

Wildcat Football



*Parent &
Student handbook
Handbook*

Dear Parent/Guardian & Student Athlete:

Welcome to what should serve as a positive and exciting experience for your child. We, the coaching staff of the Columbia Wildcat Football Program, have put together this handbook for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to first produce fine people, and, second, good football players as football is an excellent tool for teaching fundamental and important life skills.

The Wildcat Football Program demands a lot of time from our student athletes and we will not tolerate absences or tardiness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the participant and the team. We need parental support to achieve this goal, so please work with us in an effort and take steps to ensure that your child is available for the scheduled practices, games and other team events.

We are in the midst of building a successful program. The degree of our success will be directly related to our collective hard work both on and off the football field. As we build the foundation for the future of Wildcat Football we will build on the principles of DISCIPLINE, DEDICATION, and DESIRE. Traits that once learned and followed will develop winners on and off of the gridiron.

Thank you for allowing your child to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

The Wildcat Football Coaching Staff – please feel free to contact us with any questions or concerns.



SIXTEEN TIPS FOR POSITIVE PARENTING IN EXTRACURRICULAR ACTIVITIES

1. **Be positive with your athlete.** Let them know you are proud they are part of the team.
*Focus on the benefits of teamwork and personal discipline.
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 lifestyle.
3. **Allow your athlete to perform and progress at a level consistent with his ability.**
*Athletes mature at different ages; some are more gifted than others.
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. **Stay calm in injury situations.**
*Parents can help minimize the trauma by being in control and offering comfort.
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 others is discouraged.**
*Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.
10. **Winning is fun, 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 coaches and athletes.
12. **Help students keep jobs and cars in proper perspective.**
*Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
13. **Athletes must attend all practices and contests.**
*Stress the necessity to make a commitment to the team. Practice is important.
14. **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.
15. **Many athletes enjoy participating in several sports.**
*Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
16. **Persistence and being able to accept a role is extremely important for the team to be successful.**
*Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.

WILDCAT FOOTBALL LIFE FUNDAMENTALS

These fundamentals support our purpose of creating a strong core from which to address life and football.

- 1. Attitude**
- 2. Discipline**
- 3. Excellence**
- 4. Faith & Belief**
- 5. Work**
- 6. Handling Adversity & Success**
- 7. Love**
- 8. Responsibility**
- 9. Team**
- 10. Hope**

TEAM RULES

- Keep up with your schoolwork. Poor grades in school and not completing homework will result in disciplinary actions by the coaches.
- If you don't practice, you don't play. All excused absences must be coordinated with the coaches. If you don't make an effort to attend practices, we as coaches are not required to play you.
- If you skip a class –you may miss a quarter of a game.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions.
- Respect other players. Remember your teammates are working with you not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Wear your mouthpiece when required and keep a spare.
- Come to practice prepared to work and play.
- Learn the rules of the game.
- Know the name of each position.
- Arrive on time for practices and games.

Columbia Football Player Attendance and Practice Expectations:

It is expected that each and every Columbia Football Player attend 100% of the scheduled "mandatory" practices, fully equipped and ready to participate. Players failing to meet this expectation will be held to the following consequences:

ABSENCES

Fall Camp Practices (Double Days)

- 1 practiced missed, either AM or PM, will result in 1/4 of a game suspension, 1 full day missed will result in a 1/2 game suspension.

Game Week (in-season) Practices

- An *unexcused* absence of any sort will result in a minimum 1/2 Game suspension
- An *excused* absence will result in a full quarter suspension upon coaches discretion..

TARDINESS

Players failing to show up to practice on time will result in the following consequences:

- Consequences for tardy player will be dealt with after practice. Consequences will be decided upon by the captains of the team, with approval of the Coach's council.

EQUIPMENT

Players failing to be FULLY equipped to practice will result in the following consequences:

- Player will not be allowed on the practice field until fully equipped, if the player must go home to get missing items, then that is what it will take. The player will then be late to practice and the consequences associated with that infraction will be incurred
- Player not returning after being sent to get fully equipped will then be held to an *unexcused* absence and will be suspended for a minimum 1/2 Game suspension
- Players will NOT take other players gear or equipment in order to get themselves fully equipped. This will be viewed as STEALING and will be dealt in such a manner, see team rules

*Unexcused/Excused Absences will be determined by the Coaches Council



Practice Schedule

- Pre-season – Please see Calendar.
- In Season – Practices run from 2:45 to 5:50 Monday through Wednesday, 2:45 – 5:30 on Thursdays, with games normally on Fridays for varsity and Thursdays for JV and Frosh
- A more in-depth practice schedule will be given to your child as when the season arrives.

Player's Code of Conduct

1. Play for fun!
2. Work hard to improve your skills.
3. Be a team player – get along with your teammates. Learn teamwork, sportsmanship and discipline.
4. Be on time for practices and games.
5. Learn the rules and play by them. Always be a good sport.
6. Respect your coaches, your teammates, your parents, opponents and officials.
7. Never argue with the official's decision.
8. Practice good sportsmanship with the players and coaches from opposing teams.

Coach's Code of Conduct

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the student athlete than winning the game. Remember that players are in sports for fun and enjoyment.
2. Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
3. Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
4. Adjust to the personal needs and problems of player, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
5. Organize practices that are fun and challenging for your player. Familiarize yourself with the rules, techniques and strategies of your sport; encourage all your players to be team players.
6. Maintain an open line of communication with your players' parents. Explain goals and objectives of your organization.
7. Be concerned with the overall development of your players. Stress good health habits and clean living.
8. To play the game is great; to love the game is greater.
9. We will coach the game with the principles of sportsmanship in mind.

