

LAKELAND
HIGH SCHOOL
FOOTBALL



Honorable

Attitude

Willpower

Knowledgeable

Sacrifice



SOME THOUGHTS ABOUT LAKELAND FOOTBALL

Lakeland has pride because our players work hard.

Championship teams have poise and confidence.

This is developed through discipline – on and off the field.

Discipline is doing everything you are coached to do.

Some say football is a contact sport.

Hey, football is a collision sport, dancing is a contact sport.

Lakeland coaches might be good guys off the field, but
do not count on it on the field.

Winning is a habit that is attained by persistent mental and physical
effort.

Don't worry about past failures:

Learn from your errors so you don't repeat them.

Do not associate with people who whine and complain, and stay away
from those who blame others and always have an excuse for their own
failures. These "club-house lawyers" are losers and they will drag you
down.

As soon as you think you have made your mark in the world,
watch out for the eraser!

You will play the game like you practice – strive each day for perfection.

Be proud to be a Lakeland Student Athlete.

The following five phrases can take you a long way in life:

"Please."

"Thank you."

"You're welcome."

"Yes Sir/No Sir."



1. You'll have to make sacrifices - When you start playing, you'll find that the world doesn't revolve around you anymore. You'll have to become part of a team, listen to coaches, and work hard in practice...sometimes in support of others! You'll have less free time to do the *important* things in your life like stare at the TV or your phone. Pass (and not like a pass from a quarterback. Get your head out of the game. Remember - we're quitting football.)

2. You'll have to work HARD - Getting good at the game requires long hours that are physically demanding, mentally exhausting, and sometimes frustrating. It also requires working out outside of practice to get in better shape. In short, with hard work you'll wind up bettering yourself in a lot of ways that will carry over to your life off the field for the rest of your life. Who needs that kind of overall betterment in their lives?

3. It requires commitment to becoming a better person, a better friend, and a superb teammate. You can't just pay lip service and say all the right things. You wind up having to show with actions and deeds that you have the TEAM in mind, and not just yourself. Not just your football team either - which could seem bad enough - but your community team as well, such as your family. *Can you believe it?* Speaking of others...

4. You'll be responsible FOR THEM - Success on the field will require a sense of brotherhood and fraternity. Sometimes you'll have to do something unglamorous because it will result in the best outcome for your team. You might not even make the highlight reel every down. Can you imagine if EVERYONE decided to stop thinking only of themselves and put their team above them? Chaos. Anarchy. WINS. Ugh, *no thanks*.

5. You will become a leader - Perhaps most nefarious of all. Your commitment to being the best you can be on the gridiron and off will cause people to look up to you. Not only your teammates, but your family and community as well. You'll take on the responsibility and be the kind of positive example that causes your peers to respect you on a level that transcends the sport and will trickle into everything you do. Your leadership abilities will continue to benefit you when your playing days are done.

That's why I say **stop playing football!** If you didn't listen to us, this may affect you many years down the line, but *fine!* Go ahead and play football. Be a better person. You'll see for yourself what that'll result in. Wait, where are you going?!

Coaching Philosophy

COACHING IS TEACHING

The results of a Friday night contest are usually determined by who has done the best job of teaching their athletes about their positions and opponents. Just like any academic area, concepts need to be broken down into steps in order for students or athletes to have a greater understanding of the whole teaching concept. Successful teachers and coaches have a well-organized teaching progression with clear, obtainable objectives. The primary function of the coach is to create team synergy by helping every player understand that he competes to earn respect, making the player understand that he has control over his behavior and his image. This is beneficial for the coach, since control equates to ownership and ownership equates to accountability. A person who belongs to a program that enhances his image will work harder and emotionally bond with the group. He will feel responsible for the group's performance and do everything in his power to improve the chances for team victory. When players are taught the skills needed to play effectively- when they understand and believe in their goals- they will have more success and ultimately more fun.

