



FOOTBALL

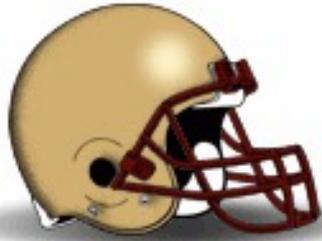
PLAYER EXPECTATIONS AND POLICIES



APPLE VALLEY FOOTBALL



***“BE ACCOUNTABLE
AND RELIABLE”***

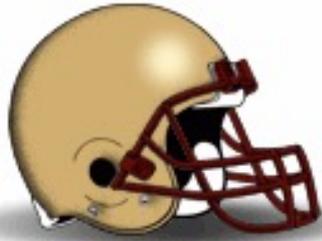


EAGLE ATTITUDE



Represent Yourself, Your Family, Our Team, and Our School In a Positive Way

- As a member of our team you are visible in our school and in our community and your choices reflect upon our team. Others are watching and listening to you even when you may not be aware of it.
- Control your language and choose your words carefully.
- Dress in a way that shows respect for yourself and our school.
- Keep your composure and demonstrate self-control in difficult situations.
- Remember that you are a role model for younger players in our program. Do not take this responsibility lightly.



EAGLE ATTITUDE



Treat Others With Respect

- If you want to be treated like a man, act like a man.
- Treat your family, teachers, teammates, coaches, and others with respect and you will likely be treated the same way.
- Respect your opponent, this shows respect for the game and for yourself.

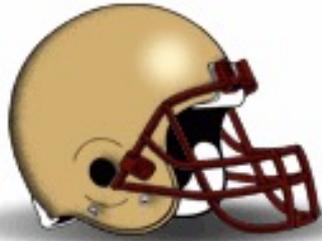


EAGLE ATTITUDE



Be On Time

- Punctuality is a life skill.
- Make a plan to be on time for classes, meetings, and practices.

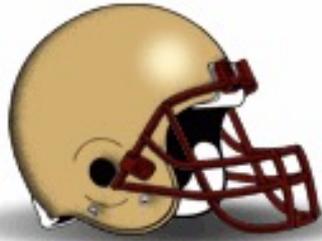


EAGLE ATTITUDE



Accept Coaching

- When a coach asks you to do something a certain way, you can be certain there is a reason for it. Do your best to do the job the way it is being taught.
- Be willing to accept constructive criticism, it is not personal.
- Coaches will correct mental mistakes and technique errors in order to make you a better player.
- Understand that coaches have high expectations for you and we hope you have high expectations for yourself.

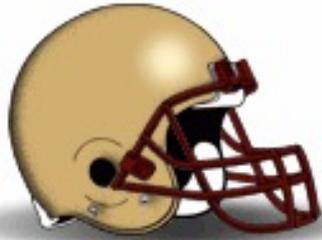


EAGLE ATTITUDE



Respect Facilities and Equipment

- You are responsible for all equipment that is issued to you.
- Your jersey is earned; do not allow others to wear them.
- When using weight room always return equipment to its proper place.
- As a team maintain the appearance and cleanliness of the locker room. It is not someone else's job to clean up after you.
- Leave any rooms used for meetings better that we found them.

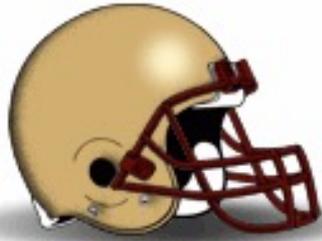


EAGLE ATTITUDE



Follow Protocol For Injuries

- Report injuries to a coach.
- Have Trainer evaluate injury.
- See doctor if advised by Trainer.
- If you are injured you are expected to report to practice after receiving treatment.
- If you are not injured or receiving treatment **STAY OUT OF THE TRAINING ROOM.**



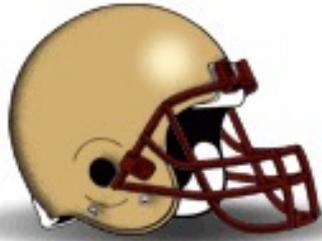
EAGLE ATTITUDE



Adjust Your Lifestyle For Us To Be Successful As a Team

If you are ineligible you cannot play regardless of how talented you are!

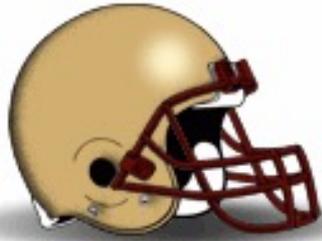
- Meet ISD 196 eligibility requirements.
- Comply with AVHS conduct code and school policies.
- Comply with MSHSL training rules.
- If you attempt to beat the system it will catch up with you and you will become a detriment to the team.



ATTENDANCE POLICY



- **Players are expected to attend all practices and meetings.**
- Because football requires a coordinated effort from many and because preparation time is limited, being absent from practice affects the entire team. In short your teammates are depending on you.
- Players and parents will be provided with a detailed season calendar and scheduling considerations will be made for holidays and ACT testing dates. Please coordinate work hours and schedule travel plans accordingly.



ATTENDANCE POLICY



- If you are unable to practice for any reason **YOU** are responsible for reporting to a coach **BEFORE** practice. This would be considered an excused absence. Failure to report an absence in this way will be considered an unexcused absence.
- **Excused absences** will require time to be made up as extra conditioning and/or meetings with coaches. **Unexcused absences** WILL result in extra conditioning and may also result in additional penalties including playing time.



