

Hand Hornet Football 2021 Team Handbook

Team Mission

The Hand Football team will promote positive experiences for all players that will impact them for life. Players will be taught life skills such as discipline, respect, hard work, and team work.

Team Goals

- Score more points than our opponents.
- Prepare all players for the next level.

Health & Injuries

Your child's safety is our number one priority. We have all been trained in the NFL's "Heads Up" football training program that promotes safe play. Also, all of the coaches have been trained in concussion and heat stress awareness. We take head injuries very seriously and will follow the concussion protocol if there is a suspected concussion.

Hydration is very important. Please make sure your child is drinking water during school and after practice. Soft drinks and sugary drinks are not good for your student-athlete.

We will have a certified athletic trainer at all games. We do not have a trainer at practice. The coaches will always keep the safety of the player first. If the player is injured, the player will be taken out of competition until the injury is evaluated.

Academics

School comes first. Players must maintain academic standards (2.0 GPA- district policy). Any player that is under a 2.0 when interim report cards come out will be placed into mandatory after school tutoring and may miss practice and game time.

Conduct

We are representatives of our district, school, families, but most importantly, ourselves. With this proclamation, we as players and coaches understand that we live by a different standard. The way we play and conduct ourselves will be on display at all times.

- We show sportsmanship.
- We show teachers, administrators, teammates, coaches, officials, and opponents respect.
- We take responsibility for all our actions and their consequences.

Dismissal from team

The violation of the following rules will lead to immediate dismissal from the team:

1. No player will be suspended from school
2. No player will ever steal from a teammate
3. No player will ever use profanity towards a coach

3 Strikes Policy

For lesser offenses, we will have a 3 strikes policy on this team. Players who do not conduct themselves appropriately on the field or in the school may earn a strike. Examples are: getting placed in ISS (In-School Suspension) or getting excessive lunch detentions that result in a referral.

Strike 1: Player will not start the game.

Strike 2: Player will be suspended one game.

Strike 3: Player will be dismissed from the team.

Equipment and Facilities

Each player will be assigned a uniform, practice pants, helmet, shoulder pads, under padding, mouthpiece, and practice jersey. These items are the property of the school and must be returned at the end of the season. Players are responsible for their assigned equipment. If anything is returned damaged or not returned, the player will be issued a debt slip.

Players are allowed to (and encouraged to) take their cloth items home to wash. They are responsible to bring the gear back to school. The consequence for not returning with their gear is running after practice.

Practices

Our practices will run from 4 – 6pm. We expect every player to be on time and ready to go when it's time to hit the field. If a player knows in advance that he will miss practice, he should notify Coach Cashman or his position coach.

Attendance will be taken at every practice. Practice is mandatory unless you have a doctor's note, are absent from school due to illness, have a family emergency or pre-approved excuse by the coach.

The following play time consequences will be enforced for unexcused missed practices:

- 1 missed practice = will not start and playing time will be at the coach' discretion
- 2 missed practices = miss a complete game
- 3 missed practices = conference with parents, possible dismissal from team

Important practice requirements:

- Players must bring and wear proper practice attire.
- Players must wait outside the cafeteria for their ride. We are responsible for them until you pick them up.
- Parents or guardians must be prompt in picking up your child. We make it a priority to finish practice on time. Student-athletes need to get home and complete their homework. Players will have to run one sprint for every minute after 6:20 pm that they are picked up. This running will occur on the next practice day.

Game Day

In order to be eligible to play in a game, all athletes must attend 5 full periods during the school day. Players must ride the bus home with their teammates. Parents are asked to be prompt in picking up your child when the bus returns to school.

Playing Time

This is competitive football, and the best players will play. The coaching staff's decisions on how much playing time that player gets will be based on the following:

- 1) Attitude and effort
- 2) Ability. Is the player better than the player ahead of him?

Please understand that we as a coaching staff are doing the best that we can to make the team and the program better. We see the players at practice every day and are constantly monitoring them. Players are welcome and encouraged to talk to their coach about what they can do to improve and earn more playing time. We do ask that you wait 24 hours after a game before meeting the coach. Please do not COACH your son from the stands. Let the coaching staff handle the coaching. We do want you to encourage them.

Hand Middle School
Football Team
2021-2022

I have read, understand, and agree to the following rules that are stated. I am aware of the consequences that may result in my actions as well as my expectations throughout the season. My signature below indicates my understanding of the information presented.

Player Name _____

Player Signature

Date

Parent(s) Name _____

Parent(s) Signature

Date

Parent(s) Signature

Date