FACULTY

Each student is attending high school to obtain the skills needed for college or the working world. The administration and faculty needs to know that my top priority for each player is academic success and that I support the priorities of teachers in any way, by any means necessary. However, the conjoined efforts of the education spectrum, occurring between lessons learned in the classroom and lessons learned on the field, must be supported by both working sides of scale, by teachers and coaches alike. In this way, no athlete should ever be more or less valuable at practice than he is during class, and vice versa. By eliminating the factor of sports or academic biasness, both student athletes and non-athletes are taught the importance of accountability. Accountability for academics is as equally important as the goals set on the field. In a sense, it would seem that the demands placed on students in the classroom, (the stresses, pressures, goals), are those that compel them to excel and achieve on the field. It is precisely this combination of working factors that must be enhanced by all faculty members so that students may experience the type of success that they strive to achieve.

PARENTS

Parent involvement is essential to a football program. For it is the parental unit that possesses the most influence over a young man in regards to the attitude he takes toward the football program. I want them on my side and on the side of my program. Parents have a great deal of concern for their kids. I want them to know that we are concerned about their kids too. I want them to be assured that we are teaching their sons the safest and most productive techniques, as well as that we are committed to the task of providing them with a quality experience both academically and athletically. To obtain this type of coach-parent trust, I consistently maintain an open-door policy and keep in close contact and constant communication with the parents of my athletes. In time, they come to understand that we are all on the same side- the side of the young men we only hope to guide to achievement- that we are a team, a support system, and that jointed efforts and collaboration will ultimately only lead to victory.

COMMUNITY

There is nothing that makes a town more proud than having a successful football program. Organizations throughout the community want to be informed. It is very important to be involved with community activities, speak to various clubs, and let them know what is happening at their school. We are the pulse and the social body of our school. Our community will form opinions about us based on our actions, our dedication, our triumphs, and our failures. These opinions are then put into the heads of their children, our students, and our players. To keep community support, we must remember that we represent something so much greater than ourselves, that we play a large part in boosting the morale and developing the image of our school, community and family.

PLAYERS

To maintain a quality program, the game of football must be fun. Players must realize though, fun is equated with winning. Our football program spells fun... W.I.N! It is imperative to provide a situation where as many athletes as possible can compete in games without sacrificing the outcome. All participants want to play, and their parents want to see them play, thus, personal successes must be encouraged and players must be given the opportunity for growth. Players will develop and find our school spirit. They will be the positive role models for other students on campus. Players are to lead, model and show examples of leadership in every situation. It is without question, every football player is to take pride in our school and to treat every student and adult with respect.

DISCIPLINE

Discipline is important in maintaining team morale. Discipline is not a tool used to abuse, but a guide to help athletes recognize right from wrong. Discipline is removing the things that detract from an athlete's optimum performance in the classroom or on the field. He must be willing to give up the things that are holding him back in order to grow as a person and team member. Above all, discipline must be consistent with each and every player or team morale will decline. Our first rule and expectation as a football player is to not to do anything to embarrass your school, community or yourself!

ASSISTANT COACHES

A good staff is essential in developing a successful program. A head coach cannot do it all. I want my assistants to be as productive as possible. If they have ideas, I listen. It is obvious that many minds are better than one. It is important that they take on responsibility for their jobs and receive the credit for getting it done. If they are not doing their job, it is my responsibility to guide them in the direction needed. I seek out coaches who are passionate people who care about the players, school and the program. My assistants must build a relationship of mutual respect with our players, treat players objectively and, most of all, consistently and fairly. Players will adopt the attitudes and perspectives of the coaches; therefore, coaches must entrust to remain focused, driven, and effective. I expect and demand all of my staff to display a positive attitude to feed our players with positive thought. This includes not only time spent on the field, but also in the classroom, community, and at home. Practice time must be used wisely. I expect all coaches to have a plan in mind and get the most out of our athletes in a 2-hour period. It is vital that our players not be given a reason to doubt our methods and preparation. Never make excuses, and stay away from blaming players, we are ultimately responsible. When expectation, faith, determination, and hard effort stand hand-in-hand with each developing athlete, we can ask no more and expect no less. Victory belongs to those who work for it.

