

## Parent & Players

Working with Parents .....	2
Keep the Parents Informed.....	2
Get Parents Involved & Work Parents into the Program .....	2
Set the Limits & Boundaries.....	2
Working with Athletes .....	3
Develop Themes That Players Can Grab a Hold Of.....	3
Guide Athletes in Developing Challenging but Attainable Goals .....	3
Ideas .....	3
Playing Time .....	4
1. Knowledge of Assignment: .....	4
2. Hustle and Effort:.....	4
3. Hitting and Mental Toughness: .....	4
4. Contribution to the Program: .....	4
5. Talent:.....	4

## Working with Parents

### Keep the Parents Informed

- a. Calendar of Events/Practices
- b. Communication is the key
  - i. Facebook, Twitter, Constant Contact, Team Website

### Get Parents Involved & Work Parents into the Program

- a. Create a family culture.
- b. Family BBQ
- c. Mom's Clinic
- d. Helmet Striping Ceremony.
- e. Chain Crew.
- f. Publishing Game Night Football Program.
- g. Website Development
- h. Boosters.
- i. Concessions.

### Set the Limits & Boundaries

- a. Mandatory Parent Info Night
- b. Player Contract / Parent Manual
- c. Contacting the Coach parameters.
  - i. Appropriate Time to approach the coach.
  - ii. Reasons to meet with the coach
    - 1. Appropriate - treatment of child physically, emotionally
      - a. ways to help improve
      - b. behavior concern
    - 2. Inappropriate
      - a. playing time
      - b. strategy, play calling
      - c. other student athletes

## Working with Athletes

### Develop Themes That Players Can Grab a Hold Of

1. Yearly themes
  - a. (a Mantra)
2. Weekly themes
  - a. Assigned to Assistant Coaches to present to team and create bulletin boards. Such as, Discipline, Character, Toughness, Effort, Pride, Commitment, Confidence, and Teamwork.
3. Daily themes
  - a. Read "Win Forever" By Pete Carroll
    - i. Maslow's Hierarchy on the football field.
    - ii. Each individual's basic needs must be met if you wish for them to move towards doing great things in the program. (freedom from the fear of failure, acceptance, understanding, belonging, and respect)
    - iii. Always Compete
    - iv. Do things better than they have been done before
    - v. Live with "Arête" can you in this moment express the highest version of yourself.
    - vi. Practice is everything.

### Guide Athletes in Developing Challenging but Attainable Goals

- a. Yearly Goals
- b. Daily/Weekly Goals (measurable & objective not subjective)
- c. Game Goals (posted charts)
- d. Push Athletes/Know Their Limits.
- e. Keep The Focus on the team. It's all about the team.
- f. Be Process not Product Oriented.
- g. *WINNING WILL BE A PRODUCT OF DOING THE RIGHT THING*

### Ideas

- a. Monitor Attendance Daily, Off Season Squads, Bi-weekly Grade Checks, Outreach Programs such as Best Buddies, Player's Council/Position Leaders/Off Season Squad Leaders. Community Service, Youth Clinics, Acknowledge the "Program Builders", Recognize Weight Room Achievements.

## Playing Time

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on depth charts as practice progresses. The following five points will be the criteria used in selecting starters and developing depth charts.

### 1. Knowledge of Assignment:

We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and must give 100% Effort.

### 2. Hustle and Effort:

Everyone will be expected to give 100% at all times. ***Go full speed whistle to whistle!*** Your teammates will be giving 100% and they expect you to do so also. Extra effort wins games. Everyone can and must give 100%. If

### 3. Hitting and Mental Toughness:

We will discover during fall practice who is aggressive and mentally tough. Football is a contact sport and it must be played with mental and physical toughness. Everyone can hit. You must have "Want To" or you simply will not see playing time. It is dangerous to you and to your team should we put you on the field before you are ready.

### 4. Contribution to the Program:

The individual who represents the program well, and motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one whom does not demonstrate those qualities. Being coachable and disciplined is critical to our success. One man who refuses to lose and refuses to allow others to quit or become a distraction is a valuable player.

### 5. Talent:

If the above four characteristics are equal and they should be, then the young man who has the most talent, However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are missing practice because you are injured or ineligible it will be difficult for us to evaluate you.