

BROUGHTON FOOTBALL

Spot the Ball!

*"Success is not purchased; it is merely rented.
And the rent is due every day"*



2015

PLAYER & PARENT HANDBOOK

"Win the Day"

Head Coach: Billy Lane
BLANE@WCPSS.NET
(919) 247-1334
www.broughtonfootball.com
Twitter: @capsfootball

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ALL DECISIONS REGARDING THE PLAYER EXPECTATIONS AND PROGRAM POLICIES OUTLINED IN THIS MANUAL ARE MADE AT THE DISCRETION OF THE HEAD COACH.

INTRODUCTION

This document will share our program's core beliefs and define the expectations for its participants. The coaching staff assumes that all players and their parents/guardians have read and agree to adhere to the guidelines established in this manual.

Each player must submit the “**Player & Parent Pledge**” included in this manual – both the player AND the parent/guardian must sign the form. Without the form, the player will not be eligible to play.

STRENGTH TRAINING/OFF-SEASON CONDITIONING

Developing athletes that possess the size, strength, and speed to be competitive in interscholastic athletics has become a year round task. We encourage our athletes to participate in more than football, for we feel that the experience will give them both the social and physical diversity that will promote the growth we are seeking. **Every football athlete is expected to enroll in a strength training class during the school day.** This is essential if you truly want to excel as an athlete. Our administration has made extraordinary commitment to schedule our football players in Weight Training with Coach Lane. Winning programs strength train YEAR-ROUND.

EXPECTATIONS FOR PARENTS

- ✓ Support our program – contribute your time, talents, or resources where you can! There are numerous volunteer opportunities during the season.
- ✓ Attend all Player/Parent meetings.
- ✓ Closely monitor your son's academic progress. Notify coaches and teachers if you think your son need additional support or there is an issue that needs addressing.
- ✓ Make sure your son gets proper rest and nutrition.
- ✓ If a problem arises, discuss it with a member of the coaching staff. We will do our best to resolve any problems. However, we will not discuss playing time with parents. We will gladly discuss what a player needs to do in order to become better athletes or increase his skill, but we will not directly discuss playing time.
- ✓ Set an appropriate example for your son.
- ✓ Let the players play and the coaching staff coach.

TEAM MEMBER EXPECTATIONS

Parent Meetings – communication is key!

During the off-season, we will hold important information meetings, and attendance at these meetings is **required**. Dates and times for parent meetings are listed in the football calendar and are publicized well in advance. A player who fails to attend the Parent Meeting with at least one parent will not be able to participate in the football program, attend practice, or play in games until a “make-up” document is signed and returned to the head coach.

General Discipline

- ✓ **Be honest.** Do not lie, steal or cheat; avoid people that do those things.
- ✓ **Be coachable.** Accept instruction and correction from you coaches and apply the teaching principles. **NEVER** talk back to a coach. **Ever.**
- ✓ Maintain a clean and respectable appearance and conduct yourself with honor and character at all times.
- ✓ Do not use tobacco, alcohol or illegal drugs and avoid those who do. We will adhere to the **Broughton/WCPSS Code of Conduct** regarding the use of drugs, alcohol and tobacco.
- ✓ Follow all school rules. Disciplinary decisions made by the faculty and school administration will be supported by the football staff.
- ✓ Do not wear jewelry at practice, on the sideline or in the weight room.
- ✓ Be on time! Always hustle! Failure to arrive on time and prepared shows a lack of respect for your teammates and coaches.
- ✓ Read the calendar and attend scheduled events. Don't miss practice or meetings without strong personal conflicts or sickness. **Unexcused absences are grounds for suspension and/or dismissal.** Every missed practice will result in the loss of instruction, and most probably the loss of playing time and eventual dismissal from the team. Extra work will be assigned to those who miss practice.

Coaches Office

- ✓ Knock on the door and wait for permission to enter.
- ✓ Athletes are not allowed in the coaches' office unless a coach is present.
- ✓ Athletes are not allowed to use the phone without permission.
- ✓ Do not sit at or take materials from a coach's desk.
- ✓ Handle all video equipment with care.