Lakeland H.S.-FOOTBALL

Player Expectations

Members of the Lakeland Hawk Football Team will be expected to:

- ◆ **Commit!**
- ◆ **Be on time and in attendance to all practices, no excuses, and no options.***
*All injured or hurt players must attend and participate in the spirit of the practice and in the program (study hall meetings etc.).
- ◆ **Notify the coaching staff in person of any time you will be late for practice or will miss due to illness, emergency, etc.**
Any player who is sick and is parent excused is still expected to attend practice and watch (whenever possible)
- ◆ **Understand that you will be responsible for your attitude and the attitudes of others. You are expected to understand that if camaraderie, family, and player development are not enough for you, then you may have to change your attitude.**
- ◆ **Wear the proper gear daily as directed by the coaches**
- ◆ **Always answer back the coaches as “Yes, coach”, “No, coach”, “Yes, sir!” or “No, sir!”**
- ◆ **No profanity**
- ◆ **Tuck shirt in at all times – look appropriate!**
- ◆ **No jewelry or headbands**
- ◆ **Be clean/shave**
- ◆ **To have class/sportsmanship/be humble in your victory and handle your loss with maturity**
- ◆ **Dress appropriately at school and pay attention to game day dress**
- ◆ **Follow rules of practice, games and travel as listed**
- ◆ **Respect school property and take pride in your school: Show acts of respect towards your locker–rooms, weight room facilities and etc..**
- ◆ **Turn in all property back in at the end of the year. Anything not turned in will result in you being red tagged for graduating.**
- ◆ **Do not do anything to embarrass your school, community or yourself!**

Grade Policy Rules

- ◆ **Maintain grade above “C” in each class**
- ◆ **No referrals – 1st referral is a half game suspension, 2nd is full game suspension with a meeting with captains and me, 3rd referral results in suspension and consequences in future games**
- ◆ **2 truancies is one game suspension and 3 truants and YOU'RE GONE!!!**
- ◆ **Less than a 2.0 GPA and you will have study hall two times weekly under coaches' scheduled times. No more than one “F” is permitted at grading period.**

Lakeland H.S. - FOOTBALL

Parent Expectations

Parents of the Lakeland Football Team will be asked to do the following:

- ◆ **Encourage players to achieve team goals and work to be their personal best**
- ◆ **Refrain from talking or coaching players during the games and/or practices**
- ◆ **Support the Lakeland Football program and its philosophy**
- ◆ **Arrange to meet with coaching staff to discuss any questions or concerns that might arise during the season**
- ◆ **Work in cooperation with coaching staff to develop quality football players and young men**
- ◆ **Assist with certain aspects of the program as directed by coaches and administrators**
- ◆ **Cooperate with other parents on transportation issues. We encourage communication throughout the season with your son on times of pick up, etc.**
- ◆ **Fill out all paperwork including physical, medical insurance, and emergency information.**
- ◆ **Be a member of the Lakeland Booster Club for only \$?**
- ◆ **Be an active participant of the Club, especially during your son's season**
- ◆ **Facilitate good sportsmanship to others by being a positive role model to your son. Do not live through your son, let your son live through you.**
- ◆ **Every parent wants to see the best 10 players on the field, including their son! Remember, "TEAM" means so much more than what you see on the field.**
- ◆ **Display positive conduct and sportsmanship at all times.**
- ◆ **Do not embarrass your son or the program!**
- ◆ **Have fun, and enjoy the experience and spirit of Hawk Football!**

Lakeland H.S. -FOOTBALL

Coaches Expectations

Coaches of the Lakeland H.S. Football Program will be expected to:

- ♦ **Be on time, we demand and command commitment. You will have to display your sacrifice as well!**
- ♦ **Be loyal all the time**
- ♦ **Be a teacher**
- ♦ **Provide instruction and direction to the players**
- ♦ **Be positive and confident at all times**
- ♦ **Be organized in practice and games**
- ♦ **Be energized and enthusiastic**
- ♦ **Develop trust and respect with our players; In return you can develop a relationship**
- ♦ **Keep players aware of the schedules, important times, and dates**
- ♦ **Teach the Lakeland Hawk Football Philosophy and its components to players**
- ♦ **Strive to maintain a quality football program and atmosphere-No drama**
- ♦ **Provide instruction in all aspects of the game**
- ♦ **Assist the football player in reaching team goals**
- ♦ **Enforce all expectations in order to provide the highest quality football instruction possible**
- ♦ **Do not do anything to embarrass yourself, the team, or the school**
- ♦ **Understand and carry out every day all duties and responsibilities assigned to each coach**
- ♦ **Communicate!!!! Communicate to me!!! Communicate to me and to your fellow coaches with anything that contributes to being a winner!**
- ♦ **Be aware of surroundings at all times with home and away games and especially at practice. Protect yourself and our players at all times**
- ♦ **Stay away from blaming players, we are responsible!**

