

# **SEASIDE HIGH SCHOOL FOOTBALL**

## **PLAYER/PARENT HANDBOOK**



## **MAKING OF CHAMPIONS**

# M.O.C.

## MAKING OF CHAMPIONS

### 3 COMPONENTS:

- Men of Commitment
  - Work Ethic: have a blue-collar attitude. Do not take short cuts and do it right the first time.
  - Accountability: You control your choices. Be on time. Simplify your life. Don't make excuses or offer explanations.
  - Enthusiasm: This fuels the team. It is contagious and infectious.
  
- Men of Character
  - Trust: Trust in each other's integrity and abilities. The team trusts you to do your job. The team trusts your word and consistency.
  - Believe: Know that the day will go in your favor until the final horn sounds.
  - Unity: Come together as one. Show solidarity. Keep an open, honest, direct and respectful line of communication with everyone on the team.
  
- Men of Class
  - Integrity: Your reputation is based on what others think of you. Do the right thing in public and in private. Be honest and humble.
  - Respect: Play the game the way it was meant to be played.

# Player/Parent Handbook

The following information is handed out to all players in August of each year. At that time, each player and parent must complete a signature page acknowledging that they understand the information in the handbook. Players cannot take part in games until the completed signature page is turned in. Players must also follow guidelines established in the Seaside School District Athletic Handbook.

**Preseason Requirements.** All football players must have the following completed prior to the first practice session:

- Insurance
- Physical Exam on file in the athletic office.
- Participation fee paid
- Participation and eligibility form read and signed by player and parent.
- Seaside High Athletic handbook read and signed by player and parent.
- Seaside Football Player/Parent handbook read and signed by player and parent.
- Meet academic eligibility requirements for OSAA and Seaside schools.

**Practice Sessions.** The following guidelines will be followed by all players participating in our program:

- All practice sessions begin on time. Players are expected to be dressed and ready to begin practice at the designated times. Any player who is not prepared to begin when the practice session starts may be excused from that practice session and may be subject to the penalties invoked for a missed practice.
- All players will be dressed in appropriate equipment as designated by the head coach. Only equipment issued or approved by the head coach will be acceptable. Any equipment that is broken or in need of repair must be brought to the immediate attention of the coaches and practice must not continue for that player until the problem has been corrected.
- **Absences:** Players will occasionally have to miss a practice. In this case, all players must be cleared to miss a practice session prior to being gone. (Illness may be cleared by telephone call to the coach). Players or parents must let the head coach know in person, by telephone, or email. Players will not be excused if they have one of their teammates tell the coaching staff. Players who do not clear their absences may be considered unexcused and subject to the penalties that go with that infraction. Only those absences cleared by the head coach are considered excused (haircuts, jobs, hunting, etc. are not acceptable excuses). The following guidelines cover absences:
- **School absences:** To be eligible to participate in practice or a game Players must be present in all classes for the day. If a player must miss a class he will only be allowed to participate that day if he has communicated with the head coach directly prior to the absence. ie. Doctor's appointment on Wed. Tell the head coach at Tuesday's practice that you will miss 4<sup>th</sup> period for a doctor's appointment.
  - **Excused:** A player who is excused from missing a practice or a game will maintain the status of a regular player. He may, however, lose his starting position as a result of missing the practice session.
  - **Unexcused:** A player who misses a practice session that is deemed "unexcused" by the coach will be warned after the first infraction and their playing time will be impacted. If a second violation occurs, the head coach will begin the process for dropping the athlete from the football program.

**Equipment.** All gear that is checked out to a player will be the responsibility of that player and must be returned at the end of the season. Players will be billed for anything not returned at the end of the season.

**Hazing.** To haze is to subject a group or individual to abusive or humiliating tricks and ridicule or to otherwise subject that group or individual to experiences that are not in line with team goals and expectations. Hazing is strictly forbidden and will not be tolerated by any member of the football program. Any student found to have engaged in hazing practices will be referred to the police, subject to school discipline, and dismissed from the football team immediately.

**Game Day Expectations.** All players are expected to dress appropriately for school on game days. The players will wear their game jersey and clean cut shorts or pants and shoes (no holes or rips in pants or shorts or sagging below waist). All injured players on the sidelines of the game will wear what they wear to school. Players will be expected to dress in the uniform issued to them for the game and will only use accessories approved by the head coach. Any player who arrives late or who is not dressed in time may be subject to discipline by the head coach. **Any player who forgets any equipment or uniform on road games may not be allowed to play in that game.**

**Academics.** Football players come to Seaside High School for the purpose of learning and progressing toward a high school diploma. All athletes will be students first. The standards for athletic participation in our district are minimum guidelines set to insure natural progression toward graduation. Any time the coaches are notified of classroom deficiencies or poor behavior by a player, steps will be taken to improve the situation. Our players will be expected to keep up with classroom requirements or they will be excluded from participation in the football program until those requirements are met.

**Parent Participation.** Parents may wish to attend practice sessions. We welcome this situation but we would appreciate cooperation in doing so. All parents and friends who come to observe our players in their practice sessions are asked to remain on the sidelines away from the drills. We appreciate having people watch and not distract the players or coaches from this preparation. Areas provided at all games allow spectators to get a good view of the action. It is unacceptable to have anyone who is not a part of the team inside roped off areas. Fans should not be in the area of the player's bench, inside of the ropes/fence, or inside the locker room. We expect parents to be positive and to show their support in a positive and sportsman like manner. Anytime parents feel less than positive, a meeting with the head coach is encouraged. Remember your child cannot be positive about situations in which you do not show positive support.

