



**FOOTBALL
PLAYER / PARENT
HANDBOOK
2020**

Introduction

The primary purpose of this handbook is to acquaint you with the rules and policies of the West Park High School Football team. You are responsible for reading, knowing, and understanding our programs expectations. If there is any confusion or questions regarding the expectations outlined in the handbook, please bring them to the attention of the Head Coach.

I firmly believe that you have a great desire to win a championship and are willing to put in the necessary work to accomplish this goal. To help us accomplish this goal together policies have been put in place to provide the framework for success.

This handbook was not made to disrupt the line of communication between you and your coaches, but rather to encourage it. This is not my football team; it is our football team! You have made the choice to be a part of a great team and championship program. To attain and maintain that level of success you need to know what is expected of you. If you have any issues or concerns, please communicate them with your head coach.

Vision Statement:

To develop people of character 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 and development of fundamentals and techniques necessary for positive experiences in football and life.

Create a consistently exciting and entertaining program that generates huge levels of support, pride, and tradition for all in our community to share.

Develop positive characteristics and habits that will be utilized successfully in several areas throughout life.



Core Values:

Integrity: a concept of consistency of actions, values, methods, measures, principles, expectations, and outcomes. In ethics, integrity is regarded as the quality of having an intuitive sense of honesty and truthfulness regarding the motivations for one's actions.

Perseverance: continued effort to do or achieve something despite difficulties, failure, or opposition.

Courage: the ability to confront fear, pain, risk/danger, uncertainty, or intimidation. "Physical courage" is courage in the face of physical pain, hardship, or threat of death, while "moral courage" is the ability to act rightly in the face of popular opposition, shame, scandal, or discouragement.

Loyalty: faithfulness or a devotion to a person, country, group, or cause.

Trust: reliance on another person or entity; confident expectation of something

Respect: denotes both a positive feeling of esteem for a person or other entity, and specific actions and conduct representative of that esteem. Respect can be a specific feeling of regard for the actual qualities of the one respected. It can also be conduct in accord with a specific ethic of respect.

Commitment: to show loyalty, duty or pledge to something or someone.

Unity: the state of being undivided or unbroken completeness or totality with nothing wanting

"Champions behave like champions BEFORE they're champions: they have a winning standard of performance BEFORE they are winners" – Bill Walsh

What COMMITMENT Means:

1. For the next several months, you will be required to put your scholastic work and football above all other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
2. You are here at West Park 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, weights, and games). Be on time always.
 - a. West Park football players are encouraged to play other sports. If there is a conflict, please notify your Head Coach as soon as possible. During football



season, however, you are committed to West Park Football, and will not be excused to participate in other sports/activities.

4. West Park football players must always conduct themselves with CLASS. 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, alcohol, or other banned substances. Violations will result in disciplinary action according to school/district rules.

Panther PRIDE:

It is a privilege to be a member of this football team and be a West Park 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 moments. 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. West Park High School Football is committed to PRIDE and EXCELLENCE. Remember what you represent as a West Park Panther every time you walk into the locker room, weight room, step onto the field, or wear a Panther Football Uniform. Remember you are setting the example for those who will follow in your footsteps. Once a Panther, always a Panther!

TEAMWORK:

Teamwork divides the work and increases your rate of success. It is the fuel that enables common people to attain uncommon results! Being a part of a team, we accomplish more. It is a reward, a challenge, and a privilege to be a contributing member of our TEAM! There is a role on our team for anyone who wants to do things the West Park way regardless of talent. Find your role and fulfill your role to the best of your ability! Respect the role of EVERY player and know that we need EVERYONE to be our best as a TEAM.

Player Regulations and Expectations:

On Field Guidelines

1. Practice like a winner. Games are won and lost on the practice field.
2. Practices are a time to do and learn. Pay attention to your coach/take mental reps.



3. When a coach is talking to someone who plays your position, pay attention; get to a position where you can listen. It is YOUR responsibility to learn your position.
4. Helmets must always be worn, unless a coach tells you to take it off.
5. Never, ever sit or lay down on the football field. Rest on one knee when it is appropriate.
6. HUSTLE to and from periods and drills.
7. Know the IMPORTANCE of the scout teams and respect them.
8. Always know the tempo of the drill you are in at practice (Live, Thud, Control, Walk Thru, etc.)
9. 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!
10. Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team, but every member of the team plays an integral role in the ultimate success of the team/program.
11. Everyone will wear their uniform in the same manner. We are a team. You will be notified prior to each game exactly what color combinations you will be wearing. All players must be in school colors at practice and in games. When temperatures start getting colder and undergarments are being used, they must be in school colors. Take care of your equipment, you have the best, wear it proudly. Your appearance away from the field, especially at school, should reflect the same class and pride that show in our program.
12. You are to clean your equipment at least once per week. Take off cleated shoes before entering our building. Clean up in and around your locker each day. Take care of our locker room and bus when we travel.
13. Have FUN!
14. LEAVE THE FIELD WITH NO REGRETS!!!
15. ALWAYS be COACHABLE!