Parent's Code of Conduct

1. Do not force your young man to participate in sports, but support their desires to play their chosen sport. young men are involved in organized sports for their enjoyment. Make it fun.
2. Encourage your young man to play by the rules. Remember, young men learn best by example, so applaud the good plays on both teams. Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude towards the game and all of its participants, your child will benefit. Emphasize skill development and practices and how they are beneficial.
3. Know and study the rules of the game, and support the officials. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
4. Applaud a good effort in victory and defeat and enforce the positive points of the game.
5. Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
6. If you enjoy the game, learn all you can about the game, and volunteer.
7. Practice good sportsmanship with the players and the coaches from opposing teams.

Equipment Care

Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the Crocus Plains Football Team. The average cost of outfitting you with essential and proper fitting safety gear is around \$500.00 per student/athlete. The costs continue to rise each and every year, so it is necessary for you as the borrower to take full responsibility for your equipment care. Unlike other sports, we do not ask you to supply or buy your own football gear so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

A) Helmet: Cost \$175.00 and up

This is not a device made to use as a weapon. Fully understand that you'll be taught the proper techniques of the game and the use of the helmet other than a safety device is strictly prohibited:

- Inspect & tighten facemask screws weekly.
- Inspect & tighten chinstrap screws weekly.
- Inspect chinstrap buckles weekly.
- Wipe down your helmet weekly (inside & out) with a damp cloth.

B) Shoulder Pads: Cost \$175.00 and up

- Inspect all straps, strings, & clips weekly.
- Tape all your straps after proper clip adjustment has been received.
- Wash the molded plastic with a damp cloth.

C) Pants, Girdle, Belt, & Practice Jersey

- Wash them regularly to keep them from stinking, staining and housing bacteria.

D) Hip Pads, Thigh Pads, Knee Pads & Tail Pads

- Wipe these down with a damp cloth.

Fundraising

With the cost of outfitting a player in very good football equipment being around \$500, it is essential that we perform various fundraisers to supplement the fee that is charged for your child to play football. Other major expenses come in the form of field equipment (our five-man sled alone is worth around \$6,000), video equipment, camps, clinics, and travel. We have two major fundraisers, which are explained below:



Varsity Gold – Gold Card

We have been using the Gold Card from Varsity Gold as a major fundraiser for a few years now and it is by far the easiest fundraiser, allowing for a good profit for very little work and no expense. The student athlete is asked to pre-sell 15 tickets for a week before a one-night selling blitz. The card offers discounts at various businesses and sells for a price of \$20.00. Varsity Gold arranges the various discounts with local businesses and produces the cards and the players sell the cards door-to-door for one night. We receive \$12.00 for every card sold and assume none of the cost of producing the cards nor do we have to spend any time arranging the deals on the cards. We offer various incentives including cash, free cards and under-armour to players who sell a pre-determined number of cards.



Olive Garden Dinner and Cat Auction

For the past two years, in the spring, we have held an Auction of our young men for your disposal in the form of spring cleaning type activities. As we work the bugs out, this will prove to be an enormous fundraiser for BOTH the individual athletes (to help cover camp expenses) and the team (to help cover camp travel/food/equipment expenses). Your help in *filling* the auditorium is crucial to the success of this event. Paired off kids are auctioned off to the highest bidder and with more audience participation, the higher the bidding gets.

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can keep the fees low for our players.

WILDCAT PLAYER CONTRACT

I _____, AM HEREBY DEDICATING MYSELF TO THE COLUMBIA WILDCAT CAT FOOTBALL PROGRAM. I HAVE READ THE PLAYER'S CODE OF CONDUCT, THE WILDCAT FOOTBALL LIFE FUNDAMENTALS, AND THE TEAM RULES. I UNDERSTAND MY RESPONSIBILITY TO MY TEAMMATES, MYSELF, MY FAMILY AND THE WILDCAT FOOTBALL PROGRAM. I UNDERSTAND IF I DO NOT CONDUCT MYSELF ACCORDING TO THE PLAYER'S CODE OF CONDUCT, THE WILDCAT FOOTBALL LIFE FUNDAMENTALS, AND THE TEAM RULES, THERE WILL BE CONSEQUENECES UP TO POSSIBLE SUSPENSION OR EXPULSION FROM THE TEAM.

Signature

Date

WILDCAT PLAYER PARENT CONTRACT

I (WE) _____, PARENT/GUARDIAN(S) OF _____ HAVE READ THE PLAYER'S CODE OF CONDUCT, THE PARENT'S CODE OF CONDUCT THE WILDCAT FOOTBALL LIFE FUNDAMENTALS, AND THE TEAM RULES. I UNDERSTAND MY STUDENT ATHLETE'S RESPONSIBILITY TO HIS TEAMMATES, HIMSELF, HIS FAMILY, AND THE WILDCAT FOOTBALL PROGRAM UNDER THESE STATED RULES AND CODES. I UNDERSTAND IF MY STUDENT ATHLETE DOES NOT CONDUCT HIMSELF ACCORDING TO THE PLAYER'S CODE OF CONDUCT, THE WILDCAT FOOTBALL LIFE FUNDAMENTALS, AND THE TEAM RULES, THERE WILL BE CONSEQUENECES UP TO POSSIBLE SUSPENSION OR EXPULSION FROM THE TEAM. FURTHER, I (WE) PLEDGE TO CONDUCT MYSELF IN ACCORDANCE WITH THE PARENT'S CODE OF CONDUCT STATED HEREIN.

Signature

Date

Signature

Date