



**FOOTBALL**

**2020 PARENT - PLAYER**

**HANDBOOK**

**Success Always Looks Easy to Those Who Weren't Around When  
It Was Being Earned**

## **Dear Parent/Guardian:**

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

The South Callaway Football Program demands a lot of time from our student athletes and we are grateful for your support and commitment to this program. 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 you to support us in this effort and make sure that your child is available for the scheduled practices, games and other events.

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.

## **South Callaway Coaching Philosophy**

### **SC Football Mission Statement:**

*"To Build Quality Young Men to be Champions for Life Through Football."*

Below you will find 5 points that sum up the coaching philosophy of South Callaway football. These tenets are what are encouraged at all coaching levels and are used to guide all coaching decisions.

1. *We will always show our athletes that we care.* In order to become the best athlete and young person possible our athletes must know we care and that they are valuable. They are more important than winning!
2. *We will always encourage our athletes to give their very best.* The joy of any accomplishment only comes when you give your best in sport and in life.
3. *Our first focus is to improve our athletes, beating their opponent is secondary.* Success is determined by "breaking personal records" not from beating an opponent.
4. *The group is more important than the individual.* We encourage the understanding that they are part of something "bigger than themselves." Our hope is that this will translate over in life to responsibilities to family and community.
5. *Regardless of the situation, we will always promote doing what is right.* We will not lower our standards to accomplish goals, but instead push ourselves by doing what is right to accomplish all we desire.

## South Callaway Parent Involvement Philosophy

Below you will find 7 points that sum up our desire for parent involvement with the South Callaway football program. These tenets are what are encouraged at all levels.

1. Please shout encouragement rather than commands during a game. A steady stream of technique suggestions may conflict with the instruction they have received.
2. Please be respectful of the referees. A parent who loudly addresses the referee is embarrassing to the player and the team. Additionally, disrespect of a referee encourages a student to place the blame for the outcome of a game upon others. I want them to learn to accept responsibility instead of making excuses.
3. Please allow your son to address any problems or lack of playing time with me. Your child's desire to succeed is his issue to address. I desire that they learn to advocate for themselves. For example, a player has every right to ask a coach what needs to be done to earn more playing time, but a parent stepping in to demand playing time is another thing altogether.
4. If you have an issue with my conduct as a coach, please address me in private. I am open to these conversations and questions. Your support of my leadership for these young men can be a great asset in our efforts as a team; negative comments can chip away at the unity we desire.
5. Your sons desire your support, as a parent, please be involved as much as possible. Help ensure that your child can attend all practices. Please attend your child's games as often as you can. *Cheer for all kids on the team.* Help with fundraising. Assist with logistics. If you're not sure how to help, ask the coach.
6. Applaud a good effort in victory and defeat and enforce the positive points of all games. It is our intention to pursue victory in all games. However, there are extremely important life lessons to be learned in both victory and defeat and we wish your sons to gain the maximum benefit from all experiences.
7. Get involved. We feel that the more parents are involved in the program, the stronger our program will be. Examples may include Thursday night dinners, pre-game meals, and the South Callaway football game day program. If you have other ideas on how to get involved please speak with Coach Hess. We are always striving to have strong, positive parent involvement.

## South Callaway Players Philosophy

A South Callaway football student-athlete must maximize his potential in the classroom and on the football field. In order to be successful and enjoy this athletic experience to its fullest potential it is important that athletes work hard every day to improve their skills. Every practice and every game we play is one that we can never get back, thus each athlete must give great effort no matter what the circumstances or possible outcome. We must all *pull the rope*, accepting responsibility for our performance. We are to be a team of discipline and respect, arriving on time and being respectful of all coaches, teammates, parents, opponents and officials. The conduct of our student-athletes must be one of integrity both on and off the football field. Finally, our athletes must begin to understand the tremendous effort it takes and the spirit of self-sacrifice necessary to be a team player. Only by grasping these concepts of consistent hard work and selflessness will your son become the best player he can be.

