



TUCSON
HIGH
FOOTBALL

2018



PLAYER/PARENT
GUIDELINES AND
EXPECTATIONS

TUCSON HIGH FOOTBALL 2018

PLAYER EXPECTATIONS

ON THE FIELD GUIDELINES:

- Practice like a winner. Games are won and lost on the practice field.
- We expect a serious, business like attitude on the field. NO time for horseplay.
- Practices are a time to do and learn. Pay attention by locking your eyes on to your coach when he is teaching; "LOCK IN" to what is being taught.
- When a coach is talking to an individual who plays your position, pay attention; get to a position where you can hear and see. He is also speaking to you.
- Know the drills, how to set them up, and get them going. Don't wait for the coach.
- Helmets must be worn at all times, unless a coach tells you to take your helmet off.
- Never sit or lie down on the football field. Rest on one knee. Don't let water interfere with the drill. You will be given as much water as you like, at appropriate times.
- Know the practice schedule.
- Know the importance of the scout teams and respect them
- Always know the tempo of the drill you are in at practice (live, thud, strip, etc.)
- The key to your individual success and our team's success is the total preparation we achieve in practice.
- There are NO limits to HUSTLE! (Sprint everywhere we go). This takes no athletic ability. This takes HEART!
- Know and accept your role the coaches have given you on this team unconditionally. If you cannot accept the role that has been designated by the coaches, you should not be part of this football team. **IF YOU DO NOT HAVE A STARTING POSITION, IT IS UP TO YOU TO WORK YOUR WAY INTO A STARTING POSITION.**
- Have FUN and LEAVE THE FIELD WITH NO REGRETS!!
- Be gracious when you win and graceful when you lose.

OFF THE FIELD GUIDELINES:

- Think about being successful. Spend time off the field thinking about your assignments. Picture yourself executing your skills and technique perfectly.
- In between practices is the best time to communicate with your coach.
- Never leave practice with a negative attitude or complaint. Talk your feelings out with your coach or the head coach. Get things squared away; if you don't, then little problems and misunderstandings become major problems.
- Be a positive person. Don't complain or talk negatively to or about our teammates, coaches, or program. It only causes morale problems and dissension. See your coach if you have a concern about something.
- Do not listen to rumors, do not start gossip. Rumors are usually wrong and only lead to bad feelings for everyone.
- Set an example that will attract quality student/athletes to THS. Sell our program to others.
- Accept decisions made by those in authority.

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ATTENDANCE POLICY

EXCUSED ABSENCE:

Attendance is MANDATORY in order to play football for Tucson High Magnet School.

Definition of an excused missed practice:

In order for a missed practice or being tardy to be considered excused, you must personally contact a coach through one of the following methods:

- a. Call or speak to a coach or leave a message on the answering machine.
- b. Personally tell one of the coaches that you will be late or you will be missing practice.

NOTE: The coaching staff must accept your excuse as a valid excuse. For example, telling the coaching staff you want a day off is not a valid excuse. It is at the sole discretion of the coaches to determine the validity of your excuse.

The following policy should make very clear the importance of your attendance.

1 excused absence = 1 day of opportunity

2 excused absences = will not start next game, 2 day of opportunity

3 excused absences = parent, player, and staff meeting to determine best course of action

UNEXCUSED ABSENCE:

An unexcused absence will jeopardize your playing status. Additionally, it will compromise your status as a starter. Your attendance is critical to the performance of our team. Being tardy or absent does not help our team in any manner. It only creates an atmosphere of doubt and unreliability.

1 unexcused absence = you will not play at the head coaches discretion, 2 days of opportunity

2 unexcused absences = you will not dress for the next game, 4 days of opportunity

3 unexcused absences = coaching staff and captains will determine length of suspension, 6 days of opportunity

4 unexcused absences = clear locker and removed from team

TARDINESS:

A tardy is defined as arriving during stretch

Arriving after stretch becomes an ABSENCE.

Each tardy will result in one day of opportunity.

TRAINING ROOM:

The training room is not an excuse to be late to practice. Practice is not an excuse to miss treatment. Treatment is mandatory if recommended by the athletic trainer. The player is responsible to find time to see the athletic trainer.

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TEAM EXPECTATIONS

RESPECT FOR COACHES:

Coaches should receive Coach "last name", responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him your undivided attention and always establish eye contact with him. "LOCK IN"-Focus and concentrate on the task at hand.

