

TRABUCO HILLS MUSTANGS FOOTBALL



PARENT AND PLAYER HANDBOOK

**This handbook contains valuable information regarding the
Football Program.**

**This packet also outlines many volunteer
opportunities for football parents to be involved.**

OUR SUCCESS BEGINS AT HOME.

DYNAMIC . DISCIPLINED . SUCCESSFUL

FOOTBALL PLAYER HANDBOOK

Dear Football Families,

This packet contains important information regarding Off-Season Weight Training, Spring Football, Summer Football, Strength and Conditioning, 7-on-7, Varsity Camp Week, and the Season. Please take the time to read through this packet carefully as the expectations for your son are clearly defined.

This packet also outlines many opportunities for parents to be involved with the football program. The success of the Football program is a direct reflection of the families who support the mission of our community.

Thank you in advance for your support.

Vincere te Ipsum,

Coach Nolan and Staff

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CONTACT INFORMATION

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ATHLETIC TRAINER PARTNERSHIP

ATHLETIC TRAINING INFORMATION POLICIES AND PROCEDURES

HEAD ATHLETIC TRAINER: Scott Nastase

E-mail: thhsathletictrainer@gmail.com

The athletic training facility is located in the 800 building next to the snack bar.

Communication

For the best care of our athletes, accurate and consistent communication should be maintained between each member of the team who provides care for our student-athletes: athlete, parent, coach, athletic trainer, physician, etc. Please direct any and all athletic training information and questions to the athletic training staff; information will be dispersed to others only on a need-to-know basis.

Injury Reporting

Student-athletes are to report each injury incurred to the athletic trainer. Each injury should be reported, as soon as possible, following the incidence of injury. In the event that an athletic trainer is not in the immediate vicinity, injuries must be reported to the appropriate coach who will relay the message to the athletic trainer for proper evaluation, treatment, and referral, if appropriate.

Return to Play

Following an injury, an athlete must receive clearance to return to play. If under the care of a physician, a student-athlete must obtain **written** clearance from the treating physician, and submit this notation to the athletic trainer, prior to being allowed to return to participation. If a student-athlete is solely under the care of the athletic trainer, **clearance will be provided by the athletic trainer.**

Physician Referral

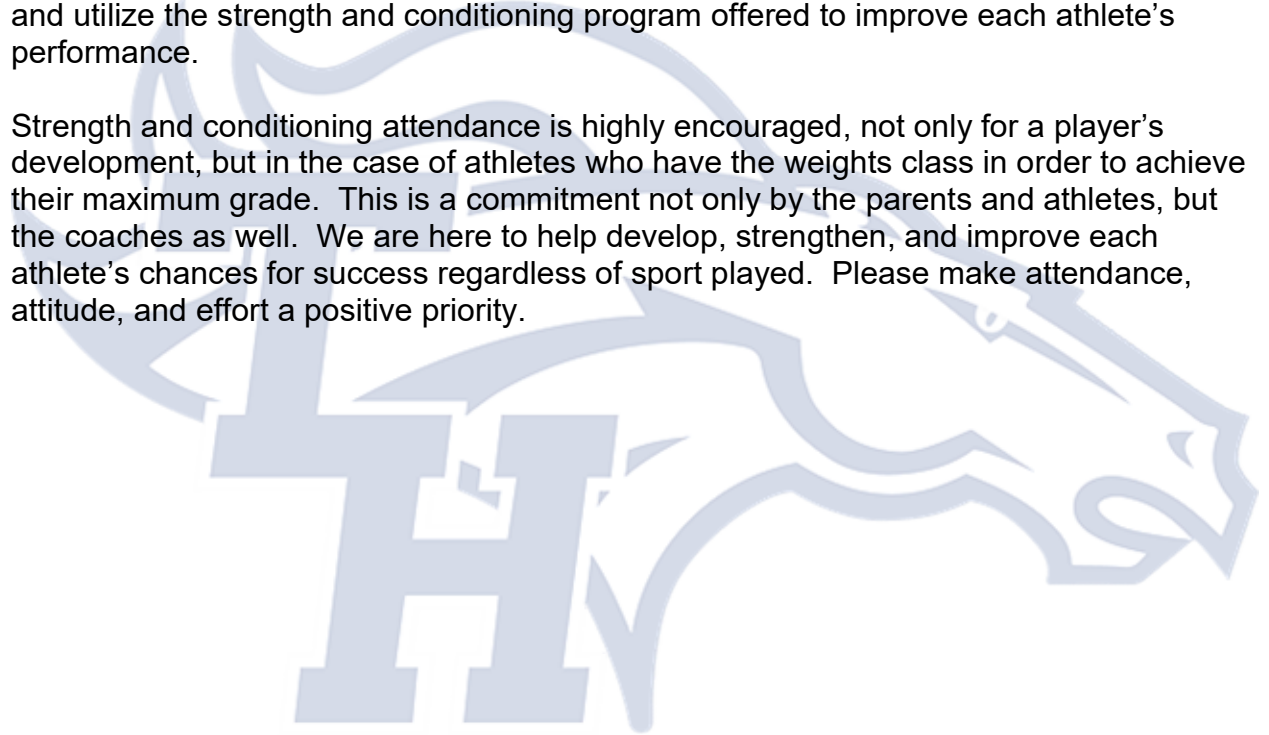
When appropriate, the athletic trainer will recommend that a student-athlete seek further testing from a physician. Upon consultation with a physician, the athlete is required to provide **written** notation to the athletic trainers from the treating physician that includes the injury diagnosis and any recommended continuance of treatment that he/she wishes to provide. Note that a parent or guardian may not serve as the treating physician for his or her own son.