APRIL 2022

**" GO HAWKS "
COMMITMENT IS
EVERYTHING !**



**SCHEDULE OF
EVENTS**

- **OPEN FOOTBALL DATES BEING SET, LISTEN FOR TIMES AND DATES. Coaches & Players check summer schedule**
- **THE WEIGHT ROOM BETTER BE YOUR FRIEND!**
- **10 -1 HOUR PRACTICES!**
- **THOSE WHO STAY WILL BE CHAMPIONS!**



SUN	MON	TUE	WED	THU	FRI	SAT
<div style="border: 2px solid black; padding: 5px; text-align: center;"> IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT YOU'LL FIND AN EXCUSE! </div>					1	2
					3	4
10	11	12	13	14	15	16
17	18	19 Weight Room 2:20 to 3:30	20 Weight Room 2:20 to 3:30 7 on 7 4:00 <i>PRACTICE 5:00 TO 6:15</i>	21 Weight Room 2:20 to 3:30	22	23
24	25	26 Weight Room 2:20 to 3:30	27 Weight Room 2:20 to 3:30 7 on 7 4:30	28 Weight Room 2:20 to 3:30	29	30

MAY 2022

"GO HAWKS"
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SCHEDULE OF EVENTS

- **OPEN FOOTBALL DATES BEING SET, LISTEN FOR TIMES AND DATES. Coaches & Players check summer schedule**
- **THE WEIGHT ROOM BETTER BE YOUR FRIEND!**
- **THOSE WHO STAY WILL BE CHAMPIONS!**

SUN	MON	TUE	WED	THU	FRI	SAT
1 Parent Meeting 5:30 In Commons	2	3 Weight Room 2:20 to 3:30	4 Weight Room 2:20 to 3:30 BOOSTER CLUB MTG 7:00 to 8:00pm	5 Weight Room 2:20 to 3:30	6	7
8	9	10 Weight Room 2:20 to 3:30	11 4:30 Coaches Meeting Practice @ 5:00	12 Weight Room 2:20 to 3:30	13	14
15	16	17 OFF	18	19	20 FLEX DAY No Students	21
22	23	24 Weight Room 2:20 to 3:30 2:30-4:15 PRACTICE	25 Weight Room 2:20 to 3:30 Student Council Mr. LHS No Practice	26 Weight Room 2:20 to 3:30 2:30-4:15 PRACTICE	27	28
29	30 OFF Memorial Day	31 2:30-4:15 PRACTICE				

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YOU WILL FIND A WAY. IF NOT
YOU'LL FIND AN EXCUSE!**

JUNE 2022

**"GO HAWKS"
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**SCHEDULE OF
EVENTS**

- **OPEN FOOTBALL DATES BEING SET, LISTEN FOR TIMES AND DATES. Coaches & Players check summer schedule**
- **THE WEIGHT ROOM BETTER BE YOUR FRIEND!**
- **THOSE WHO STAY WILL BE CHAMPIONS!**
- **VERTICAL FUND-RAISER EMAILS**

