

# Milaca Football 2019

## Vision

The vision for Milaca football is to be a team that consistently competes for section championships, and ultimately for a state championship. To this end, our staff will teach and uphold three core values that are critical to success on and off the field. Emphasis on these values will help foster a championship culture throughout the entire Milaca community.

## Core Values

### 1. Drive

The coaching staff will foster a desire to succeed by building strong relationships with athletes, teaching systems and skills purposefully, and then stepping back and letting athletes compete. Our practice routines will incorporate high levels of healthy competition. Ultimately, we seek to be a team that competes on both sides of the ball in practice, which in turn will increase the team's overall level of competitive drive within games. This means our Scout Team or 2<sup>nd</sup>/3<sup>rd</sup> string players compete as seriously as our starters, elevating the level of competition within the team first. From a coaching standpoint, this too will be an essential function of our approach to practice. In summary, we want our players to direct their future, not passively accept it.

### 2. Endurance

From a physical standpoint, our team sets the goal every year to be the best conditioned team. This will give us the opportunity to compete for more wins, even if we are not in position at the end of the first half. Further, our players need to have resilience to overcome obstacles and examine failures to become a better team. This is necessary in the small moments and throughout the season.

In order to be a team that sustains success year-after-year, we need to teach our players to embrace intelligent failure. Our strength of schedule is among the best for AAA, and we expect to be challenged in our systems and execution. However, intelligent failure means that we examine the source of that failure and work collectively for solutions, knowing that there is a playoff season ahead. In contrast, early failure—*unintelligently*—might mean that players pack it in before they realize their potential individually and collectively. It takes mental endurance to fail intelligently and use that failure to become greater. While in thought this is an easy enough concept, in practice it is among the most challenging and inconsistent.

### 3. Balance

As a football family, we strive to keep sight of the greater purpose that the game serves. Our coaching staff will teach to ensure that players strike a balance between the outcome of any contest and the continuous acquisition of life-long maturity. When players strike the appropriate balance between the immediate context of the activity and the life-long purpose of the game, not only will they win more, but they will become great leaders as well.

In contrast to this approach, one of the greater abuses to amateur athletics in the recent past has been the over-identification of young athletes with a sport, or even sometimes a position within a sport. The results of this have been disastrous, as more youth have quit sports early or have gone on to mediocre success in one sport at the expense of being a successful, well-rounded, multiple-sport athlete. Our coaching staff will teach an appropriate balance to the game of football so that it is played the way it

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is meant to be played, but it does not cripple the individual from applying its lessons beyond the game.

### **Teaching our players the game comes first. The rest follows.**

Additionally, it is the head coach's role with the help of his staff to balance the approach to the team. Each year, the team presents a different personality with varying goals, skill sets, and weaknesses. The head coach will design and implement structures that balance the weaknesses of the team on any given year, without changing the core identity on offense or defense. Balance is critical in achieving sustainable success on and off the field.

## **Rules and Expectations of Players**

- Don't cut or alter equipment.
- Lock valuables up before leaving locker vicinity.
- Take care of your locker room. It is your home away from home. It is not anyone else's job to clean up your messes. Throw tape and other debris in the garbage can. Have pride in your home.
- We will travel to opposing fields in Wolves gear
- We will dress alike on the field
  - sock color and length will be the same
  - no jewelry
  - no head bandannas
  - no face painting
  - **any other apparel additions and/or modifications to the standard equipment is at the discretion of the head coach**

If you want to be noticed, let your actions speak louder than dress. Remember it is WE, not I.

## **Practice**

- Every player will wear issued uniform (practice and games).
- It is a rule that players wear a mouthpiece and that every player wears hip, thigh, and kneepads. Failure to comply results in a charged time out the first time and a penalty the second. You will be asked to leave the practice field and return with the proper equipment.
- If you are not in a drill, you must be standing or taking a knee--- NO SITTING
- **NO CLEATS ARE TO BE WORN IN HIGH SCHOOL BUILDINGS *unless mats are rolled out and the cleats do not come in direct contact with hard surfaces in the main building.***
- Be on the field and ready to go 15 minutes before practice begins
  - Route-Running or Lineman Warm Up
  - NO STANDING AROUND
- Hustle to everywhere on and off the field
  - This will be an expectation from opponents on Game Days
- Support your teammates through your actions and words
  - EVERYBODY PICKS UP EQUIPMENT
- **BE AT PRACTICE**
  - Players will be sore and tired
  - We practice early during Two-A-Days (**pre-practice warmup at 7:45 am**)
  - **Neither of these two things is an excused absence (being sore and getting up early)**
  - It is better to be late than completely miss practice
    - Expect extra conditioning if you are late
  - If you are injured, you are expected to be at practice until otherwise notified
    - Come to practice unless it is an extreme injury
    - Don't skip and later say it was because you had a minor injury
  - Make every effort to schedule doctor appointments and other appointments outside of practice times

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- EVERYONE NEEDS TO SEE EVERYONE ELSE AT PRACTICE CONSISTENTLY TO BECOME A GREAT TEAM

- **3 UNEXCUSED ABSENCES MEANS REMOVAL FROM THE TEAM**

- Reinstatement must be asked by the player from the head coach
- Reinstatement is at the discretion of a head coach, and it will result in a no-game period of at least one week, in addition to other guidelines specified by the head coach

