIONS MAY RESULT IN SUSPENSION OR DISMISSAL FROM THE TEAM.

PLAYER SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ DATE: _____