Off the Field Guidelines:

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 (ask questions) 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 your teammates, coaches, or program. It only causes morale problems and dissension. See your coach if you have a concern about something.



5. Social networks, emails, etc. are not the place to vent negative feelings. If you have an issue that is bothering you, talk to your coach. Public forums are NOT the place to discuss an individual or team situation you do not agree with.
6. Social networks, emails, etc. are not the place to engage members of other football programs as well. Do not get caught up in “trash talk” with others electronically or in person. Conduct yourself with class at all times!
7. Your appearance away from the field, especially at school, should reflect the same class and pride that show in our program.
8. We will never allow any form of initiation or hazing. Younger guys should show respect to the older players, while the older players should prove themselves worthy of that respect by giving respect in return.
9. For away games, check and pack all your gear. You are responsible for this. Road trips are business trips, remember why we are here. Travel with purpose! Everyone returns with the team, unless approved by the head coach.

OUTSIDE TRAINERS

Many of our athletes utilize trainers outside of our regular program, and you are encouraged to do so. There are trainers in our area that work closely with our program and provide excellent service. Coach Tenner would be happy to refer you to a trainer if you are interested. If you chose to use an outside trainer it is important that you understand the following:

1. Any training you do outside of our football team’s program is considered **SUPPLEMENTAL** to your **TEAM** training. What you do with your **TEAM** comes **FIRST** and **FOREMOST**. Your coaches can communicate with the outside trainers so they can be aware of what our training program consists of so they can effectively supplement **OUR** training. What you do with your **TEAM** at West Park is the **MOST IMPORTANT!**
2. The time you spend with outside trainers can be broken down into 3 distinct “seasons”, and each season has specific guidelines:
 - a. **Off-Season**-This is the time period spanning from the end of football season to the beginning of fall practice. In the **PRE-SEASON**, you will not be coached by and outside trainer on football skills and techniques-this is the job of your football coaches.
 - b. **IN SEASON**- This is the time period starting with the first day of school and ending with your last game. During the **IN-SEASON** time period, you do not need to continue to work on strength, speed, agility, and quickness with an outside trainer – we will work these areas as a team. You will not be trained on football skills by an outside trainer, this is the job of your football coaches. It is



vital that your energy be placed into your practices and games, and that you are getting REST when away from the football field and concentrating on your studies. Extra or supplemental training during the IN-SEASON period can be more harmful than helpful. You need 100% of your energy and effort on the field with your team.

If you have any questions regarding outside trainers, appropriate training for specific reasons, or would like to be referred to an outside trainer, please contact Coach Tenner.

PLAYING TIME

Every one of you wants to start on our football team. Unfortunately, not every player can fill that role. The coaching staff will 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 6 points will be the criteria used in selecting starters and developing depth charts. These are listed alphabetically.

1. Consistency of Execution: The ability to CONSISTENTLY execute your assignment as you have been coached, play in and play out in PRACTICE, and ultimately, play in and play out in games.
2. Contribution to the Overall Team: Football is a true TEAM sport. The individual who motivates his teammates to do better, and is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. One athlete who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing and have an understanding that we need the TEAM to win.
3. Physicality and Mental Toughness: We will discover during practice who is aggressive and mentally tough. Football is a contact sport and it must be played with mental and physical toughness.
4. Hustle and Effort: Everyone will always be expected to give 100%. Your teammates will be giving 100% and they expect the same from you. Extra effort wins games. Everyone can give 100%.
5. Knowledge of Assignment: *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. Everyone can give 100%*
6. Talent: The athlete who possesses greater individual skill and gives the team the best opportunity for success.

It's 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. All of you who do not earn a starting position, it is up to you to continue to work hard and be prepared when called upon. PREPARE to be the starter!

Our main concern is to be as 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 to the head coach. (Proper Chain of Communication)

All players are expected to know 3 positions – one on offense, one on defense, and at least one on special teams. Based on the criteria above, the best 11 players on offense, defense and the kicking game will be the starters in the games. If a player is the best at his position on offense and defense, he may start on both sides of the ball.