STRENGTH AND CONDITIONING

We offer a collegiate-style strength and conditioning program that includes dynamic strength, strength endurance, core strength, functional strength, plyometrics, lateral speed development, linear speed development, and nutrition education.

Strength training and conditioning is not just important as a football player, but rather as an athlete as a whole. Proper form, coaching, and technique are critical to help an athlete gain strength and improve their dynamic abilities. Furthermore, it is a critical component to injury prevention. So, while we offer a weights class, supplemented with summer workouts, this is to develop an athlete, regardless of the sport played. This is NOT football specific. We encourage athletes and parents alike, to support, encourage, and utilize the strength and conditioning program offered to improve each athlete's performance.

Strength and conditioning attendance is highly encouraged, not only for a player's development, but in the case of athletes who have the weights class in order to achieve their maximum grade. This is a commitment not only by the parents and athletes, but the coaches as well. We are here to help develop, strengthen, and improve each athlete's chances for success regardless of sport played. Please make attendance, attitude, and effort a positive priority.



SPRING AND SUMMER FOOTBALL

SPRING BALL

JV and Varsity dates are specified on the football calendar

7-ON-7 PASSING LEAGUE / BIG MAN COMPETITION

JV and Varsity

7-on-7 games and Big Man Competitions are in May/June and are (or will be) specified on the football calendar.

JV/VARSITY SUMMER SCHEDULE

May 8 - May 22 and June 14 – June 29, 2024

There will be both practice and strength/conditioning during this time. See calendar for daily breakdown.

FRESHMAN SUMMER SCHEDULE

June 14 – June 29, 2024

There will be both practice and strength/conditioning during this time. See calendar for daily breakdown.

****VACATION JUNE 30 – JULY 28****

JV/VARSITY SUMMER & FALL CAMP

July 29 - August 9, Regular Season Schedule Begins August 12.

There will be both practice and strength/conditioning during this time. See calendar for daily breakdown.

FRESHMAN SUMMER & FALL CAMP

July 29 - August 9, Regular Season Schedule Begins August 12.

There will be both practice and strength/conditioning during this time. See calendar for daily breakdown.

2024 VARSITY CAMP WEEK

August 5 – August 7

Overnight camp!

The team will be together all day long for three entire days. Varsity Camp Week includes practices, strength training, board game time, film sessions, movie time, down time, 5 meals/day, and a positive lifetime experience they will never forget.

We can't stress the importance of having 100% parental participation where meals are concerned. It will take a little help from ALL football families to make this a successful week both on and off the field.