ATTENDANCE POLICY



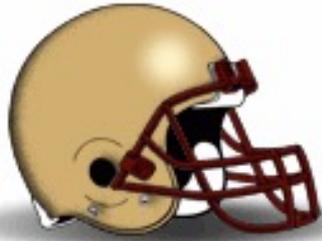
**ANY PLAYER THAT HAS 3 UNEXCUSED
ABSENCES WILL BE REQUIRED TO HAVE A
MEETING WITH THE COACHING STAFF TO
DISCUSS YOUR STATUS WITH THE TEAM**



PLAYING TIME



- **Some General Statements About Playing Time:**
- Playing time is not an entitlement.
- We will play the combination of players that we believe gives us the best chance to be successful.
- Special teams players are “starters”.

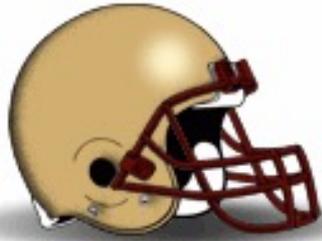


CONSIDERATIONS FOR PLAYING TIME



TRUST

- Do you know your assignments? If the answer is “no” we cannot play you.
- Have you attended practices, meetings, lifting, and classes?
- Have you demonstrated to your teammates that you are reliable?

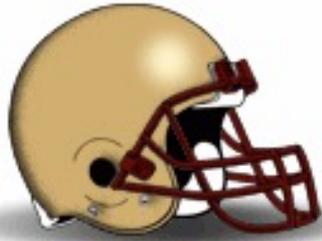


CONSIDERATIONS FOR PLAYING TIME



EFFORT

- What kind of practice player are you?
- Do you play hard on every play?
- Are you coachable and disciplined in your techniques?

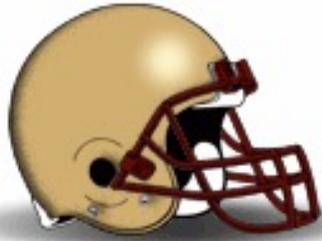


CONSIDERATIONS FOR PLAYING TIME



ABILITY

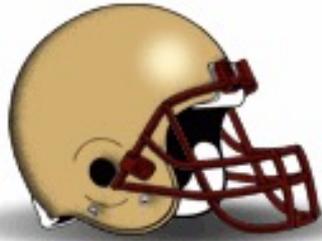
- Do your physical skills allow you to execute your assignments?
- Do you perform on a consistent basis?
- When given the opportunity do you make the play/block/tackle?



COMMUNICATION WITH COACHES



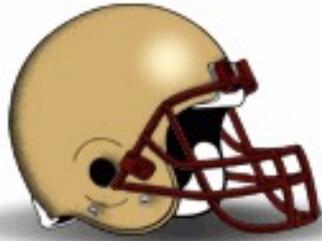
- Our coaching staff is committed to treating players with respect and honesty and most issues can be resolved with a simple discussion.
- Protocol for communicating questions or concerns about a player should be as follows:



COMMUNICATION WITH COACHES



- Discussion between player and his position coach and/or coordinator.
- Discussion between player, position coach and/or coordinator and head coach.
- Discussion between player, parent, and head coach.
- Discussion between player, parent, head coach and athletic director.



LITTLE THINGS MAKE A BIG DIFFERENCE



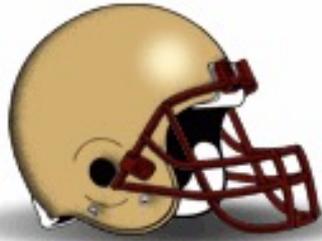
- Addressing Coaches: “Coach _____”.
- PHONES are **NOT** allowed in team meetings or team weight lifting
- Jewelry is **NOT** to be worn in weight room or at practice
- Headgear must not tie and must be concealed by helmet



LITTLE THINGS MAKE A BIG DIFFERENCE



- **NEVER** wear cleats in the building
- **ALWAYS** wear a shirt in the building
- **SHORTS:**
BROWN/GOLD/BLACK/WHITE/GREY
- **GAME GEAR AND CLEATS:**
BROWN/GOLD/BLACK/WHITE



SOCIAL MEDIA





SOCIAL MEDIA



- ONCE IT'S OUT THERE YOU CANNOT TAKE IT BACK!
- PAUSE AND THINK BEFORE YOU TWEET, POST, OR SEND!
- WOULD MY (IMPORTANT PERSON) APPROVE IF THEY SAW THIS?



SOCIAL MEDIA



Georgia Coach Mark Richt Dropped a Recruit Because of His Tweets

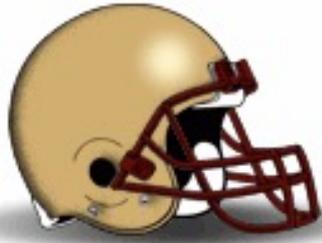
-8/4/14

Penn State OL Coach Herb Hand Drops Recruit over Social Media Actions

-7/30/14

“Had to stop recruiting a young man this evening. Still amazed by what recruits tweet/retweet/ College coaches are watching.”

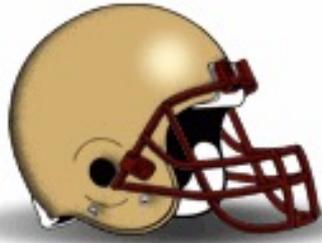
-Jamel Singleton, Oklahoma State



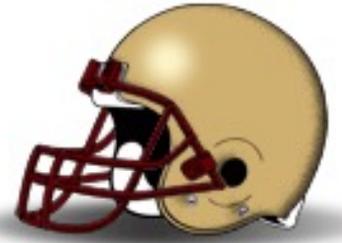
APPLE VALLEY FOOTBALL



“LOSERS assemble in little groups and complain about the coaches and other players, but *WINNERS* assemble as a team and find ways to WIN.”



APPLE VALLEY FOOTBALL



“Show *class*, have *pride*, and display *character*. If you do, *winning* takes care of itself.”

-Paul “Bear” Bryant