August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	**3**	**4**	**5**	**6**	**7**	**8**
			Dansville Turf 7-8:30			
9	**10**	**11**	**12**	**13**	**14**	**15**
	This is the week to get those last minute summer plans in!!	This is the week to get those last minute summer plans in!!	This is the week to get those last minute summer plans in!!	This is the week to get those last minute summer plans in!!	This is the week to get those last minute summer plans in!!	
16	**17**	**18**	**19**	**20**	**21**	**22**
	Football Preseason Begins! 7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland
23	**24**	**25**	**26**	**27**	**28**	**29**
OFF	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	7:45-11:45am @ Wayland	Scrimmage?
30	**31**	1	2	3	4	5
OFF	Regular Season Practice Hours 3--6	Practice 3-6 @ Wayland	Practice 3-6 @ Wayland	Dansville turf 3-5:15	3:00-6:00 @ Wayland	7:45-10:00 Wayland

Early Season Checklist/Expectations:

D-W-C FOOTBALL

General Expectations - YOU ARE ACCOUNTABLE!

Locker Room, Bus Garage, Equipment Sheds

1. The locker room is where we shift our mindset from all the things we encounter throughout the day to just football. That being said, these areas are to be treated as such. Screwing around is not acceptable in these areas. Do not bring family or friends into these areas, it is private and reserved for the members of this football team. You contribute to the neatness of this area by picking up and hanging your equipment properly and disposing of garbage properly. RESPECT OTHERS' PROPERTY.
2. Be sure of your sizes and fit before you accept equipment. (Proper fit is critical to safety) You are responsible for taking care of the equipment assigned to you.
3. Hang your equipment in the locker. Pick up anything off the floor. Keep it clean.
4. Get dressed and get out to the field. ALWAYS BE ON TIME!

5. Always have running shoes in your bag or locker in case of practice moving inside.
6. Keep valuables locked in your locker!
7. The equipment room is OFF LIMITS! See a coach for all equipment needs and problems.

GENERAL EXPECTATIONS

1. **Be on time** - always know where you are supposed to be! ANY (Practice, class, team meetings, etc) unexcused absences/tardy behavior will not be tolerated, and considered an infraction. (3 strike policy-see below)
2. Curtail loud, abusive, vulgar language on/off the field! ALL members of this program will adhere to this!! This includes in school, on the bus, in the community, as well as any football event.
3. Treat others with the same respect and dignity that you expect. As an athlete, you are held in high esteem. Justify it and be a gentleman.
4. Take care of your body with proper rest, diet, and exercise!

5. **Don't miss practice or class! Missing class or practice for any unexcused reason is unacceptable, period.**
6. Communicate problems through your coach - honesty is a two-way street! Ask if you are unsure or make an appointment to meet off the field.
7. BE POSITIVE! Winning is a habit … unfortunately so is losing! No one likes liars, complainers or excuse-makers. Don't criticize others - help them!
8. Keep team affairs in the football family. Outside friends are not privileged to know what is going on with our team.
9. Don't take risks with your body during the season - take it easy when competing in gym class, but PARTICIPATE!!! Be careful at home with dirt bikes, four-wheelers, etc.
10. Take pride in your appearance, a zero tolerance policy for clothing of any kind depicting vulgar, profane, and/or drug/alcohol use will result in an infraction.(strike)
11. **ABSOLUTELY no abuse of tobacco/nicotine products, alcohol, or controlled substances (ex. marijuana) This use will result in immediate removal from the team.**

PRACTICE FIELD

1. BE ON TIME! Your studies come first, but you must practice. Your responsibility to plan accordingly. We practice everyday, Monday through Thursday/Friday 3:30-6. It is up to each player to make ride arrangements. Saturday practices will also take place from 9-11 a.m. Once again, make your own ride arrangements.
2. Appointments: Doctors/Dental/Academic/etc. should be made so that they do not conflict with meetings, practices, or games. If there are conflicts, notify the head coach prior.
3. Wear the proper equipment! All pads and cleats are a must!
4. Run on and off the field. Run between drills.
5. Helmets on at all times unless given permission to remove them.
6. Stop on the whistle!
7. Listen and learn from your coach! Concentration is key!
8. Move during drills! - improve your quickness. WILL TO WIN AND THE EFFORT TO ENDURE!

Communication:

I will predominantly communicate through google classroom for Wayland athletes and Coach Sylor will forward on messages for Dansville athletes. I wish we could still use Remind!

Please ensure that your child is registered for JV football through their respective school district. Please be sure to accomplish this during the coming week as late registration over next week will result in your athlete not being eligible for the first couple practices and can put their eligibility for the first game in jeopardy.

We look forward to a great season, please reach out if you have any questions.

Coach Flower: aflower@wccsk12.org

Coach Sylor: sylorm@dansvillecsd.org

Coach Toland: rtoland@wccsk12.org