

LAKELAND
HIGH SCHOOL
FOOTBALL



2024

Honorable

Attitude

Willpower

Knowledgeable

Sacrifice



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, basketball 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 persistence mental and physical
effort.

Don't worry about past failures:

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

Don't make the same mistake twice.

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 three phrases can take you a long way in life:

"Please."

"Thank you."

"You're welcome."



- 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 become 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 energy 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 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 the teams 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 that is 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 attend 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 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:

Have no expectations. Parents who have student athletes entering their freshman year, “He is going to be a star,” are most often in for disappointment. What an athlete does on the freshman and junior varsity team also is of little importance as teenage bodies and interest change so much during those high school years. **(these are developmental programs)**

Give your student athlete space. Enjoy the successful moments from afar, and let teenagers deal with disappointments in their own way. Don’t get wrapped up in wins and losses. A parent’s job is to be supportive at all times.

Have an objective view. This one is hardest for moms and dads. Some parents build their kids up beyond what talent can actually take them. Most of the time, athletes know better than parent’s what their ceilings are.

Empower children to make decisions. Dealing with adversity is an important lesson, but there will come a time in every athlete’s life when he or she has to limit what they are doing or walk away from sports entirely. For some, that comes in high school. Don’t encourage quitting in-season, but respect what the child is saying.

Grades really are No. 1. The chances a high school athlete gets a college scholarship are almost nil, but failing that ninth-grade history test really can set a student back when it comes to college. It’s especially important for student-athletes to keep the grades up and maintain pace with the [NCAA Clearinghouse](#).

Don’t ignore injuries. Injuries are real. So is mental and physical fatigue. Playing hurt can damage a team’s success as well as the long-term health of the athlete.

Let your child fight his own battles. Whether it is playing time or other issues, teens need to learn how to deal with adults. Parents need to become involved when bigger issues arise-bullying, hazing, inappropriate behavior, etc.

Support the team. Don’t wait to be asked to volunteer and don’t tie your service to your child’s playing time. We want moms and more importantly dads helping out support these young men. Get to know other parents. Make the experience positive from the stands, no matter what is going on below.

Understand competition. This is not Little League where everyone gets to play. There will be disappointment, heartache and unfairness. And unless a season ends in a Championship, it will end in defeat. Every kid will make mistakes. The Coaches will yell at your child and it will be o.k. Your child will be fine.

Refrain from talking or coaching players during the games and/or practices. This leads to confusion for the player. If you think they are struggling already do not confuse them more. Teenagers do not want their parents being their coach. This leads to frustration and disappointment.

Support the Lakeland Football program and its philosophy. When the student athlete sees that the parents are in unison with the philosophy of the program, they know what to expect and respect the rules of being a part of a team. It makes them build confidence on the field and at home.

Contact Coaching Staff at appropriate times. Questions and concerns need to be addressed but there is an appropriate time for contact and an appropriate way to contact. We take seriously any concerns that parents might have and will address them accordingly. If you need to get in touch with a coach the best means of contact is email. A lot of times when parents don’t get the answer, they want from the coach they tend to contact administrators. Along with the parents being in unison, the Administrators are in unison and work together on all issues with coaching staff to discuss any questions or concerns that might arise during the season. Don’t get discouraged when you receive the same answer from Administrators. We take

pride in getting along and working together to create the appropriate environment for these student athletes.

Communication from Coaches/Staff. We will be in communication with the student athletes and parents for anything being scheduled for the football season. We want to have the student athletes take responsibility as well to make sure that they are giving their parents information that was given and told to forward on. Although we would like to answer every text or email day of about times/locations or any other ancillary things that comes up, often times we are extremely busy preparing for a practice and or game and do not have time to respond and know that this information has been given and it will be up to your player to seek out what information that might be being requested. We tell athletes several times information that needs to be corresponded.

Be a member of the Lakeland Booster Club. This is important. Not only does it show your support as a parent and all athletics in the school, the booster club helps with contributing to things in our school district and it depends on our parents and community members to be able to do that. It will allow you to have admittance into all athletic games (not just football) during the school year.