**Locker Room.** All players are issued a locker with a locker combination. Players are expected to keep the locker room clean and organized. Any equipment should be stored away in their locker and locked whenever they leave the immediate area. Any money or valuables that are brought to school should be turned in to a coach so that it may be locked up in the office area. The use of any type of electronic device is strictly forbidden for the purposes of taking any photographs inside the locker room. A violation of this rule is grounds for immediate dismissal from the football program.

**Bus Trips and Travel.** Players will be taken on away trips if they have earned the right to go as participants. Other players may be taken if they show a desire to cooperate and willingness to follow expected behavioral guidelines. Players are expected to keep the buses clean and to follow all of the normal district and state rules regarding bus travel. All players who ride the bus to games will also return home on the bus unless previous arrangements have been made by the parents through the head coach.

**Injuries.** Football is a contact sport that can result in a variety of injuries to the player. The player must understand that he is risking injury by playing this sport and take the necessary precautions. Anytime an athlete is feeling pain or feels discomfort of any kind he must make the coaches and trainer aware of his situation so that necessary care can be provided. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor. Any player who is under medical care by a physician will not be allowed to participate in any practice sessions or games without written clearance by the doctor. **All injured players that cannot take part in practice or in games will still be required to be at practice or games.**

**Attitude.** We expect all players to act in a manner that is in the best interest of the school district, the school, the team, their community, their family, and their self. Hustle and hard work are expectations we have of all of our players. We expect athletes to listen to their coaches and do what is asked of them at all times. A player who is not acting in this positive manner may be asked to leave the practice or game situation and not return until a conference with the head coach is convened. A positive attitude will help us become the best football team possible.

**Open Door Policy.** Anytime a player has a concern for any aspect of our program he should first make arrangements to meet with the head coach and anyone else deemed appropriate as soon as possible. Misunderstandings and problems can be cleared up quickly and efficiently this way. We hope that if a player's parents or guardians have any concerns they will communicate first with their son to see what the problem is and if their son has talked first to a coach. If the coach and player meeting has not solved the problem then a meeting with the player's head coach, player, and parent may then take place to resolve the situation. No problem is too small to discuss with the coaching staff.

**Playing Time.** Players in our program will be coached during practice sessions by our coaches if they are willing to put forth the effort and show a positive attitude. We guarantee practice time to the players. However, we do not guarantee any playing time to anyone. At the lower level we attempt to play as many players as possible in their games. At the varsity level, playing time is awarded to players according to their ability, their work ethic, attitude, and best interest of the team. Any concerns regarding playing time should be brought to the immediate attention of the head coach by the individual player involved. All players have a 5 or 6 quarter eligibility to play every week. Some players may be asked to play at a higher level for a certain amount of quarters and at the lower level for a certain amount of quarters adding up to no more than 6 quarters.

**Profanity.** Language that is unbecoming of an individual or language that is in bad taste will not be tolerated. Any person who uses inappropriate language will be disciplined by the coaches. Behavior that does not change regarding profanity will result in a conference with the parents and could be grounds for dismissal from the team. We hope to set a positive example in our behaviors and in our demeanor.

**Letter Policy.** Earning a varsity letter award at Seaside High School can be an exciting accomplishment. This award goes to those players who have positively contributed to the success of the varsity program. A player earns a varsity letter by being a senior who completes the entire season, an injured player who would have undoubtedly qualified, or by the discretion of the head coach.

**Laundry.** Athletes will be expected to take their practice attire home at the end of the week to wash it. Washing practice gear will help to prevent the spread of infection and disease as well as prolong the life of the practice gear.

All Varsity game uniforms will be turned in at the conclusion of the game to be cleaned at the school. Players will check out their uniforms on Thursday nights during team dinner.

**Grooming/Hygiene/Attire.** All players in the football program will be expected to maintain the following grooming habits during the season: 1. All players will wear their hair so it does not hang out of the back or sides of their helmet or in front of their eyes. In an effort to keep all uniforms and gear in their best condition no players shall dye their hair. 2. Upon qualifying for the playoffs players will be allowed to maintain a groomed mustache.

In order to prevent the spread of infection and disease all players are strongly encouraged to shower each day after practice and after home games in our locker room. All players will be expected to shower at away games before boarding the team bus for the return trip to school.

Not only should all players refrain from wearing items of questionable taste, but everyone is expected to dress appropriately for the season. In order to be successful we will need to keep our players healthy so they can attend school and practice each day. Players are expected to dress appropriately for the conditions and wear the appropriate practice gear for current weather conditions.

# Seaside Seagull Football

## Player/Parent Handbook – Acknowledgement

Your signature below indicates that you have read and that you understand all of the rules, procedures, and guidelines contained in the Seaside Seagull Football Player/Parent handbook. This acknowledgement and your understanding of our program should help us to establish and maintain good lines of communication this season. Again, please feel free to contact me at any time with your questions or your concerns.

---

**PRINT**

Parent/Guardian Name

---

**SIGNATURE**

Parent/Guardian

---

**Date**

---

**PRINT**

Player Name

---

**SIGNATURE**

Player

---

**Date**

**PLEASE RETURN THIS SHEET PRIOR TO THE FIRST GAME.**

**YOU WILL NOT BE ABLE TO PLAY IN ANY GAMES UNTIL THIS FORM IS TURNED IN.**