Locker Room Rules

- ✓ Only BHS football players and coaches are allowed in our locker rooms
- ✓ Players are responsible for the condition of the locker room. Follow the duty roster.
- ✓ Keep your locker clean and organized. Follow the locker guidelines provided.
- ✓ Secure your personal belongings **INSIDE** your locker before departing for practice.
- ✓ Remove your cleats **OUTSIDE** before entering the locker room or back lobby.
- ✓ Cleats are not permitted anywhere inside the gym for any reason.
- ✓ Place all trash in trash cans – paper towels go in the trash can, not the toilet/urinal.
- ✓ Flush the toilet after each use.
- ✓ Do not leave valuables unsecured.
- ✓ No horseplay in the locker room, lobby or gym classrooms.
- ✓ Music should be kept to a reasonable volume level and the language must be **school-appropriate.**

Equipment Rules

- ✓ Do not remove BHS-issued football equipment from school grounds.
- ✓ Never sit on your helmet.
- ✓ Take care of your equipment – it is expensive and should be treated as such.
- ✓ Do not alter any equipment – this includes the cutting of chin straps or shoulder pad straps! You will be charged for any equipment you damage, alter or lose.
- ✓ Do not trade equipment. If you have a problem with a piece of equipment, see a coach.
- ✓ All players are responsible for the return of all equipment issued by BHS Football.
- ✓ If you use a personal helmet, it must be examined and approved by the coaching staff. NO exceptions.

Practice Rules – Practice is sacred!

- ✓ Players are expected to attend every practice.
- ✓ Make practice an *event* through your enthusiasm and effort.
- ✓ Be coachable – accept the teaching!
- ✓ If an emergency arises, you must notify the head coach. He will determine if the absence is approved.
- ✓ **Any absence not communicated before the start of practice is automatically unexcused.**
- ✓ Be on time for all meetings, workouts and practices. Remember – 30 minutes early is considered on-time.
- ✓ Injured athletes are expected to attend every practice.
- ✓ Jog on and off the field before/after practice and to/from water breaks.
- ✓ You must seek treatment for an injury as soon as possible. Communicate with the head coach and our athletic trainers, Coach Cicco and Coach Blackwell.
- ✓ When observing practice, take a knee or stand; never sit down.
- ✓ When a coach is talking or instructing, watch and listen with the intent of learning.
- ✓ Do not remove your helmet without permission; never sit on your helmet.

Trip/Travel Conduct

- ✓ Be on-time. Remember – to be early is to be on-time! Our departure time is our departure time – the bus will not wait for you.
- ✓ Be responsible for all gear to and from the game.
- ✓ You go and return with the team.
- ✓ Be quiet on the bus. Use the travel time to continue your mental preparation for the game.
- ✓ If traveling with the team but not playing (injured players or assisting the team or trainer) – we expect you to follow the same guidelines as those playing. Distractions will not be tolerated.
- ✓ Absolutely no jewelry is permitted on any trips. You can't wear it during the game and it becomes an additional distraction as you try to keep up with it.

Game Conduct

- ✓ Sprint on and off the field at all times.
- ✓ Maintain positive body language.
- ✓ Maintain mental alertness and preparedness at all times. Follow the game action, watch your position, have your helmet on your head or in your hands. Answer the call!
- ✓ Do not yell at officials or opponents.
- ✓ It is solely the responsibility of the head coach to talk to officials from the sideline.
- ✓ Do not engage in “trash talk” with your opponents. Trash talk is wasted and misdirected mental energy.
- ✓ Be enthusiastic at all times. We are not “front-runners.” We embrace all challenges and respond to adversity the same way we react to success – with enthusiasm!

Immediate Dismissal

- ✓ Stealing.
- ✓ The use, possession or sale of illegal drugs or alcohol.
- ✓ Missing more than two practices without being excused.
 - Failure to communicate with the Varsity or JV Head Coach **before** the start of a practice is automatically an unexcused absence.
- ✓ Continuous school or team infractions.
- ✓ Disrespecting the school faculty/administration or the coaching staff.