Facilitate good sportsmanship. Be a positive role model to your son. Do not live through your son, let your son live through you.

Enjoy the ride. It will go by faster than you could imagine. Hug your kid a lot.

Every parent wants to see the best 10 players on the field, including their son! Remember, “TEAM” means so much more then 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!

Go Hawks!

MAY 2024

"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!**
- **UNIVERSITY OF IDAHO FOOTBALL CAMP \$ DUE JUNE 1ST**
- **CAMP COST \$285.00**

SUN	MON	TUE	WED	THU	FRI	SAT
			1 BOOSTER CLUB MTG 7:00 to 8:00pm	2	3	4
5	6	7	8 2:30 Coaches Meeting	9 Meet 8th graders @ Junior High	10	11
12	13	14	15	16	17 State Track No School	18 State Track
19	20 Spirit Pack T shirts and Shorts 2:30-4:15 PRACTICE Impact Test 2:30-5:00	21 2:30-4:15 PRACTICE	22 2:30-4:00 PRACTICE Vertical Raise 4:00 Fund- raiser	23 2:30-4:15 PRACTICE	24 U of Idaho Camp \$ is Due! \$285 per camper	25
26	27 OFF Memorial Day	28 2:30-4:15 PRACTICE	29 2:30-4:15 PRACTICE Parent Meeting 5:30 In Auxiliary Gym	30 2:30-4:15 PRACTICE	31	

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

JUNE 2024

**"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!**
- **VERTICAL FUND-RAISER EMAILS**
- **CAMP COST \$285.00 UNIV. OF IDAHO CAMP**

SUN	MON	TUE	WED	THU	FRI	SAT
	J U N E					1
2	3 2:30-4:15 PRACTICE Impact Test 2:30-5:00	4 2:30-4:15 PRACTICE GEAR DISTRIB	5 2:30-4:15 PRACTICE GEAR DISTIB. Graduation	6 2:30-4:15 PRACTICE GEAR DISTRIB	7 Last Day of School	8
9	10 Teachers still work. OFF	11 <u>JV/Varsity 7:30 to 9:15</u> <u>CAMP (Gear) Frosh 3:30 to 5:15</u>	12 <u>JV/Varsity 7:30 to 9:15</u> <u>CAMP (Gear) Frosh 3:30 to 5:15</u>	13 <u>JV/Varsity 7:30 to 9:45 Porter Prac- tice</u> <u>CAMP (Gear) Frosh 3:30 to 5:15</u>	14 OFF	15
16	17 <u>JV/Varsity 7:30 to 9:15</u> <u>CAMP (Gear) Frosh 3:30 to 5:15</u>	18 JV/Varsity @ Post Falls 9:30 to 11:30 <u>CAMP (Gear) Frosh 3:30 to</u>	19 JV/Varsity @ Univ. HS 9:30 to 11:30 <u>CAMP (Gear) Frosh 3:30 to</u>	20 JV/Varsity @ Univ. HS 9:30 to 11:30 <u>Frosh Camp 4:30 @ Timberlake HS Scrimmage</u>	21 <u>Post Falls Frosh Scrimmage 9:30 am</u> <u>JV/Varsity OFF</u>	22
23	24 <u>JV/Varsity 7:30 to 9:15</u> <u>Ready for U of I Camp</u> <u>Frosh-8:30 to 10:15 AM</u>	25 Depart 8:00 AM JV/Varsity U of I Camp Frosh Weights/ Field 8:30 10:15 AM	26 JV/Varsity U of I Camp Frosh Weights/ Field 8:30 10:15 AM	27 JV/Varsity U of I Camp-Leave @ 1:00PM Frosh Weights/ Field 8:30 10:15 AM	28	29