Special Teams comprise 1/3 of the game and are treated equally important as offense and defense. Using the criteria above, the best 11 players on each Special Team will be starters for each unit.

Consequently, the best football players, according to the criteria previously mentioned will start. In closing, our starters will ultimately be determined on the field by YOUR performance. Your coaches have great respect for you and believe that you will know your assignments, give 100%, will hit and will be a team player.

IMMEDIATE TEAM GOALS

- Practice with Purpose
- Strive to give maximum effort at all times on and off the field
- Pledge to earn the respect of your teammates and coaches
- Hustle
- Play for EACH OTHER (become a family...on and off the field)

PARENT EXPECTATIONS:

- Be positive with your child. Let them know you are proud they are part of a team.
- Support the coaching staff when decisions are made. (Help us stay unified)
- Insist on positive behavior in school and a high level of performance in the classroom.
- Cheer for our team and players.
- Respect our opponents and referees.
- An athlete's self-confidence and self-image can be improved with support from home. (Comparison to other athletes is discouraged)
- Athletes must attend all practices and contests, be committed in making this happen for your athlete.



- Persistence and being able to accept a role is extremely important for the team to be successful – support your athlete in this role.
- Encourage your athlete to advocate for themselves by communicating with their coach. If they have questions or concerns, have them talk to a coach before it becomes a problem.
- Don't allow others to stir up negative talk around you – encourage them to speak with a coach about their concerns.

Academic Standards

All players must maintain at least a 2.0 GPA. As a West Park Panther football player, it should not be your “goal” to achieve a 2.0 GPA. All Panthers should be working for a 4.0 GPA, doing your absolute best to achieve the highest GPA you possibly can.

Weight Room Expectations

All players are expected to participate in our year-round strength and conditioning program. You will receive access to our training program in Athletic PE class. Remember the weight room is an extension of the practice field. The weight room is one of the many tools at your disposal. It is to be respected and your attitude and conduct while in the weight room will directly affect your playing time and status on the team. All rules applying to the locker room and playing fields are in effect while in the weight room. Our attitude in the weight room should be the same as it is on the playing field. It is expected that you will use the time you are in the weight room to better yourself and the program. The hard work you put forth in the weight room will be rewarded in the fall!!!

Social Media

Social media popularity grows exponentially every single day, and we as a program must use it in an appropriate, effective, and positive way. It can be an incredible tool to spread positivity, bring notoriety, and bring information to our football program. It can and should be a lot of fun! Unfortunately, it can also be extremely detrimental and toxic when used inappropriately.

West Park Football social media channels are used for the following:

- Celebrating the successes and providing recognition to the team, individuals, partners and affiliates.
- Reporting game/event results



-Promoting our program and components of our program in a manner that is in alignment with our CORE values.

West Park Football social media channels are NOT to be used for the following:

-As a channel for concerns, complaints or debates

-Any commentary or opinion that is counterproductive to positively promoting the program

If it's not uplifting the program or our players, it doesn't belong on social media.

In being a part of our football program, you will agree to the following:

1. Be Respectful. We will not attack, berate diminish success or highlight failures of others. Giving others compliments is always appreciated!
2. Represent your team. As a West Park Panther Football player, anything you say or do will reflect positively or negatively on our program. What you share online and, in the community, not only speaks volumes about YOU but our TEAM.
3. Communicate effectively. Voicing your thoughts, communicating your frustrations by using your VOICE to talk to the people who can help you resolve the issue.

This applies to your school, your program, your teammates, your coaches, other schools, other programs, other players and other coaches. This also includes people associated with our program, and other members of the media. Be responsible in your decisions with what you decide to post and THINK before you share.

FAILURE TO COMPLY WITH ANY OF THESE RULES IN THIS HANDBOOK MAY RESULT IN THE FOLLOWING DISCIPLINARY ACTIONS:

1. Practice Discipline
2. Reduced playing time in games
3. Removal from team



West Park FOOTBALL PLAYER / PARENT HANDBOOK

To be eligible to play you and your PARENT/GUARDIAN must sign and return this page to Coach Tenner

I, _____, along with my parents / guardian, have read and agree to follow all the rules, regulations, and policies outlined in the pages of the West Park Football Player / Parent Handbook.

Date _____

PLAYER NAME(PRINT)

PARENT/GUARDIAN NAME(PRINT)

PLAYER SIGNATURE

PARENT / GUARDIAN SIGNATURE

*Thank You,
Coach Tenner*