TEAM DISCIPLINE

If you want to be a champion on Friday night, then you must practice being a champion every day.

- ✓ Attend all classes during the week; never look to take the easy way out. You’ll end up looking for it on Friday night, and it won’t be there.
- ✓ Attend and perform at study hall as you do on the practice field. Invest the time to practice academics as you do athletics.
- ✓ When in the weight room, lift! When on the track or practice field, run! When someone is talking, listen!
- ✓ Above all, always display a positive social decorum – be an example to others.

NORTH CAROLINA HIGH SCHOOL ATHLETIC ELIGIBILITY

Every in-coming 9th grader is eligible during the Fall Semester. However, each student must meet these requirements to remain eligible throughout the remainder of his career.

Age: Cannot participate if he becomes 19 years of age on or before August 31, 2014.

Attendance:

Must follow NCHSAA rules, which mandates 85% attendance for the previous semester and includes **ALL** absences. This equals 54 individual period absences.

Academics:

1. Must meet promotion requirements at their school to be eligible for the fall semester – this means earning **SIX** credits each year, one of which **MUST** be **English**).
2. Must earn passing grades in **SIX** courses during each semester in order to be eligible for the following semester.

WCPSS also requires a cumulative overall grade point average of 1.5 or above.

Summary: Your Fall Semester eligibility is tied to both your year-long grades and Spring Semester grades!! Your grades always matter!!

Medical Examination

Must receive a medical examination once every 365 days by a duly licensed physician, nurse practitioner, or physician's assistant.

****The Athlete and Parent/Legal Custodian must read the Concussion Information Sheet and sign the Concussion Statement.**

Other NCHSAA Requirements

1. Students can only participate during 8 semesters, beginning with the student's entry into 9th grade or participation on a high school team.
2. Students cannot participate at the high school level for more than four seasons in that sport (one season per year).
3. Students cannot be convicted of a felony in this or any other state, or adjudicated as a delinquent for an offense that would be a Felony if committed by an adult in this or any other state.

****May not play, sit on the bench, or practice if ineligible.***

May not participate in practice or a game if assigned to In-School Suspension (ISS) or Out-of-school Suspension (OSS).

May not participate at a second school in WCPSS in the same sport season.

NCAA ELIGIBILITY – Football After High School

The coaching staff will do all that it can to promote our players to colleges and find a place for a qualified athlete to play. However, what you do in the classroom is just as important as your performance on the field.

Always remember: Your BEST bet for capturing money to pay for college is by succeeding in the classroom!

List below are the current standards for qualify for NCAA Division I & Division II football:

CORE COURSES

- Division I and II both require **16 CORE courses**. However, the requirements within that set of 16 differ. See table on the next page.
- For students entering college on/after 8/1/16 (students who are FR, SO, JR in 2014)
 - 10 of the 16 CORE credits must be from courses taken *before* the senior year
 - 7 of these 10 courses must be in English, Science, and Math

TEST SCORES

- **Division I** uses a “sliding scale” to match test scores and CORE GPA. A student’s year of entry into college determines the scale used.
 - New rules for ALL student-athletes entering college on or after 8/1/16:
 - You may be a:
 - Full-qualifier (receive aid/participate as a freshman)
 - Partial-qualifier (receive aid/practice, can’t play as freshman)
 - Non-qualifier
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- When you register for the SAT or ACT, be sure to use the NCAA Eligibility Code of **9999** to make sure your scores are reported!! Test scores that appear on transcripts will not be used

GRADE POINT AVERAGE

- Be sure to look at our school’s list of NCAA approved courses (accessible from www.broughtonfootball.com)
- The NCAA only uses grades from CORE classes!
- **Division I:** check the “sliding scale” to match your GPA to your required test score. Remember – some students will use Scale A and some will use Scale B.
- **Division II** requires a minimum CORE GPA of 2.000.