CURFEW:

The hours you keep are between you and your parents. We recommend that you be home by 10:30 p.m. on all school nights with the exception being on the night before any game; this will be 9:30 p.m.

DRESS:

Dress should be very professional in uniform and out. Everyone will wear their uniform in the same manner. We are a team. All players must be in school colors at practice and in games, when temperatures become colder and undergarments are being used they also must be in school colors. Take care of your equipment. Do not wear jewelry in practice or games. Your appearance away from the field, especially at school, should reflect the same class and pride that shows in our program.

GAME DAY DRESS:

Your dress is important to the respect and look of class that our program receives. School day dress will be that of pride with no sagging pants and if a hat is worn, the bill will be in the front. Game day dress for freshman and J.V. will be of game jersey if their head coach allows it. Fridays are business days; we will all wear (Frosh, J.V., and Varsity) dress clothes. The shirt is collared and will be worn with a nice pair of pants and shoes with a tie. This dress will show not only pride, but also unity in the program. The nice dress also helps in focusing on what we need to do in the classroom and on the field. Not following dress code will be handled in manner, which feels appropriate by the Head Coach. If obtaining business attire is a problem for an athlete, please contact one of the coaches in advance.

CARE OF EQUIPMENT AND FACILITIES:

You are to hang your equipment in your locker as you are shown. You are to clean you equipment as least once per week. Do not track mud and dirt into our locker rooms and athletic training room. Take off cleated shoes before entering carpeted areas. When you change into workout gear, your clothes are to be hung up in your locker. Toilets are to be flushed; showers and faucets turned off so they don't drip, and all bottles and cans placed in the trashcan. Clean up in and around your locker each day. This includes bus usage as well. Team leaders/captains are responsible to monitor both the bus, locker room, weight room and practice areas.

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TEAM TRAVEL:

Check and pack all your gear. You are responsible for this. Dress will include nice pants (NO JEANS) and our game day shirt. Please be prompt. If you are late, you will be left behind. Do not miss a meeting or a team meal if we are traveling a long distance. There will be NO loud or boisterous conduct on the trips. Remember why we are here. We will sing AFTER A WIN! Everyone will return with the team, unless approved by the head coach.

INJURY POLICY:

Any player that has any type of injury should see our athletic trainer Mike Boese immediately. The trainer is here for just that reason, to begin the treatment process on all of our athletes. If you require greater medical attention, the trainer will assist in setting appointments with the appropriate doctors. She is very aware of insurance requirements and which plans are accepted at the various offices. The athletic trainer's goal is to provide you with the appropriate medical care and to return you to activity within the safest time frame.

DRUGS/ALCOHOL:

District policy will be enforced for drug and alcohol infractions.

THE X RULE:

X in mathematics is the symbol for the unknown. The X rule states that if a situation arises that is not mentioned in the rules, the coaching staff, at its discretion, will have the right to determine whether the situation will be tolerated and what the consequences are for the situation. An example would be the displaying of inappropriate behavior in public or on websites such as Twitter or Facebook.

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DETERMINATION OF 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 (5 points) will be the criteria used in selecting starters and developing depth charts.

- 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 give 100%.
- Hustle and Effort: Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they expect you to do so also. Extra effort wins games. Everyone can give 100%.
- 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 toughness. Everyone can hit.
- Contribution to the Overall Team: Football is one of the few team sports left. The individual, who motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. One man who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing.
- Talent: If the above four characteristics are equal and they should be, then the young man who has the most talent, makes the most big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are injured it will be difficult for us to evaluate you.

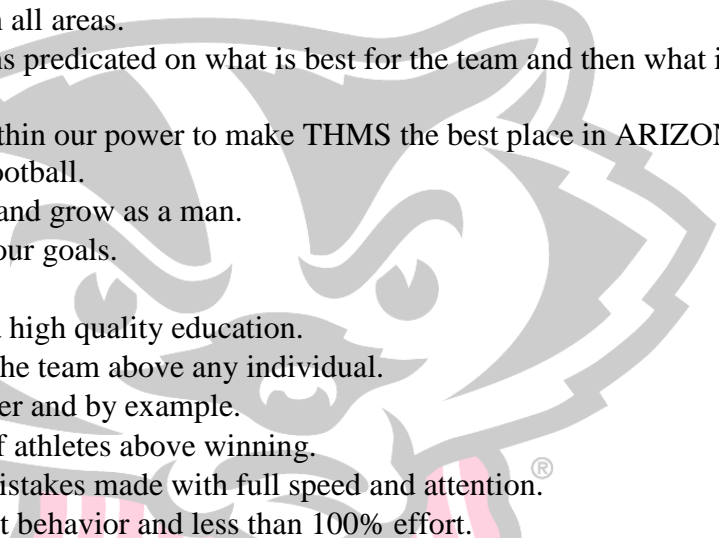
It's our desire to play as many people as possible. We will attempt to play everyone each game. The above was written so that you will know exactly how we will evaluate you. Our hardest workers and best athletes will lead us to a championship. All of you that do not earn a starting position, it is up to you to continue to work hard and be prepared when called upon. Our main concern is to be fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach. In the event you are still not satisfied, please see me! (Proper Chain of Command)