SUN	MON	TUE	WED	THU	FRI	SAT
			1 2:30-4:15 PRACTICE GEAR DISTRUB 12TH GRADE	2 2:30-4:15 PRACTICE GEAR DISTRUB 11TH GRADE	3	4
5	6 CPR FIRST AID GEAR DIS- TRIB.	7 2:30-4:15 PRACTICE GEAR DISTRIB 10TH GRADE	8 2:30-4:15 PRACTICE GEAR DISTIB. 9TH GRADE	9 2:30-4:15 PRACTICE GEAR DISTRIB 9TH GRADE	10	11
12	13 Teachers still work. OFF	14 CAMP STARTS <i>JV/Varsity</i> 7:30 to 9:15 am 10:15-12:00 Frosh Weights 9:00 to 11:00 am	15 CAMP 7:30 to 9:15 am 10:15-12:00 Frosh Weights 9:00 to 11:00 am	16 CAMP 7:30 to 9:15 am 10:15-12:00 Frosh Weights 9:00 to 11:00 am	17 PLAYER RUN PRACTICE-WALK THROUGH FOR CAMP CONTD. MONDAY @ CHENEY	18
19 Frosh Camp Starts	20 CAMP Cheney <i>JV/Varsity</i> Frosh Camp Starts. 7:30- 9:00 break 9:30-10:45	21 CAMP Hart Fld. <i>JV/Varsity</i> Frosh Camp 7:30-9:00 break 9:30-10:45	22 CAMP Ferris <i>JV/Varsity</i> Frosh Camp 7:30-9:00 break 9:30-10:45	23 Univ. HS CAMP Goal line Chal- lenge <i>Frosh Camp</i> 7:30-9:00 break 9:30-10:45	24	25
26	27 WEIGHTS - FIELD V/JV 8:00- 10:00am <i>Frosh Camp</i> 7:30-9:00 break 9:30-10:45	28 WEIGHTS - FIELD V/JV 8:00-10:00am <i>Frosh Camp</i> 7:30-9:00 break 9:30-10:45 Ton7 @ CDA?? Vars.	29 WEIGHTS - FIELD V/JV 8:00-10:00am <i>Frosh Camp Over</i> 7:30-9:00 break 9:30-10:45	30 WEIGHTS - FIELD V/JV 8:00-10:00am <i>Frosh Weights</i> 9:00 to 11:00 am		

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JULY 2022

**"GO HAWKS"
COMMITMENT IS EVERYTHING!**



SCHEDULE OF EVENTS

- **OPEN FOOTBALL DATES BEING SET, LISTEN FOR TIMES AND DATES. Coaches & Players check summer schedule**
- **THE WEIGHT ROOM BETTER BE YOUR FRIEND!**
- **THOSE WHO STAY WILL BE CHAMPIONS!**
- **YOU NEED TO HAVE CLOSE TO 1/2 CAMP \$**

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 OFF, But weight room will be open	5 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	6 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	7 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	8	9
10 5:00 to 7:00 pm Timb. HS 7 on 7 All skills Pos. A Must!	11 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	12 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	13 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	14 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	15	16
17 5:00 to 7:00 pm 7 on 7 All skills Pos. A Must!	18 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	19 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	20 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	21 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00 Coaches Jr Tackle Clinic	22	23
24 Impact testing Library 3:00pm	25 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	26 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00	27 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 8:00-10:00 GEAR CLOSURE	28 WEIGHTS - FIELD V/JV 8:00 TO 10:00 FROSH 9:00-11:00 GEAR CLOSURE	29	30
Jr Tackle	Camp					

IF IT IS IMPORTANT TO YOU, YOU WILL FIND A WAY. IF NOT YOU'LL FIND AN EXCUSE!

AUGUST 2022

**"GO HAWKS"
COMMITMENT IS
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**SCHEDULE OF
EVENTS**

- **OPEN FOOTBALL DATES BEING SET, LISTEN FOR TIMES AND DATES. Coaches & Players check summer schedule**
- **THE WEIGHT ROOM BETTER BE YOUR FRIEND!**
- **THOSE WHO STAY WILL BE CHAMPIONS!**
- **YOU NEED TO HAVE CLOSE TO 1/2 CAMP \$**



SUN	MON	TUE	WED	THU	FRI	SAT
	OFF Be Safe and Enjoy!	2	3	4	5	6
		—————→				
7	8 Two a days 7:00 to 12:30	9 Two a days 7:00 to 12:30	10 Two a days 7:00 to 12:30 OFF ENJOY!	11 Two a days 7:00 to 12:30	12 One Prac- tice 7:00 to 9:45	13 8:00 am Scrimmage Out at 9:15 Quick, Bang it Up!
14	15 Two a days 7:00 to 12:30	16 One Practice 7:00 to 9:30 Weights 30 Min.	17 Two a days 7:00 to 12:30	18 One Prac- tice Pre Game Preston	19 PRESTON HS WIN!	20
21	22	23	24	25	26 LAKE CITY AWAY. WIN!	27
28	29	30	31			

***LAKELAND FOOTBALL
COMMITMENT CONTRACT***



I, _____, have made a commitment to be a member of the Lakeland Football program. I agree to adhere to and follow all rules, policies and procedures of the Lakeland Football program. Most importantly, I will finish and fulfill my seasonal obligations.

Signature: _____

Date: _____