Parents will have the unique opportunity to sign-up to volunteer to assist with TWO (2) SHIFTS during Varsity Camp Week (please feel free to sign-up for more). Each day, the "Day Team Captain" of parents will be responsible for organizing/food prep/feeding/clean-up for five different meals. The "Day Team Captains" will work with the Food/Nutrition Directors, to create a menu suitable and approved by Coach Nolan. The Day Captains will be given a budget to work with for that day and meals can be prepared, solicited to businesses for donations/discounts, bought at area restaurants, etc. By dividing the responsibilities, more parents will be able to get involved and the burden of feeding such a large group of boys will not fall upon a few. In order to continue the success of this camp, we are asking all parents to volunteer their time and talents.

AUGUST 5TH BEGINS AT 6:00 A.M.

AUGUST 7TH ENDS AT 12:00 P.M.

VARSITY PARENT MEETING

August 1st at 6:00 p.m.

The team will move into the gym for three days. Ideally, your sons should pack as though they are going to camp, i.e. toothbrush, towel, personal items, etc. Players will bring their own air mattress, futon, sleeping bag, or other form of bed as long as there are no edges on the bottom, which could potentially harm the gym floor. They may also bring other comforts from home such as iPod, TV, Xbox, etc. Please note, the gym is not secure at all times, so please use discretion on what you allow your sons to pack. Coaches are requesting players not to leave their cars at Trabuco Hills during camp week. Parents, siblings, friends, girlfriends are welcome to come watch practices. Additionally, for safety and privacy reasons, all visiting will take place in the cafeteria, NOT the gymnasium.

(SAMPLE DAY ITINERARY)

5:00 AM	WAKE-UP
5:10 AM	BREAKFAST/CAFETERIA
5:25 AM	TAPE AND TREATMENT
6:00 - 8:00 AM	PRACTICE
8:15 - 11:00 AM	LIGHT BREAKFAST/SNACK - SHOWER RELAX, NAP, VIDEO GAMES
11:00 AM	LUNCH, CLEAN UP (* SEE AM CLEAN UP SCHEDULE)
1:00 - 2:30 PM	ACTIVITY, SPECIAL TEAMS, TEAM MEETING W/COACH NOLAN
2:30 - 4:00 PM	RELAX, SHOWER, NAP, VIDEO GAMES
4:00 PM	LIGHT DINNER
4:40 - 5:40 PM	OFFENSIVE & DEFENSIVE TEAM MEETINGS
6:00 - 8:00 PM	PRACTICE
8:00 - 8:45 PM	IN-SEASON MAINTENANCE WEIGHT LIFTING
8:45 - 9:15 PM	STAFF MEETING
9:00 PM	DINNER, CLEAN-UP (* SEE PM CLEAN-UP SCHEDULE)
9:30 PM	SHOWER, TREATMENT
11:00 PM	LIGHTS OUT

CAFETERIA	POS AM	POS PM	GYM	POS AM	POS PM	FIELDHOUSE	POS AM	POS PM
FLOOR	QB	DB	FLOOR	DL	WR	FLOOR/VAC	RB/TE	LB
TRASH	OL	QB	TRASH	LB	DL	TRASH	DB	RB/TE
TABLES	WR	OL						

FRESHMAN

FRESHMAN SUMMER & FALL SCHEDULE

June 14 – June 29 and July 29 - August 9, 2024

Regular season schedule begins August 12, 2024

Football practice on the field (t-shirt, shorts, cleats) (M-F)

Strength and conditioning in the weight room from (M-F)

FRESHMAN SEASON STARTS

July 29th

FRESHMAN PARENT MEETING

July 31st at 6:00 p.m.

MEALS AND SNACKS

Depending on game time and location, snack bags (sandwich, piece of fruit, granola bar, and water) will be provided. The weekly updates will advise if snack will be handed out as well as volunteer requests to help put them together and distribute.

VOLUNTEERS

We will need parent volunteers to help with snack bags, chain gang, banquet, Senior Night, as well as a few other special projects throughout the season. Weekly emails will request these volunteers.

FRESHMAN BANQUET

The freshman football banquet will be held on November 11, 2024, at 6:00 p.m. in the MPR. We will need parent volunteers to help organize and decorate for this event.

JUNIOR VARSITY

JV SUMMER SCHEDULE

June 14 – June 29 and July 29 - August 9, 2024

Regular season schedule begins August 12, 2024

Football practice on the field (t-shirt, shorts, cleats)

Strength and conditioning in the weight room

JV SEASON STARTS

July 29th

JV PARENT MEETING

August 1st at 6:00 p.m.

