

Amherst Tigers Football



Parent/Player Information



Amherst Football

Mission Statement: The *Amherst Football Program* exists to enhance the educational process of student-athletes. The focus of the *Program* is to provide a rigorous, fun and engaging experience that offers the highest level of instruction on the fundamental techniques of football. Additionally, the *Program* strives to develop healthy behaviors, strong character traits and positive citizenship among its participants.

Vision Statement: The *Amherst Football Program* will consistently field teams that are disciplined, fundamentally sound, and hard-working. Team members will continually strive to reach their own potential while working as a team toward common goals. They will represent the *Program* with pride, integrity, and good character both on and off the field.

Team Policies

Academics: The academic policy set forth by the school district, and outlined in the Extracurricular Policies and Rules will determine a player's academic eligibility with the following additions:

A player's final grade for the previous Spring semester will determine their eligibility at the beginning of the Fall football season (unless they attend summer school).

A player earning a failing/incomplete grade in **two or more** subjects in the Spring semester will follow the same academic probation procedures as outlined in the school's extracurricular policies at the start of the school year. As they may not be re-taking the same classes they failed, they will be required to stay up to date with **all** assignments in **all** classes. Missing assignments in **any** class will result in an additional week of probation, until these standards are met.

A player earning a failing/incomplete grade in a **single** subject in the Spring semester will follow the same academic monitoring procedures as outlined in the school's extracurricular policies at the start of the school year. As they may not be re-taking the same class they failed, they will be required to stay up to date with **all** assignments in **all** classes. Missing assignments in **any** class will result in a player becoming ineligible to participate in the next scheduled event.

Attendance at practices/games:

Be on time for all team functions. Tardiness will not be tolerated. Players who are late to practice will be held after practice to make up for time missed. Players who are late for games will miss playing time during that game.

Attendance at all practices is required. NYS sets the minimum requirements for participation.

Any absence will require a written note from a parent detailing the nature of the absence. Except in extreme emergencies, these notes are expected to be handed in prior to the absence.

Excused/unexcused absences will be classified consistent with the school's attendance policy.

Any missed practice, either excused or unexcused may result in lack of playing time.

You have made a commitment to a team. You will need to make sacrifices. Plan your time and determine your priorities.

Cut Policy

The first week of practice will be considered a try-out period. While the coaching staff would like to keep all interested student-athletes, players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike, when a player is cut. Coaches will evaluate players with both skill testing and on the field performance. When determining team selection the coaching staff will look for the following:

- Attitude
- Effort and Coachability
- Skill Level
- Commitment level – including attendance at off-season functions

Injury Policy

Player safety is of the utmost concern. Football is a physical game, and the possibility of injury is always present. Players should report all injuries to the Head Coach and Athletic Trainer. When a player is injured during a game, parents are asked to remain in the stands unless called onto the field by the trainer or a member of the coaching staff. The athletic trainer will make recommendations for the proper treatment of an athlete's injury and determine whether they can return to participation.

PARENT/COACH COMMUNICATION

As a parent, when your son becomes involved in the Amherst Football Program, you have a right to understand the expectations that are placed on them. This begins with clear communication from the coach of your child's team.

Communication You Should Expect From Your Child's Coach

1. The philosophy of the coach.
2. The members of the coaching staff specifically working with your child.
3. Expectations the coach has for your child and other team members.
4. Locations and times of all practices, contests and team functions.
5. Team requirements, such as fees, special equipment, off-season conditioning and team rules.
6. Procedures to be followed should your child be injured during practice or a contest.
7. Discipline procedures that may result in the denial of your child's participation.

Communication Coaches Should Expect from Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to a coach's philosophy and/or expectations.
4. Specific medical problems that could adversely impact your child's performance and/or safety.

As your child becomes involved in the football program at Amherst High School, they will experience some of the greatest and most rewarding moments of their young lives. It is vital to recognize and understand that there will be times when things do not go the way you or your child wish. At times such as these, discussion with your child's coach is encouraged.