- **Unexcused Absences will be dealt with as follows**

- First Unexcused: Extra conditioning at head coach's discretion
- Second Unexcused: Sit the next JV/Varsity game
- Third Unexcused: Removal from team

- **EXCUSED ABSENCES**

- Multiple, Excused Absences *will likely* result in loss of playing time
  - The players who are at practice and giving effort are the ones who are getting prepared, and they will be the ones who we want to put in JV and Varsity games
- **Absences are excused in the following circumstances:**
  - A parent notifies the coach ahead of time via phone/voicemail or email
  - A parent notifies the coach with a written, signed, and dated note in advance of an absence
  - A doctor note shows that a player must miss practice
  - Any circumstance where a player has to miss practice must be brought to the head coach's attention as soon as possible
  - If you are injured or ineligible, you must come to practice until the head coach gives you permission otherwise

## **Violations and Eligibility Problems**

### **Drugs/Alcohol Violations**

1. A student shall not at any time, regardless of the quantity: A. use or consume, have in possession a beverage containing alcohol; B. use or consume, have in possession tobacco; or, C. use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia.

- First Violation: Two Games or Two Weeks, whichever is greater
- Second Violation: Six Games or Three Weeks, whichever is greater
- Third Violation: Twelve Games or Four Weeks, whichever is greater
  - These penalties carry over into subsequent MSHSL competitive sports and activities

### **Grades/Academic Eligibility**

**Academic Eligibility**—(As set forth in the Milaca High School Student Handbook)

#### **Procedures**

1. Students must maintain passing grades (Year to Date) in all classes they are currently enrolled in to maintain academic eligibility.
  - a. Students in special circumstances must be making satisfactory progress toward the student's Individual Education Plan (IEP).
2. Grades are reviewed at 3-week intervals during each quarter by the activities office. (Three times per quarter at weeks 3, 6 and 9. Week 9 is their final quarter or semester grade.)
3. If a student is failing, they will enter a 2-week probation period. Participation may continue through these 2 weeks, but the focus will be on the student's academics. Students may have only one probation period per class per semester.
4. Students that are on probation for a third time or more will meet with parents and administration to develop a plan for academic success.

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5. If any failing grades remain after the 2-week probation, the student will be immediately **suspended** from participation (i.e. practice, games, etc.) in all events until they earn passing grades. (\*\* “suspended” = student is not allowed to participate in any practices, games, or team activities)
6. Students are declared eligible when “passing” status is achieved.
7. In year-long classes, if students were failing at the end of semester 1, they will remain ineligible at the beginning of semester 2 until the 3-week grade check.
8. This policy begins at the beginning of each school year. All students begin the year as eligible as long as the student meets MSHSL credit requirements for graduation.
9. Students eligible (earning passing grades, not on probation) at the beginning of MSHSL tournament play shall remain eligible throughout the tournament.

### **IF STUDENTS ARE FAILING, THEY ARE EXPECTED TO BE AT PRACTICE UNLESS GIVEN PERMISSION OTHERWISE BY THE HEAD COACH.**

### **Expectations and Explanations for Parents**

- Ensure that your son is making it to practice on time, especially during Two-A-Days
  - Whatever it takes to get him up in the morning...
- Communicate questions and concerns with the head coach
- Game Night Policy
  - The head coach will not be checking emails or taking phone calls after varsity games, unless it is a medical and/or emergency situation
- Model sportsmanship in the stands
- Be there to watch as often as you can
- 9<sup>th</sup> Grade and Junior Varsity Playing Time: Everyone who has been at practice will get quality reps during 9<sup>th</sup> grade and JV games at their positions
  - Our coaches will get this as close to equal as possible, but remember that an overabundance at one position (e.g. Offensive Lineman) means more rotation will take place, whereas if only three or four people are at another position (e.g. Running Backs), less rotation may occur
  - Our coaches also have the discretion to put who they believe are the best 11 on the field during key game situations.
  - Our coaches have the discretion, knowledge, and experience to place players in the offensive, defensive, and kicking teams positions that will best serve the team
    - Players can add input, but where a player plays is the choice of the coach
- Varsity Playing Time: As a varsity sport, playing time is not guaranteed to be equal for all players during varsity games
  - A large part of this is because of the various number of players we have at each position
  - We strive to get everyone who has been at practice in the game in some capacity, though we cannot guarantee this--- there will be starters on Offense, Defense, and on Special Teams, and there is no guarantee as to the amount of time backups will see at their positions
    - Circumstances for playing time vary depending on the situations of the players, the game plan, and team cohesion
- If questions or concerns arise, contact the head coach
  - My assistant coaches will be directing program and/or player issues to me

### **Lettering Policy**

- Players who are regular starters and/or contributors in varsity games on Offense, Defense, and/or Special Teams will receive a varsity letter, but they must also finish the full varsity season with the team
- All seniors who finish the full varsity season with the team will receive a varsity letter

**Communication and Chain of Command**

Following the chain of command is essential in any organization. The following is recommended to resolve communication issues and to ensure concerns are resolved at the appropriate level. If resolution of the issue is not achieved at the first level of communication, the next level on the protocol is followed.

***\*\*\*Do not skip any steps in Chain of Command***

Step 1: Player to Coach

Step 2: Parent/Player to Coach

Step 3: Parent/Player/Coach to Assistant Principal of Student Activities

Step 4: Parent/Player/Coach/AD to Principal

Step 5: All Parties to Superintendent

Step 6: All Parties to School Board