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COACHES EXPECTATIONS

Consequently, the best football players, according to the criteria previously mentioned will start. In closing, let me reiterate that our starters will be determined on the field by your performance and not by me. I have great respect for you and believe that you will know your assignments, give 100%, will hit and will be a team player. I will continue to believe that until you prove differently.

What You Can Expect From Your Coaches:

- To treat you as a man and to love and respect you.
 - To provide leadership and training necessary to achieve our goals.
 - To work you harder than you have ever worked before.
 - To assist you in any way possible now and after graduation.
 - To be loyal to you in all areas.
 - To make all decisions predicated on what is best for the team and then what is best for the individual.
 - To do everything within our power to make THMS the best place in ARIZONA to go to school and play football.
 - To help you mature and grow as a man.
 - To help you reach your goals.
 - To be totally honest!
 - To see that you get a high quality education.
 - To put the needs of the team above any individual.
 - To lead with character and by example.
 - To put the welfare of athletes above winning.
 - To give dignity to mistakes made with full speed and attention.[®]
 - To confront incorrect behavior and less than 100% effort.
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PARENT/GUARDIAN EXPECTATIONS

- Be **POSITIVE** with your student/athlete. Accept their role and let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.
- Respect the team and coaches and let them focus on getting better everyday. Please stay off track and football/practice fields at all times during practice and games. You are more than welcome to watch from the stands.
- Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Stress that team is more important than the individual.
- Allow your athlete to perform and progress at a level consistent with his ability. Athletes mature at different ages; some are more gifted.
- Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team.
- Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.
- Cheer for our team and players. Be a fan of everyone on the team. Opponents and referees deserve respect also. Realize that high school players will make mistakes. Your support is needed during tough times.
- Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged. Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.
- Winning is great. Building positive team values is most important. The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.
- Find the time to be an avid booster of school activities. Help build a solid support system for ALL coaches and ALL athletes
- Athletes must attend all practices and contests. Stress the necessity to make a commitment to the team. Practice is important.
- Emphasize the importance of well- balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
- Many athletes enjoy participating in several sports. Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
- Persistence and being able to accept a role are extremely important for the team to be successful. Not everyone can be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.
- Attend as many games as possible and get involved with the program.
- Accept the results of each game and do not make excuses.
- Demonstrate winning and losing with dignity.
- Keep negative thoughts about coaches, the program, or teammates to yourself.
- Be a model, not a critic. Model appropriate behavior, poise and confidence.

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ACADEMIC EXPECTATIONS

- Always get to your class on time. This cannot be overemphasized. Nothing causes a teacher to turn off a student faster than a late arrival.
- Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and show respect at all times. Be a leader in the classroom!
- Careless appearance is held against an athlete to a greater degree than against other students. Dress neatly and have a great attitude.
- Before class starts, make sure you have all your materials, make sure that your book and/or notebook is open, and you have a pen or pencil ready to write.
- Once class starts, keep your mouth closed unless you are asking or answering a question, or are taking part on a teacher led discussion or activity
- Never prepare to leave before the end of class. Closing books, zipping of backpacks, etc..., these are between class activities.
- Make sure that you turn in all work assigned, on time and fully completed. With proper planning by you "it will let you get everything done in all of your classes. There are NO excuses.
- As soon as possible after class, do your homework and read your notes. If you leave them unread for 24 hours, as much as 90% of there value will be lost. Make good use out of study tables!
- Never be afraid to ask questions, or to ask for help. This is how people learn.
- If you must miss a class due to travel, before you leave, PLEASE MAKE ARRANGMENTS FOR ANY ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS AHEAD OF THE ABSENCE.
- If you know that you are going to miss a test, MAKE ARRANGEMENTS AS SOON AS POSSIBLE.
- JUST DO IT!! Getting an education does require work...something[®] that you can do if you apply yourself.
- Follow all class and school policies.