MEALS AND SNACKS

Depending on game time and location, snack bags (sandwich, piece of fruit, granola bar, and water) will be provided. The weekly updates will advise if snack will be handed out as well as volunteer requests to help put them together and distribute.

VOLUNTEERS

We will need parent volunteers to help with snack bags, chain gang, banquet, Senior Night, as well as a few other special projects throughout the season. Weekly emails will request these volunteers.

JV BANQUET

The JV football banquet will be held on December 8, 2024, at 5:00-7:00p.m. We will need parent volunteers to help organize and decorate for this event.

2024 FOOTBALL SEASON

SEASON PRACTICE BEGINS

All Levels

In season regular practice schedule begins on July 29, 2024.

SCRIMMAGE

Varsity, August 16 @

JV, August 15

Freshman, August 15

SATURDAY SESSIONS

Varsity

Begin August 17 8:00 a.m. – 12:00 p.m.

Players are expected to attend running, lifting, treatment, snack, and film sessions every Saturday throughout the season.

TEAM MEALS BEGIN

Varsity

August 15 at 5 p.m.

Team meals will be served following practice the night before the Varsity game. Volunteers will be needed to assist in preparing and serving.

PRE-GAME MEALS BEGIN

Varsity

August 16 at 3:00 p.m.

Pre-Game meals will be served approximately 3 ½ hours prior to kickoff. Volunteers will be needed to assist in serving and clean up.

SENIOR NIGHT

Date TBD, 2024

Home Game - Varsity

Freshman, Sophomore, and Junior parents are needed to help organize the pre-game ceremony honoring our Senior players and their families.

Varsity BANQUET

The Varsity football banquet will be held on December 8, 2024, at 6:00-8:15 p.m. We will need parent volunteers to help organize and decorate for this event.

BOOSTER CLUB

The Booster Club has several categories in order to spread out the various responsibilities into specific areas. By doing this, we hope to involve more parents. Listed below are the Booster Club Director positions and a description of their responsibilities. If you would like to take a leadership role, please let us know by emailing the booster club. This is an incredible opportunity to be a part of the growth and success of the Trabuco Hills Football program.

President

This person oversees the Booster Club, sets the agenda, and runs the meetings.

Vice President

This person helps oversees the Booster Club, sets the agenda, and runs the meetings should the President be unavailable.

Volunteer Coordinator

This person sets up the online volunteer sheets and writes the descriptions.

Game Day Operations

This person is in charge of set up and take down from pre to post game (sidelines, locker room, helmet, TV, half time snack, headphones, etc).

Legal Counsel

This person helps write the bylaws and update our Booster Club documents and helps us with legalese.

Media Guide Director

This person is in charge of the production of the media guide.

Lift-A-Thon Director

This person assists the head coach in getting payments for the annual fundraising Lift-A-Thon.

Corporate Sponsorship Director

This person coordinates incoming paperwork and checks for corporate sponsorships, follows up with phone calls, and organizes said corporate sponsorship with benefits (i.e. fence signage, scoreboard, media guide, etc)

Athletic Clearance and Physicals Director

This person is responsible for ensuring all football athletes have completed the athletic clearance paperwork and have received an annual physical. This person works with head coach, parents, athletic trainer, and Athletic Director Administrative Assistant.

Communications/ Website Director

This person will work with the Parent Reps and other Booster Club Directors to assist in communication. Additionally, this person will also assist with website updates.

Accounting Director

This person is in charge of general accounting for the Football account. This person will work in conjunction with the Business Office to confirm all player dues are received and update/notify families if and when needed.

Food / Nutrition Director(s)

This person(s) will oversee four different areas of food/nutrition.

1. Varsity Camp Week: This person(s) will help coordinate meals with the “Team Day Captain” (see below) and Coach Nolan. This person will schedule the volunteers, help with meal planning, and expense reports to be given to the Accounting Director at the end of each day.

2. Team Dinners: Team Dinners will be organized with a potluck or catered meal and arranged ahead of time.

3. Pre-Game Meals: Pre-game meals will be catered and arranged ahead of time.

4. Saturday Snacks: This snack will be organized, purchased, planned, and prepared each week to serve the Varsity players.

