



SHERWOOD
F O O T B A L L

2014 VARSITY BLACK KNIGHTS
TEAM HANDBOOK

MISSION STATEMENT

- Teach the fundamentals of football
- Teach the kids an understanding and appreciation for sportsmanship so that they exhibit sportsmanship at all times
- Provide a safe environment for the kids
- Create such a positive experience for the kids that they return next year to the program and build a love for the game of football that it brings them back to the SYFA program year after year.

COACHING STAFF

Head Coach	
Assistant Coach	
Assistant Coach	
Assistant Coach	

TEAM RULES

To play football for the Sherwood Knights is a **privilege**. Our football players are expected to be great students and great citizens in our community. You are expected to get your homework done each and every day, after school and prior to practice. If homework is not completed prior to football practices, you will be subject to disciplinary action up to and including losing playing privileges for the week or season or a starting position. Poor grades or progress reports are also grounds for disciplinary action.

GRADES

Grade reports are to be turned into the front office of the middle school (for Sherwood public schools) every Monday for pick up by the SYFA commissioner. If a player forgets to print out and drop by the office, or for non-Sherwood public schools, the player must bring the grade report to practice that Monday. There are times when the teacher does not update grades in a timely manner. In the case where there is a grade that needs to be updated from a D or F the only form coach will accept is a grade report with an updated grade including the teacher's signature. Failure to bring the report to the office or practice can lead to loss of playing time.

- If a player has 1 "F" then he cannot play in the game.
- If a player has 2 "D"s then he cannot play in the game.

MISSING PRACTICES

Now and when the school year starts, it's important to understand league rules regarding practice and the importance of being at and on time to practice.

- During summer we can only practice 10 hours per week.
- During school we can only practice 6 hours per week.

If any player is going to miss a practice for whatever reason, he must contact Coach XYZ at 555-1212. No other form of communication will be accepted. Contacting any other coach or parent to communicate that message will be considered an unexcused absence and you will be subject to disciplinary action up to and including losing playing privileges for the week or season or a starting

position. The league has a minimum play rule (10 plays per game), but if a player doesn't make practices the coach is not required to play him.

If you are ineligible for a game during the season, you are still required to attend the game (wearing your game jersey without pads, helmet etc.). This is a team and you have committed to be an active member. If you fail to make a game and the absence is not excused you will be subject to disciplinary action up to and including losing your playing privileges for the season.

To summarize, per week:	1 Excused missed practice	Eligible for game play
	1 Unexcused missed practice	NOT eligible for game play
	2 Excused missed practices	NOT eligible for game play

RESPECT

Our coaches expect that you show respect to your teammates, parents, coaches, referees, your peers, game officials and spectators. You are expected to respect your equipment, which means you care for it as if you paid for it with your own money.

CELL PHONES

Players may bring mobile phones to practice, but they cannot be used during practice unless there is an absolute emergency. Any player seen by a coach using a cell phone during practice will lose playing time and or not be allowed to play in that week's game. Players will not have mobile phones on the sidelines during games.

COACHES

Football is a physical sport. It requires a higher level of personal discipline than some sports because of its physical nature and safety related matters. You are expected to listen carefully to coaches for instruction and do as you are told. Our coaching staff will not tolerate talking back, excuses, profanity or any other form of disrespect on the football field. If this occurs you will be subject to disciplinary action up to and including loss of playing privileges. Your coaches take the responsibility of working with you very seriously. Some of our desires and goals are as follows:

- Lead, inspire and motivate
- Encourage, praise and reward excellent effort
- Discipline, correct, counsel and then encourage desired change
- Teach you about accountability for your personal actions
- Help you understand the importance of team
- Encourage you to reach goals, personal and team goals

In the course of arriving at these goals you may from time to time have coaches raise their voices, give passionate, fiery speeches, challenge you to try harder, challenge you to focus, pay attention, be responsible, be accountable, go full speed and give 110% effort. Parents and players...don't be confused by the message or it's delivery. We want the best for your child. We are making an investment in each and every life, that's why we coach and care deeply about their development.

ADDRESSING CONCERNS WITH COACHES

During the season your player may have an issue with the coaching staff regarding playing position or playing time. If a player is having an issue we expect the parent to encourage your player to come talk to the coach first. If the coach and player cannot work it out then schedule a meeting before or after practice with the head coach so all parties can come to a resolution. The head coach will not accept a

meeting until the player has had the conversation with the coach first unless it is a safety or sensitive issue.

EQUIPMENT

If you have equipment that is defective, please bring it to a coach's attention so changes can be made. Our player's safety is most important to us. Always wear your mouthpiece when contact is involved.

ACCOUNTABILITY

We expect our players and parents to be accountable for arriving to practice on time and arriving to games on time. It is absolutely critical that you observe practice times and game times & arrive at the required time. Failure to be prompt will result in disciplinary action up to & including the loss of playing privileges.

WINNING GAMES

You will never hear us say that winning isn't important. Winning and losing is part of daily life. It's absolutely critical that our young people learn about both. Our goal however will never be to lose, so that leaves a goal of winning.

Like with life we don't always reach our goals, but it's the journey that we take to achieve them where "real learning" takes place.

We will not make winning our obsession.

Winning is a by-product of hard work, discipline and intentional effort to exceed. We will coach this team to work hard, be disciplined and to make an intentional effort every play to exceed. If we win, that's great. If we don't, we evaluate the reasons why we didn't play our best, we communicate those evaluations to our players and make a commitment to do better next time.

We will teach our players to be **humble** in victory and **respected opponents**. We will teach our players that not finishing on top is to be **handled with grace, dignity and respect**. Your support in our efforts to communicate and model this philosophy is greatly appreciated.

PARENT CONDUCT

Coaches and the league expect parents to conduct themselves in a respectful manner to players, coaches, officials, and the league. Parents are expected to have good sportsmanship and encourage and inspire all players and league staff. But please ensure your encouragement is delivered with positive words and actions only.

We will not tolerate disrespectful behavior – especially toward the kids.

Any Questions regarding parent conduct please set a meeting with the head coach and/or refer to Article 8.1 in the bylaws.

Thank you for your support and encouragement. We are going to have a tremendous season together.

GAME DAY GUIDE

- Have your game gear ready to go the night before**
- Get a good night's sleep**
- Don't lie around all day, do something prior to arrival**
- Don't eat junk food**
- Think about your play assignments. If you need to, refer to your playbook.**
- Make sure you have your gear before you leave the house. It is your responsibility. You MUST have all your gear to play in game.**
- Be on time for pre-game warm ups & be ready to play.**
- For a play to be successful, everyone must do his assignment correctly.**
- We are a TEAM.**
- As part of a TEAM, you have a responsibility to give your best effort.**
- Go full speed on EVERY play, Do not rest on plays**
- Play hard, be positive, have fun and practice sportsmanship.**
- IF YOU PLAY WITH HEART/HUSTLE AND WE WILL BE SUCCESSFUL**