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

JULY 2024

**"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
30	1 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	2 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	3 OPTIONAL	4 OFF 4th of July Be Safe!	5 OFF	6
7	8 7:30 To 9:15 FROSH 8:30 To 10:15	9 7:30 To 9:15 FROSH 8:30 To 10:15	10 7:30 To 9:15 FROSH 8:30 To 10:15	11 7:30 To 9:15 9:00 am 7 on 7 CDA HS FROSH 8:30 To 10:15	12	13
14	15 7:30 To 9:15 FROSH 8:30 To 10:15 Impact Test 5pm to 7pm	16 7:30 To 9:15 FROSH 8:30 To 10:15	17 7:30 To 9:15 FROSH 8:30 To 10:15	18 7:30 To 9:15 9:00 am 7 on 7 CDA HS FROSH 8:30 To 10:15 Coaches Jr Tackle Clinic	19	20
21 Jr Tackle Camp 4-6,6-8 pm \$40.00 Mon. Wed, 22,23,24	22 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	23 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	24 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	25 WEIGHTS - FIELD V/JV 7:30 To 9:15 FROSH 8:30 To 10:15	26	27
28	29 Impact test- ing Library 3:00pm TBA	30	31	1	2	3

Important Dates:



May 1st. Booster Club Meeting LHS 7:00 pm to 8:00 pm
May 8th. Coaches meeting 2:30
May 9th. Meeting 8th graders @ junior high
May 20th. First after school practice 2:25 Practice Field
May 29th. Parent meeting 5:30 in commons

7 on 7 Tentative Schedule
Sunday 9:00 am Sandpoint March 24
Sunday 9:00 am Lakeland April 14
Sunday 9:00 am Sandpoint April 28

For Frosh/and Varsity

May 20th. After school practice
May 21st. After school practice
May 22nd. After school practice
May 23rd. After school practice
May 27th. Off Memorial day
May 28th. After school practice
May 29th. After school practice
May 30th. After School practice
June 3rd. After school practice
June 4th.-6th. After school practice & Gear dist.

JV/Varsity/Frosh Camp June 17, 18, 19,
20, 21, 24,25, 26, 27
21st Frosh @ Post Falls 10:00 am
June 24 JV/Varsity U of I camp Prep Day
June 25 JV/Varsity Depart to U of I Team
Camp
June 26 @ U of I Team Camp

June 12th. Official Start Day JV/Varsity Weights 8:00am - 9:45 and Intro to Camp
Freshman: as of now: Start time for morning work outs is 9:00am to 10:45am

June 17, 18, 19, 20, 24, 25, 26, 27 Camp Practice Days Window. Tentative as this may change

July 1st. through the 25th. resume morning workouts

July 3rd, 4th and 5th optional.

July 22, 23, 24th Jr Tackle Football Camp. Open to public/Jr. Tackle.

Off from July 25th to August 11th CAMP "Hell Week" starts August 12th 7:00 am

Beware of 7 on 7 dates as well

End of July ish, the 25th to August 11th you are off. I highly recommend if you're vacationing or out of town, this is when you do it.

August 12th Camp Starts or Hell week. 7:00 am to 12:30 LAKE CITY PREP!

University of Idaho Football Camp

Coach,

We are excited to put on another year of Vandal Football Team Camp. We want to make sure your team has the best experience possible.

Dates:

June 25-27: Tuesday - Thursday

Costs:

\$285 per camper

\$125 per staff/guest

Timeline:

Friday, March 8

\$1,000 deposit made out to: **University of Idaho**

Address:

Vandal Football – P1FCU Kibbie Dome

Attn: J.D. Johnson

875 Perimeter Drive

Moscow, ID 83844

PLEASE EMAIL & TEXT ME WHEN YOU'VE SENT DEPOSIT

Your spot is secure once we have deposit.

*****Camp is already full w/ an eager waitlist... we're at capacity for beds to accommodate*****

Friday, May 31

Final camper #'s, all paperwork, and fees paid

You have given me estimates on the total attendees from your group. I will be checking in constantly to ensure your numbers are accurate. Please make sure we fill all beds; multiple teams hoping to get in on waitlist.

Itinerary to follow.

***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: _____