

Harrisburg School District Coaching Manual

2022-2023



Superintendent: Eric Turman

Harrisburg High School Principal: Michelle Felton

SciTech Campus Principal: Dr. Sieta Achampong

Athletic Director: Calvin Everett

Mission Statement:

It is the mission of the Harrisburg School District Athletic Department to inspire each student to extraordinary achievement every day.

- Provide a comprehensive athletic program that emphasizes the development of Life Long learning, values and skills through hard work, sportsmanship, ethical conduct, and fair play.
- The program is based upon open communication and mutual respect among school administration, instructors, coaches, athletes, parents and officials.
- The program serves as a positive, powerful, productive force for our school, community and most importantly the student-athlete.

Coaching Department Objective:

To provide an attractive program for the student-athlete:

- Provide the student-athlete with an enjoyable and rewarding experience.
- Make players safety and welfare our highest priority.

To give quality instruction in the fundamentals of each sport offered:

- Specific athletic skills and strategies.
- Sportsmanship, ethical conduct and fair play.

To be an integral part of secondary school curriculum:

- Inspiring all athletes to give their highest effort in the classroom, as well as, on the playing field.
- To stress the importance of self-discipline in both the classroom, the community and on the field.
- Teach our athletes that dignity, self-worth and self-esteem are achieved through hard work.
- To create a positive school climate that is enhanced when student-athletes

and remaining student population work together as a team to represent their school in interscholastic competition.

- Develop concepts of goal attainment through hard work and rigorous self-discipline, and to provide a vehicle for the development of interest in curricular school programs and for post-secondary educational opportunities.

To make athletic programs a source of both school and community pride.

- Help each athlete to interact positively with faculty, community and fellow students.
- Make the team a positive influence on all who come in contact with it.
- To demonstrate the social competence of operating within a set of rules, thus gaining a respect for the rights of others, and an understanding that penalties follow rule violations.

Athletic Code for Coaches:

The following pertains to all coaches on all levels.

- The coach is the official representative of the school at interscholastic athletic activities. In this important capacity, these standards should be practiced:
- Develop an understanding of the role of interscholastic athletes and communicate it to players, parents and the public.
- Develop an up-to-date knowledge of the rules, strategies, safety precautions, and skills of the sport and communicate them to players and parents.
- Develop, communicate and model policies for athletes' conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times.
- Develop fair, unprejudiced relationships with all squad members.
- Allow athletes to prove themselves anew each season and not base team selections on previous seasons or out-of-season activities.

- Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school.
- Give the highest degree of attention to athletes' physical well-being.
- Teach players, by precept and example, respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media.
- Teach players strict adherence to game rules and contest regulations.
- Present privately, through proper school authorities, evidence of rule violations by opponents; and counteract rumors and unproven allegations of questionable practices by opponents.
- Attend required meetings, keep abreast of HHSDA policies regarding the sport, and be familiar with HHSDA eligibility and contest regulations.
- Sportsmanship is a must. Lead by example, everywhere and at all times.

Duties of All Coaches:

- To recognize the purpose to athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players.
- To remember that an athletic contest is only a game.
- To stress the values derived from playing the game fairly.
- To show cordial courtesy to visiting teams' fans and officials.
- To respect the integrity and judgment of sports officials.
- To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- To encourage leadership, use of initiative, and good judgment by the players on the team.

- To encourage each student to excel to the best of his/her ability.
- To learn and practice good sportsmanship.
- To promote fun and enjoyment for all participants.
- To build a winning attitude while also making every effort to involve as many athletes as possible in athletic competition.
- Many athletes participate in multiple extracurricular activities, respect this and work together.

Head Coaches:

Have Fun, Learn, Teach, Win

- Be present and actively working in a coaching capacity at all practice sessions and contests.
- Be responsible for the good conduct of your team members.
- Be visible and energetic to promote a positive image.
- Conduct themselves in a professional manner at all times; especially when directing our athletes in competition with other schools.
- Treat school equipment and property better than you would your own.
 - i. Do not leave anything lying out after practice and return all equipment to proper storage facilities.
 - ii. All doors and facilities must be locked up after use
 - iii. Instruct athletes on proper use and storage of equipment.
 - iv. You are responsible for locker room supervision. Be sure that you are the last to leave the locker room and facility after all activities.
 - v. School issued keys are **NOT** to be given to athletes for their personal use.
 - vi. Please sign out all trainers' supplies with the Athletic Trainer.
 - vii. Report any facility and equipment damages that have occurred to the Athletic Director and a plan for replacement.

- viii. Keep accurate record of all equipment and supplies issued to their athletes.
 - ix. At the conclusion of the season, collect, inventory and store equipment and uniforms.
- Hold athletes financially responsible for all unreturned school-owned uniforms/equipment.
 - Inform the athletic office of changed, cancelled or added practices.
 - Coordinate tournaments and invitationals in conjunction with the athletic department.
 - Assist the athletic department in submitting proper paperwork for all tournaments.
 - Attend all athletic department, league and HHSA required meetings.
 - Organize and schedule scouting assignments for the program.
 - Never conduct a one-on-one meeting behind closed doors without the presence of a third party. Never transport a student or athlete outside of athletic contests.
 - Develop and provide opportunities for out of season training, skill development and team building.
 - Organize and carry out youth programs, including summer camps.
 - Maintain statistics and records to submit at the end of the year.
 - Initiate and attend out of season activities that will promote your sport.
 - Make efforts to attend and support Harrisburg School District students at other activities outside of your sport.
 - Cooperation and respect for scheduling facilities with other coaches in regard to use of locker rooms, practice areas, equipment etc.
 - Fundraiser must be approved by the Athletic Director, Principal and School Board. It must meet the needs and wants of the program.
 - Conduct a post season banquet.

Procedure Prior to First Practice:

Coaches must ensure that before practice begins.

- Every student-athlete has completed the following forms: Physical Form, Impact Testing, Emergency Notification form.
- Every student-athlete is scholastically eligible as verified by the Athletic Director. Grade reports are available in the Counseling Office and on Eschool Plus.
- Practice times and locations are submitted to the Athletic Director. The Athletic Director will give copies to the Principal Office (if needed).
- A current roster is to be submitted to the Athletic Director's Secretary.

Practice Guidelines:

It is the responsibility of all Harrisburg High School District Coaches:

- To be on time to all sport functions.
- To dress appropriately for practices and on game days.
- To have a weekly and daily practice schedule.
- To know your coaching responsibilities (know the terminology and techniques for your respective players).
- To run drills that are position specific (have training aid ready and available, know what you are looking for in a drill, correct and praise good work).
- To coach your own players. Do not cross over and coach or comment on players that are not your responsibility. The only exception is when permission is granted from the area coach or when a player is in danger.
- To drill technique and fundamentals the entire season.
- To not argue with other coaches on the field.
- To scout opponents (know an opponent's strengths and weakness and devise game plans accordingly).
- No smoking or chewing around students on or off the field.