## **South Callaway Football Player Expectations:**

1. DO YOUR BEST.
2. DO WHAT IS RIGHT.
3. I will not do anything to embarrass my family, my team, or my school. School discipline (detention, ISS, OSS) and/or law violations may result in extra duty, lost playing time or dismissal from the team.
4. Any use of alcohol, tobacco or drugs is prohibited. If an athlete is caught using such items the football program will follow the guidelines of the athletic and student handbooks as well as possibly implement extra duty, lost playing time or dismissal from the team.
5. **I will not miss practice** unless I tell **Coach Hess** well before practice begins. Even ill or injured athletes can learn by watching practice and figuring out ways to help the team.
6. I will treat all people with respect.
7. I will be on time.
8. I will stay eligible; **academics are my main priority at SC.**
9. I will report all injuries to a member of the coaching staff before I go home. Only the coaches can determine my status for practice.
10. I will be mature, get along with teammates, have strong work habits and character traits (practice, work, school).
11. I will display a positive attitude and EXPECT to WIN every game!

### **When in doubt – remember the 3 A's**

- A – Attendance – Greatness cannot be achieved if you are not present!
- A – Attitude – A positive mindset can get you through anything!
- A – Achievement through Effort – You will achieve many things this year – Your effort will determine your level of achievement!

### **2020 SC Football Missed Practice Policy**

(This Policy Will Begin Monday, August 10<sup>th</sup> 2020)

#### **Excused Absence:**

- Athlete will stay after the next practice to perform extra duty
- **2 or more excused absences in one week and playing time will decrease by quarters for the upcoming game**

#### **Unexcused Absence:**

- Athlete will stay after the next practice to perform extra duty
- **For every unexcused absence playing time will decrease by one half for the upcoming game**

## **SC Football Late Policy**

(This Policy Will Begin 2nd Day of Season)

- Be at least 15 minutes early for all meetings, meals, busses, practices, etc.
- The official time is on Coach Hess's watch.
- If you are going to be late or absent, communicate in advance
- BEING EARLY IS BEING ON TIME!!!

\* For every unexcused late minute = 7 push ups per minute

\* For every excused/notified late minute = 3 push ups per minute

## **2020 SC Football Academic Policy**

We have a high standard for academic excellence. It is the goal of the South Callaway football program that our team GPA is above a 3.0. To accomplish this goal we need all players to achieve their best in the classroom. We realize that football can be time consuming but we hope that it allows for improved time management skills and discipline in this area. The coaching staff will check the grades of the players multiple times throughout the season. If at those times it is found that a player has a "D" or an "F" he may be involved in extra duty to help encourage his academic improvement and to help the team achieve their goal.

## **2020 SC Football Equipment Policy**

Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the South Callaway Football Team. The average cost of outfitting you with essential and proper fitting safety gear is around \$600.00 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. Our equipment is some of the best money can buy. It is issued for your protection and is to be worn properly at all times. We need each player and parent to follow some simple maintenance steps for the borrowed equipment throughout the year:

1. Regularly check your equipment and its parts. Contact a coach if any adjustments or repairs are necessary. Never alter your equipment!

A) Helmet

This is not a device made to use as a weapon. Fully understand that you will 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 chin strap screws weekly.
- Inspect chin strap buckles weekly.
- Wipe down your helmet weekly (inside & out) with a damp cloth.

B) Shoulder Pads

- 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.

2. You will be issued game uniforms. You are responsible for them. DO NOT store them in your locker. DO NOT wear them except at game time or assigned days at school. WE WILL PROVIDE EVERYONE WITH CLEANING INSTRUCTIONS FOR THEIR JERSEYS. FAILURE TO FOLLOW THESE INSTRUCTIONS CAN LEAD TO A FINE AND POSSIBLE REPLACEMENT OF JERSEY.
3. At the end of practice, hang up all equipment and store it in your locker. You are to contribute to the neatness of the locker room by properly disposing of your tape and other trash in the receptacles.
4. After each game it is imperative that the damp equipment is taken home and laid out to dry or washed immediately. The wet clothes could have their colors run and ruin the uniforms. Please do not leave your clothes in your equipment bag overnight!
5. At the end of the season, you will turn in all equipment and uniforms within a timely manner. If equipment is not checked back in to the coaching staff, a fine will be placed on your records with the office until the equipment is turned in or the fine paid.