Appropriate Concerns to Discuss With Coaches

1. The treatment of your child mentally and/or physically.
2. Ways to help your child improve.
3. Concerns about the behavior of your child.
4. Family concerns that may have an impact on your child and subsequent athletic participation.

It is very difficult to accept your child's not playing as much as you hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all members of a **TEAM**. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as the following items, must always be left to the discretion of the coach.

Issues Not Appropriate to Discuss With Coaches

1. Team strategy
2. Play calling
3. Lineups
4. Substitutions
5. Other members of the team

Inappropriate Times to Contact with Your Child's Coach

1. Immediately prior to and during team practice
2. Immediately prior to and during any contest.
3. Immediately following any contest.

These are typically either very busy times, or in the case of a contest, very emotional times for all parties involved. Meetings at these times are rarely productive and generally do not promote resolutions. A good rule is to wait 24 hours to make contact regarding non-emergency matters.

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties have a clear understanding of the other's position. When these conferences are necessary, the following procedure and chain of command should be followed:

We ask you to always make contact with the coach first. Though we understand your desire to talk with the Athletic Director such contacts will be first referred to the appropriate coach.

If You Have a Concern to Discuss with a Coach, this is the Procedure You Should Follow

1. Call the coach first to set up an appointment.

What a Parent Can Do if the Meeting with a Coach Did Not Provide a Satisfactory Resolution

1. Call the Athletic Director and set up a meeting.

Research indicates a student involved in an extra curricular activity has a greater chance of success during adulthood. Therefore, our programs have been established specifically for our student athletes. Many of the character traits required to be a successful participant are exactly those that will promote successful lives and careers after high school. We hope the information provided in this document makes both your child's experience and your experience with Amherst High School and its athletic programs less stressful and more enjoyable.

Tips for a Successful Season:

- 1. Be positive with your son. Let them know you are proud that they are part of the TEAM.**
(Focus on the benefits of TEAMWORK and personal discipline.)
- 2. Encourage your son to follow the code of conduct. Help the coaches build a commitment to the TEAM.**
(Stress that TEAM is more important than the individual.)
- 3. Allow your son to perform and progress at a level consistent with his ability.**
(Athletes mature at different ages; some are more gifted.)
- 4. Support the decisions made by the coaching staff.**
(The coaches need your backing to keep good morale on the TEAM. Undermining coaching decisions will only lead to diminished morale, and make it even more difficult for the TEAM to succeed.)
- 5. Insist on positive behavior in school and a high level of performance in the classroom.**
(Numerous studies indicate that extracurricular involvement helps enhance academic performance.)
- 6. Cheer for our TEAM and players. Not *against* the opponent. Opponents and referees deserve respect.**
(Realize that high school players will make mistakes. Your support is needed during tough times. This is not the NFL.)
- 7. Promote having fun and being a TEAM PLAYER. Very few high school athletes receive scholarships.**
(Concentrate on what is best for the TEAM. The goal of the *team* is not to get *your* son a scholarship, or individual recognition.)
- 8. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged.**
(Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.)
- 9. Winning is Great, but building positive TEAM values, and good character is more important.**
(The concept of working together to perform a task will have lasting benefits. Winning is a byproduct of hard work, team work and good character.)

10. Find the time to be an avid booster of team and school activities.

(Help build a solid support system for ALL coaches and ALL athletes. Don't force a few parents to shoulder all the load)

11. Athletes must attend all practices and contests, and should strive to make all off-season functions.

(Stress the necessity to make a commitment to the **TEAM**. Practice is mandatory.)

12. 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.)

13. Many athletes enjoy participating in several sports, allow them to experience a variety of activities.

(Specialization in one sport may prevent an athlete from enjoying great **TEAM** relationships in other activities.)

14. Persistence and being able to accept a role are extremely important for the **TEAM to be successful.**

(Not everyone can be a starter, but everyone is important to the **TEAM**. Some players may not develop until their senior season. Encourage them to be persistent.)