Special Events/Projects Director

This person will assist for the different Special Events throughout the year. Some of these events include: Moms 101, Dads Brats and Ball, Senior Night, and Banquet, etc. This person will coordinate with parent volunteers, work with the appropriate staff to schedule space, organize decorations, plan for food, and work with the Communications Director to send information out regarding upcoming events. Additionally, this person will be in charge of miscellaneous projects such as Senior Night Pennant, Senior Night Letters, Banquet Program, as well as any other special projects that may come up.

Fundraising Director

This person will be in charge of helping with different fundraising projects such as Lift-A-Thon and the golf tournament.

VOLUNTEER OPPORTUNITIES

There are many opportunities for parents or family members to be involved with the Football Program.

Please take a moment to read the volunteer opportunities listed below and sign up online.

VARSITY CAMP WEEK

Varsity Level

100% parent participation is expected

In order for this camp to be a success, we are relying on **100% parent participation**. Parents are asked to volunteer for **TWO (2) SHIFTS** during camp week to help with food prep as it relates to the menu, set-up, serving, and clean-up. This may also involve picking up meals if contracted to restaurants or grocery shopping. Volunteers are also needed to help check-in and clean up before and after camp.

WEEKLY TEAM DINNERS

Varsity Level

100% parent participation is expected

The Varsity Football Team will have weekly team dinners the night before the game. Parents are asked to help with food prep/coordination, set-up, and clean-up.

PRE-GAME DINNERS

Varsity Level

Game Day

Dinner is served in the cafeteria 3 ½ hours prior to the game for **Varsity** players and coaches. Parent volunteers are needed to assist with set-up, serving, and clean-up.

SATURDAY SNACK

Varsity Level

Each Saturday a snack is served for the Varsity players. Parent volunteers are needed to assist with set-up, serving, and clean-up.

FRESHMAN AND JV TEAM REPRESENTATIVE

Parents needed for both JV and Freshman levels

This parent will act as a liaison between parents and coaches through continuous communication throughout the season. Organize pre-game snacks depending on the schedule, coordinate banquet, as well as other duties that arise for their respective team.

JV / FRESHMAN CHAINS

JV and Freshman Levels

JV and Freshman parent volunteers are needed to run chains for home games.

JV / FRESHMAN SNACK BAGS

JV and Freshman Levels

JV and Freshman parent volunteers are needed to help prepare and distribute snack bags on game day(s) when it is determined a snack will need to be provided.

SENIOR NIGHT

Varsity

Freshman, Sophomore, and Junior parents are asked to help coordinate this special night for our graduating Seniors and their families.

END OF SEASON BANQUET

All Levels

Parent Volunteers are needed to form a banquet committee at each level. These committees will plan the End of the Season Awards Banquet, including the program, invitations, decorations, menu, check-in, set-up, clean-up, gifts, etc. The volunteers will also work with the appropriate school staff.

SPIRIT WEAR

All Levels

Volunteers are needed to help sort and distribute orders at the beginning of the season.

PHOTOGRAPHERS

All Levels

Parent volunteers interested in taking pictures for various events and games throughout the season for players and families are needed. **All photographers are required to have a field pass from the Athletic Director (for BOTH home and away games for field access) We would politely ask parents who take photograph's during games to share with other parents.* Additionally, all photographers MUST stay out of the team area (between the 25 yard lines) and not talk to the players, coaches, officials, etc. Please note: there are a limited number of photographer sideline passes available.

PARENT/PLAYER ROLES

INFORMATION FOR PLAYERS

WHY AM I NOT GETTING BETTER?

Most players don't understand that doing little things well and improving the mental aspects of the game just might be what's holding them back. Here are some overlooked symptoms that stagnate a player's growth and development.