CONFERENCE/ADVISORY PERIOD:

Conference/Advisory Period attendance is mandatory. Advisory Period is every Friday from 8:00am-8:40am and 10:21am-11:21am. If this condition is not met, you will not be allowed to practice that day. This will result in an **unexcused absence**.

WEEKLY GRADE CHECKS:

All football players will be required to complete a weekly grade check by all of their teachers. Grade checks will be given out every Monday after practice and will be returned to the head coach on Thursday. Each class must be accounted for with a teacher signature and current grade. Grade checks ensure that the student has constant interaction with their teacher and allows the coaching staff to closely monitor each student's grades.

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VARSIITY/JV DAILY SCHEDULE

MONDAYS

Zero Hour Lifting (Varsity): 6:30am-7:30am
Team Meeting-JV Lifting: 4:00pm-4:45pm
Pre-Practice on Field: 4:45pm-5:00pm
Practice: 5:00pm-7:30pm

TUESDAYS

Zero Hour Lifting (Varsity): 6:30am-7:30am
Team Meeting-JV Lifting: 4:00pm-4:45pm
Pre-Practice on Field: 4:45pm-5:00pm
Practice: 5:00pm-7:30pm

WEDNESDAYS

Zero Hour Lifting (Varsity): 6:30am-7:30am
Team Meeting-JV Lifting: 3:15pm-4:00pm
Practice: 4:00pm-6:15pm

THURSDAY (Game Weeks)

Zero Hour Grade Checks/Film: 6:30am-7:30am
Team Meeting: 3:45pm-4:00pm
Practice: 4:00pm-5:15pm
Team Dinner: 5:30pm-6:00pm
JV/Frosh Game: 6:00pm

THURSDAY (Pre Season Weeks)

Zero Hour Grade Checks: 7:00am-8:00am
Team Meeting: 4:00pm-4:45pm
Pre-Practice on Field: 4:45pm-5:00pm
Practice: 5:00pm-7:30pm

FRIDAYS (Game Weeks)

Zero Hour Yoga: 7:00am-8:00am
Report to Locker Room: TBD
Varsity Game: 7:00pm

FRIDAYS (Pre Season Weeks)

Zero Hour Yoga: 7:00am-8:00am
Team Meeting: 4:00pm-4:45pm
Pre-Practice: 4:45pm-5:00pm
Practice: 5:00pm-7:30pm

SATURDAYS (Game Weeks)

Rehab/Post Game Weight Room:
8:00am-9:00am
Film Study: 9:00am-11:00am

Wed. Aug 8th- Varsity Scrimmage @
Ironwood Ridge 6:00pm

Sat. Aug 11th Media Day 8:00am

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FRESHMAN DAILY SCHEDULE

MONDAYS

Practice/Lifting: 3:45pm-6:30pm

TUESDAYS

Practice/Lifting: 3:45pm-6:30pm

WEDNESDAYS

Practice/Lifting: 3:45pm-6:30pm

THURSDAY (Game Weeks)

Game: 6:00pm

THURSDAY (Pre Season Weeks)

Practice: 3:45pm-6:30pm

FRIDAYS (Game Weeks)

Film/Conditioning: 4:00pm

FRIDAYS (Pre Season Weeks)

Weight Room: 3:45pm-4:45pm

SATURDAYS (Game Weeks)

Practice: TBD

Sat. Aug 11th - Media Day: 8am



**TUCSON HIGH FOOTBALL STUDENT-ATHLETES
2018 SEASON**

I have read, understand, and agree to abide by the Parent/Player Guidelines and Expectations as described herein in order to be a part of the Tucson High School Football Team and Program.

**Parent/Player Guidelines and Expectations can be downloaded at
<http://tucsonhighfootball.weebly.com/parentplayer-guidelines-and-expectations.html>**

Student- Athlete Name (PRINT)

Date

Student- Athlete Name Signature

Date

Parent/Guardian Name (PRINT)

Date

Parent/Guardian Signature

Date

Complete this form and return it to Coach Argraves or Coach Holley by August 10th, 2018.

<http://tucsonhighfootball.weebly.com/parentplayer-guidelines-and-expectations.html>