NCAA CORE Course Requirements

DIVISION I (2013 and After) <u>16 Core Courses</u>	DIVISION II (2013 and After) <u>16 Core Courses</u>
4 years of English	3 years of English
3 years of Math (Algebra I/higher)	2 years of Math (Algebra I/higher)
2 years of Natural/Physical Science (1 year of lab if offered)	2 years of Natural/Physical Science (1 year of lab if offered)
2 years of Social Science	2 years of Social Science
1 year of additional English, Math, or Science	3 years of additional English, Math, or Science
4 years of additional courses from any area above, foreign language, or religion/philosophy	4 years of additional courses from any area above, foreign language, or religion/philosophy
*Earn a minimum GPA in your CORE Courses (see sliding scale)	*Earn 2.000 GPA or better in your CORE courses
*Earn an SAT or ACT score that matches your core-course GPA according to the sliding scale	*Earn an SAT score of 820 or ACT score of 68
	*No sliding scale in Division II
Division III (Non-scholarship) There are no initial eligibility requirements for D-III. If you are accepted into school, you are immediately eligible.	

A sample CORE GPA calculator spreadsheet is also included.

Core Course Subject Areas: Math, Science, Humanities, English and Foreign Language

Core Courses	Letter Grade	Credits	Quality Points	
English (4 courses)				
9th grade	B	1	3	
10th grade	B	1	3	
11th grade	C	1	2	
12th grade	B	1	3	
Math (3 courses)				
Algebra I	B	1	3	
Geometry	C	1	2	
Algebra II	C	1	2	
Humanities (2 courses)				
Civics	B	1	3	
US History	B	1	3	
Science (2 courses)				
Biology	B	1	3	
Earth Science	A	1	4	
Additional Math, English, Science (1 course)				
Chemistry	B	1	3	
Four Additional Core Course Credits				
Spanish I	A	1	4	
World History	B	1	3	
Spanish II	C	1	2	
AFM – Math	B	1	3	
CORE GPA CALCULATION		16	46	Core GPA
		Total Credits	Quality Points	2.875

Matching SAT score with a 2.875 CORE GPA

FR/SO: 850 (ACT: 70)

JR/SR: 670 (ACT: 55)

*these represent the scores needed to be **eligible** as a Freshman

**students entering college on/after Aug 1, 2016 can qualify for aid and practice with lower scores, but are not eligible for competition as freshmen

INJURY

There are two areas to injury treatment;

1. Diagnosis
2. Rehabilitation

The following diagnostic procedure is to be followed regarding football injuries:

1. The trainer and/or team doctor will examine the injury when the injury occurs.
2. X-Rays should be taken as soon as possible if deemed necessary.
3. The player should be referred to the doctor for a rehabilitation schedule if necessary.

It is very important to avoid seeing a doctor who is unfamiliar to your situation or lacks experience with football-related injuries. If a visit to the emergency room is absolutely necessary, it is vital to get a referral from an orthopedic doctor. We do not want a diagnosis and written orders from an emergency room doctor. If you feel as though you need to see the doctor, contact Coach Cicco and she will work to arrange a visit.

Injury/Rehabilitation Procedures:

Report to the Athletic Trainer daily.

1. Follow written orders from the orthopedic doctor and/or attending physician.
2. Follow our training staff's rehabilitation plan (Coach Cicco and Coach Blackwell).
3. **Attend all practices; in appropriate gear, for the duration of the injury. Participate with your position group in whatever capacity your injury allows. Time spent on the injured list must still be productive – anyone who becomes a distraction at practice will be sent home.**
4. Attend practice for full contact only after given clearance by the doctor and our training staff and that clearance is confirmed through the Head Coach.
5. If you sustain an injury that will terminate your ability to play for the remainder of the season, you are encouraged to continue your association with the team – completing the season is important for you and your teammates! A letter for participation can and will be awarded to an injured player who makes meaningful contributions while unable to see action on the field.
6. Communicate! Let us know where you stand medically.
7. Be honest – never lie or misrepresent an injury. Your safety and well-being are our most important concern! The football staff will fully support the training staff.
8. Be proactive. Obtain a qualified medical diagnosis, and aggressively rehabilitate yourself as quickly as possible, so you may return to doing what you love to do – playing football!