FOCUS AND CONCENTRATION

Some players just do not have the right mental frame of mind to improve. They don't take coaching and really absorb the things coaches point out. For example, it may be as simple as using the correct technique, moving feet versus holding with hands, knowing when to back pedal versus opening and running, or being diligent in running the correct routes/angles. Many times players aren't bad at the skill so they just continue to do it the same old way rather than truly listen and apply what their coaches are asking them to do. Players believe if they practice the skills everyday they will mysteriously improve. You must concentrate on technique as well as repetitions when practicing so your skills become refined. Your skills may be good sometimes, but not consistently good all the time. To be consistently good, it takes great discipline and focus. It's not easy. Players with great skills have discipline and focus. If you don't have the discipline to work on something without a coach constantly reminding you; you are probably not going to significantly improve and do the skill well when it counts.

TOO GOOD?

Some players think they are already too good. These players are so hypnotized by their own evaluation or brainwashed by people around them that they won't admit they have areas that are holding back their improvement. The player believes they are too good to work on their footwork, their technique, their throwing accuracy, or their catching ability. Who needs to work on these things when you can come up with a big play on occasion? Remember, you don't get extra playing time for coming up with a big play once in a while or sometimes doing something with a degree of difficulty. Be fundamental, be efficient, be the best solid player you can be.

LEADERSHIP

Are you the kind of player that gives teammates credit when they do things well? Having a great, positive, and encouraging mentality as well as modeling it in your actions, is the sign of a good leader. By making others feel better for their play, their effort, or their attitude not only helps them feel good about themselves but also their role on the team. Practicing leadership will help you and your teammates in many different ways. Great teamwork is the hardest thing to achieve in team sports! Do your teammates say this about you? "I love playing with that guy! He's a great teammate!"

TOO SHY (LACK OF CONFIDENCE)

Another symptom that holds players back is, surprisingly, being too shy. Some might think shyness has nothing to do with football. But you have to be assertive if you want to improve your game. You have to find a way to believe in yourself, even if no one else does. You can't be AFRAID of failure. You can't be too shy to verbally communicate on the field or show leadership skills. Most kids aren't shy when it comes to texting, Twitter, and Facebook ... but they don't have the confidence to believe in themselves and to communicate face-to-face in tough situations. Are you afraid or too shy to work on your weaknesses that may make you look bad in practice? Are you afraid to attack the player or make a play in practice? Of course in a game you must accentuate your strong points and minimize your weaknesses; but in practice, challenge yourself to do the hard things it takes to improve your game. Yes, you may still be criticized when things don't go well. Check your ego at the door and understand that advancement is often about overcoming adversity. Accept and admit failure and use it as fuel to improve.

COMPOSURE

To get the most out of your talents and be a great leader, you must show great composure. You will have opportunities in practice and in games to show composure: the coaches pushing you to your limits, a bad call, a coach taking you out for no reason, an opponent stopping you from fulfilling the role you are supposed to fulfill, or even someone talking trash in your face, missing an easy tackle, fumbling the ball, dropping a perfect pass, having a teammate or coach get on you, not getting in the game, or having opposing fans taunt you. These are all opportunities to show composure and first class behavior.

CONFIDENCE

A huge part of playing well is overcoming the times you aren't playing well. Can you re-establish your confidence or are you done for the night? You have to continually rebuild your confidence and believe in yourself to perform to your potential. That is, unless you play perfectly all the time!

COACHES

A part rarely talked about is how to deal with coaches. Yes, coaches make mistakes and don't always handle things as you think they should. But, coaches are in charge. If you want to play and flourish, you will have to accept the coaches' decisions. Some coaches aren't concerned with your confidence, only with your performance. That's tough on you as a player and your confidence is sometimes fragile while dealing with the ups and downs of a season. Yes, coaches may sometimes appear to have favorites- usually guys with great attitudes that work hard and work smart. Good coaches may not treat everyone equal, but they will be fair. What if you disagree with a coach? Go see him at the right time, the right place, and with the right tone of voice. The coach may not tell you what you want to hear, but they will respect you for handling the problem in a mature manner. Some players and their parents just complain about

the coaches behind their backs. Handling a problem this way does not solve your problem, and in many cases, only makes the situation worse. Coaches want the same as you - the best team possible. If you are more concerned with your playing time, regardless of how it helps the team; you have probably discovered your problem. IT'S YOU.

