

BARABOO FOOTBALL 2017

Program Handbook



Baraboo Football 2017

Juice*Competition*Toughness*Family*Discipline*Finish

BARABOO FOOTBALL MISSION STATEMENT

The mission of the Baraboo Football Program is to maximize the academic, athletic, and social potential of every player in the program.

Special Teams- Fundamentally sound. Special teams members will have a score or “get the ball back” mentality. Our goal is to win a game every year with our effort and execution on special teams. We view special teams as a place where a young man who has paid his dues in the weight room and on the practice field, but is not playing with the first group on offense or defense, can find an opportunity to contribute as a starter on Friday night.

Offense- A multiple, attacking, offense based on attention to detail and execution by all 11 members of the unit. Offensive line play is the greatest determining factor in the success of the offense. We have a “score on every possession” mentality. We are a physical, punishing offense with big play capability at any moment.

Defense- A physical, swarming unit. Your value as a member of the unit is based on your distance from the ball at the whistle. Much like our offensive line (blockers), defensive players must be willing to sacrifice for the good of the team by cancelling gaps with their block attack. We will punish the opponents offense and create takeaways.

Academics- Graduation with options at the next level are paramount. Coaches will actively monitor and encourage our players to be great students. A team GPA of 3.0 or above is our annual goal.

Recruiting- We will go the extra mile to assist our players to play at the next level. We have several programs in place for players that would like to play football in college.

Social- We will create a F.A.M.I.L.Y atmosphere on the football team (Freshman-Senior). We emphasize servant leadership and a culture based on our core values.

BARABOO FOOTBALL VISION STATEMENT

To do things better than they have ever been done before through relationships, accountability and culture.

To build a program that consistently competes for championships and is known statewide for class and toughness.

Academics

The Baraboo Football program is an educational program. Our first priority is to education of the student-athlete. Any player that is struggling academically will be given any assistance we can give as a coaching staff. If the athlete is failing in any subject area, that athlete will refrain from playing and practicing until they rectify their grade(s). Coach Turkington will monitor academic progress of the players throughout the school year.

Leadership Council

A leadership council will be formed this season. The council will consist of players from all grades chosen from applications (not based on performance on the field). The purpose of the council is to empower the players to make decisions for the good of the team. One aspect of the leadership council will be to form our summer team competition. Mini-teams will compete for points in the areas of academics, strength/conditioning, and community service.

Player Expectations

As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from sitting out time in the game to dismissal from the team.

Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

Policy on Athletic Absences: Any UNEXCUSED absences (*skipped practice, skipped weight training days, or skipped games (without a note/call from a doctor, parent, or yourself)*), will result in game suspensions or removal from the team. If you are going to miss any of the situations described above please contact the coaches in *ADVANCE*, and we will discuss a solution to the situation.

Policy on Playing Time: Always a hot topic for debate and interpretation. Any **player** may talk to a coach about their role on the team in a mature and appropriate way. Playing time is not something that will be debated with parents. It is the job of the coaching staff to watch, and evaluate players on a daily basis in order to make decisions regarding the ability and work ethic of the athlete.

Policy on Parental Contact: Should a concern develop over the course of a season the following is the only protocol that will be adhered to:

1. Player discusses concern with coach
2. Player/Parent face-to-face contact with coach
3. Parent, Coach, and athletic director meet

After player has contacted coach about possible meeting, parent may then email coach regarding place and time of meeting, with no other items discussed in email.

Any contact from a parent about playing before the player has contacted the coach will result in an automatic 1/2 game suspension from competition for the player based on coach's discretion. The following acts by parents are also acts punishable by game(s) suspension (based on Coach's discretion):

1. Behavior that reflects poorly on the Baraboo Football program. i.e. Yelling at officials, coaches, players
2. Derogatory statements sent through text messages, emails, or phone calls

Open Door Policy: As a coaching staff we promote players talking to a coach at anytime discussing their status and role on the team. Parents are welcome and encouraged to contact coaches about any other items other than playing time, via phone call, text message, email.

Our goal as both coaches and parents is to make our student-athlete's experience as enjoyable and successful as possible. Working together, we can accomplish this.

Hazing

No player will ever be ridiculed by another player either in the locker room, training rooms or on the field. The Junior Varsity players will be respected by the Varsity team, and vice versa.

Locker Room

The locker room floor will be free of trash and equipment that does not belong there.

Drugs and Alcohol Use

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in dismissal from the team.

Equipment Care

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the BHS football team. The average cost of outfitting you with essential and proper fitting safety gear is around \$700.00 per student/athlete. The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. We only require players to purchase their own cleats. Everything else will be loaned to the athletes so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

- **Helmet: Cost \$260.00 and up.**

This is not a device made to use as a weapon. The use of the helmet other than a safety device is strictly prohibited:

Inspect & tighten facemask screws weekly.

Inspect & tighten chinstrap screws weekly.

Inspect chinstrap buckles weekly.

Wipe down your helmet weekly (inside & out) with a damp cloth.

- **Shoulder Pads: Cost \$200.00 and up**

Inspect all straps, strings, & clips weekly.

Tape all your straps after proper clip adjustment has been received.

Wash the molded plastic with a damp cloth.

Clean Shoulder Pads on a regular basis with boiled water and a disinfectant

- **Pants, Girdle, Belt, & Practice Jersey**

Wash them regularly to keep them from stinking, staining and housing bacteria.

- **Hip Pads, Thigh Pads, Knee Pads & Tail Pads**

Wipe these down with a damp cloth.

If a player loses any piece of equipment then they are responsible for the cost of replacing it new!! Players need to report any faulty equipment to Coach Turkington.

Weight Room Requirement

We do not recognize any other physical conditioning program (Pulse, Anytime, Civic Center, etc) as a substitute to the high school program, they may be used as a supplemental program.

Playing time is not determined by weight room attendance, the best players will play on Friday nights. Having said that, the best players are usually the athletes that put their full effort into the high school strength and conditioning program year round.

All Football players will be required to participate in the Baraboo high school weight-training program during the season. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with the team in the off-season. The coaches will be giving awards for weight room attendance and achievement.

Winter Workouts

It is cliché, but championships are won during the off-season. Your football team is built December through July, not August through November. We will have off-season workouts during the school year after our regular season. They will include weight training, flexibility training and speed work. Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the BHS football team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

Summer Workouts

The summer is a time to get a jumpstart on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are not mandatory; but they are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% of summer workouts. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let a coach know BEFORE you leave. Be responsible and communicate. BE COMMITTED to your team and its goals. You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole.

Earning A Football Letter

Earning a football letter is an honor that each member of the football team must earn. The following criteria will determine your achievement as a football letter winner:

1. Make a positive contribution to the varsity football team. This includes being a consistent, hardworking member of the scout team in practice, member of special teams, and/or varsity starter.
2. Be free of code violations for the entire season.
3. Academically eligible for the entire season.
4. Complete the entire season, in good standing.
5. Return all equipment at the end of the season, on time.
6. Managers must meet same requirements as players (except for criteria #1)

2017 Player/Parent Contract

(Submission required for participation)

I, _____ (player), and
_____ (parent/guardian), have read the 2017
Baraboo Football Handbook. By signing below, we acknowledge that
we understand its contents and agree to the terms of the handbook.
We understand the guidelines for attendance, punctuality, playing
time, etc. We will do our best to work together to provide a positive
experience. We are aware of the commitment it takes to be a part of
the Baraboo Football Program and are aware that all decisions that
are made are for the betterment of the TEAM.