### **2020 SC Football Travel Policy**

The South Callaway School District provides transportation for the student-athletes both to and from all away games. If alternative transportation is needed to away games, details must be worked out with Coach Hess in advance. A sign-out sheet will be provided at all away games should you wish to drive your student-athlete home. Only a parent/guardian may sign out his or her own child. There is a procedure for alternative transportation home for your son with another driver after games. If this is needed, please contact the high school office to learn about the options available. However, we encourage all athletes to ride back together on the bus as this is a time for them to celebrate, reflect, and grow as a team after a game.

### **2020 SC Football Odds and Ends**

Throughout the season there are some general questions that often come up. Here is an attempt to answer some basic questions related to this program and upcoming season:

1. What are the requirements to earn a varsity letter?

- A) Ultimately the decision to earn a varsity letter is based on the athletes conduct, attitude and coach's discretion. As a general rule of thumb an athlete must compete in 20 varsity quarters to earn a varsity letter.

2. What time does practice start and how early should I arrive before practice?

- A) During the pre season practice will begin promptly as described on the calendar. It is the expectation that athletes arrive at least 30 minutes before practice starts to get dressed and out to the field. During the regular season school will dismiss at 3:00. A pre-practice meeting will begin in the locker room or a classroom (Coach Hess's Room, etc.) at 3:05 (classroom) or 3:20 (locker room). We will begin on field practice at 3:30 on a typical Tuesday/Wednesday practice.

3. What can I do if my child needs help with his grades?

A) If a student needs extra academic support the time from 3:00 to 3:30 can be used for their studies. A note from the teacher that they are meeting with or a parent is required for the athlete to miss a part of practice. Missing practice without talking with Coach Hess (for any reason) is not acceptable.

4. Will practice ever be cancelled due to bad or extremely hot weather?

A) No, we will always have a contingency plan for weather. This could include practicing inside, watching film at the beginning of practice, etc. Due to this fact, we always encourage athletes to bring tennis shoes to practice. Finally, we will provide ample water breaks throughout practice. We do encourage that athletes hydrate themselves hours before practice begins by drinking water and Gatorade. Soda and other carbonated/energy drinks will only dehydrate athletes and cause cramping.

# 2020 FOOTBALL SCHEDULE



Aug. 28	Sept. 4	Sept. 11	Sept. 18	Sept. 25	Oct. 2	Oct. 9	Oct. 16	Oct. 23
------------	------------	-------------	-------------	-------------	-----------	-----------	------------	------------



 HOME

 AWAY


 @SCHSBulldogFB  
 We Are Warriors





# DETACH AND TURN IN TO COACH HESS by MONDAY, AUG. 10th (1st Day of Practice)

We are so pleased to have your son playing for the South Callaway Bulldog Football program. It is our goal to help guide your son into a quality young man who has developed, through the game of football, qualities of hard work, commitment, and character. We thank you for your trust in us to work with him and challenge him to become his best. We look forward to your involvement and enjoyment of the season.

## **PARENT & PLAYER COMMITMENT STATEMENT**

*Having read the SC Player's Handbook, and understanding its contents, I, \_\_\_\_\_ (player) and my parent/guardian \_\_\_\_\_, agree to accept responsibility for the player's attitude, attendance, and punctuality, on and off the field. We will do our best to work together to provide a positive experience. Once a player has earned the right to be a member of the team, he may not quit without a conference with the head coach. I also understand that non-compliance to the expectations of this program can result in loss of playing time and/or dismissal from the team.*

*Thank you for taking the time to carefully read this material. The coaching staff considers it an honor to work with your sons. As a part of the SC team family, we must work closely in order to have a positive experience.*

*\*Please sign and detach this sheet and give it to the head coach. Keep the handbook for your records.*

**Athlete** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent/Guardian** \_\_\_\_\_

**Date** \_\_\_\_\_