YOUR ROLE

Some players don't play because they won't accept their role, in other words, what the team needs from you in order to function at its best. It may not be what you want or the most glamorous part of the game. However, do your very best with a GREAT ATTITUDE! Convince the coach that you can contribute to the success of the team. You will get an opportunity so take advantage of it when it is presented. And remember; don't get in a power struggle with your coach. You won't win. If you pout and feel sorry for yourself, the coach will assume you aren't coachable and can't be trusted even if you have the talent to play. Sometimes, the coach wants to see how you will handle adversity and if you are a "team" player. No coach likes to lose! Convince the coach you can help the team WIN! It may start by just being an enthusiastic leader in practice, in the locker room, in the weight room, during technique days, or even on the sidelines. Your teammates will even want to see you get in the game because they value you as a great teammate and are pulling for you to succeed. Also, remember your role, whether you are a starter or not, and even your position is not carved in stone. Be coachable, be flexible, and have a servant-heart to help team, not self, first.

Players always want to "compare" themselves to their teammates and rationalize why they are better. That is not your job; that's the coaches' job. Do your best with a great attitude and you'll get a chance and opportunity to prove yourself. Many players get overly concerned with starting and playing time. Most of the time you'll get what you earn and what helps the team. You must prove yourself every day. That's one of the great lessons we learn from sports. *Yesterday is gone so make today your masterpiece.*

YOUR CHALLENGE

Most players, regardless of level, never become consistently great at handling the "little things," consequently, they never get to the level of their utmost potential. How about you? That is your challenge!

INFORMATION FOR PARENTS

We recognize being a parent can be difficult. What parent doesn't want to see their child succeed? Of course, we often correlate playing time to success. However, sometimes it is the small steps that really matter in your son's development. It would be nice if all young men physically and mentally matured at the same rate and age. However, that is not realistic nor is it even feasible. Therefore, as a parent, we ask you to recognize your child's gains and be supportive and encouraging. Obviously, not all players can be starters, not all players can be the ones who score the touchdowns, not everyone can be the quarterback, or be the hard-hitting linebacker. Each player is unique in his frame, physical attributes, work ethic, and skill set. It is the coaching staff's responsibility to develop each player to be the best he can be. While it is easy to "compare" your son to another member of the team; or even to think you know what is best in regard to playing time or position, please keep in mind the coaches are spending their time and providing their expertise to work with every player and develop him to be the best he can be. Furthermore, they are working with your son six days a week and see the different attitudes, effort, development, leadership skills, and abilities. The coaches meet every evening after practice to discuss personnel, strengths, and weaknesses; especially how they pertain to upcoming opponents. While one player's strength could be a difference-maker against one team, it could just as easily not against a different opponent. As parents, we ask you to trust the coaching staff and provide positive, PRODUCTIVE, and encouraging feedback to your sons. We all are on the same page and want each young man to develop his skills – mentally, physically, and spiritually, to aid him on his path toward manhood. As a parent, you can set the tone of your player's coachability and attitude. Please be a positive role model and encourage your son to discuss any issues or grievances he may have with his coaches. Again, we adhere to the 24-hour rule in order to allow emotions to settle and everyone to be able to objectively and effectively discuss whatever concerns there might be. Recall, the right time, tone, and place are critical. As we can all agree, the ability to effectively communicate is an important life skill. We ask for a partnership between parents and coaches in order to best serve your son! While we do understand that you may not always agree with the coaching staff, plays called, or playing time; we will require good communication and teamwork modeled between all parties. This will be a necessity in order for your son to be a participant in the football program.

EQUIPMENT

FOOTBALL GEAR

All other appropriate gear (pads, practice and game uniforms, etc.) are provided for your son. It is not encouraged, nor necessary, to purchase pads or uniform items for your player. However, it is your responsibility to purchase a mouth guard, cleats, gloves (if your son wants/needs), game socks, and cold weather long sleeves (again if your son wants/needs in the event of a cold weather game).

Please know we will outfit your son in the correct size of gear for his safety. Additionally, we require uniformity among players so we properly represent ourselves, our commitment to team and not self, as well as the school. Therefore, cleats need to be primarily black with either gray or white accent. Gloves also are primarily black with either gray or white accent. Game socks are white and knee-high length. Any long sleeves worn, due to cold weather, must have white sleeves. All of these items are available to purchase. Spirit wear and game gear offering, through vendor, will happen in spring and early summer.

