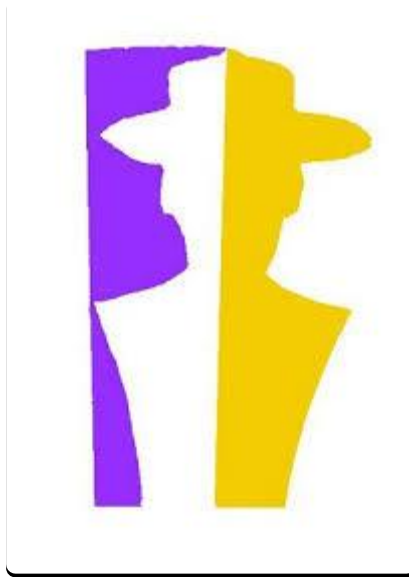


2023  
**PARK HIGH RANGERS FOOTBALL**



**CORE VALUES**

- **TEAMWORK**
- **DISCIPLINE**
- **PERSEVERANCE**

## WHAT YOU CAN EXPECT FROM YOUR COACH

1. He will be prepared.
2. He will be positive-demanding.
3. He will be fair and willing to listen to you in the proper place and time if you do not think he is being fair.
4. He will be honest with you.
5. He will expect punctuality for all activities.
6. He will use practice and game performance as the primary criteria for determining playing time.
7. He will see a lack of effort in practice performance and/or practice intensity as an indication that you are not in the proper frame of mind to compete.
8. He will be quick to criticize constructively. He will be quicker to praise.
9. He will expect a high level of academic performance, and he will expect proper classroom behavior.
10. He will be ready and willing to help you with problems that you may encounter that are not directly related to football. If it appears your attitude or level of play is slipping, he will address it with you.
11. He will be willing to help you prepare for life after high school, whether that includes football or not. However, his focus is on this season with this team first and foremost, as should be yours.
12. He will respect your need to be involved in activities other than football and your need to lead a well-balanced student life. However, he will also expect that when you are at a football related activity, you are committed to football 100%.
13. He will attempt to make strategy and personnel decisions in the best interests of all involved in the Park High Football program, not just one or a few.
14. He will coach to put the team into a position to win every game. However, he will not sacrifice integrity, discipline, and sportsmanship to win a game.
15. He will expect nothing more from you than an effort, intensity level, and attitude that indicate that you are enthusiastically involved and working to improve within the team framework.

## WHAT IS EXPECTED OF YOU AS A PLAYER

1. Proper behavior and respect towards others should help overcome any temptation to act in a manner that brings embarrassment to the group.
2. You must understand that the primary reason you are in school is academic work. Your classroom behavior must be exemplary.
3. You must understand that practice is the most important part of the season.
4. Effective practice always requires the concentration of the whole team. Players who attempt to slide by in practice and turn it on for games are usually unsuccessful.
5. You represent Park High Football, Park High School, and the Livingston community in all you do. You are no longer just yourself. You are part of something much bigger. Everything you think, say, and do will be judged by others and will reflect on us individually and on the group. Be judicious in your words and actions.
6. You must understand that individual accomplishments and any subsequent recognition are the results of hard work by everyone and by great teamwork.
7. You will accept and respect the decisions of your coach to be in the best interests of the team and Park High Football in general. If you do not, please bring your concerns to your coach in private. Advocate for yourself, as you are learning to be a young adult. If a meeting between you and the coaches does not resolve the issue, we can then schedule a meeting with the coaches, student athlete and guardian(s). Do not voice or display your displeasure in a manner that could be seen as a negative attitude.
8. You need to develop a respect for all internally involved within the program. These are the only people who really understand what happens with us on a day-to-day basis, and they are a good support group. It would be foolish or unwise to think that we will all be good friends or that differences in personality or philosophy will not develop. The important thing is that in the football context we pursue our common goals as a unit and put aside our differences. We may not all be the best of friends, but we can develop enough mutual and collective respect to overcome any internal adversity that develops.
9. Under no circumstance should you see it as your right or responsibility to criticize or make light of a teammate's best effort. What your teammates want and need from you is your support and encouragement.
10. Grades- If you are having grade trouble you need to make every effort to handle it on your own time, not the team's time. This means handle it in the mornings or at lunch or during study hall. If you need special considerations, talk to the coaches, and formulate a plan together. Please realize that missing practice time does affect playing time.

## WHAT IS EXPECTED OF YOU AS A PARENT

1. Be supportive of your son's effort and performance. What he needs most from you are words of encouragement instead of words of criticism, especially during and after games.
2. Be supportive of your son's teammates. This is critical to team success, for if you are critical of his teammates, he may lose trust in his teammates, or he may also feel it is his right to be critical of his teammates as well. All that would get us is dissension and finger pointing. If you say anything about his teammates, please make it something positive.
3. Cheer in a positive manner at games. Your son and his teammates need to hear positive, encouraging comments about their play. There is no place in high school athletics for yelling negative, insulting remarks at players, coaches, and referees. That's right, referees. Remember that referees are human beings too, and they will make mistakes in a game. So will your son and your son's coach. We all do.
4. Familiarize yourself with the rules of the game. This can help you understand why officials make the calls they make, and coaches and players do some of the things they do. High School football has many different rules, and enforcement, from games played in college and the NFL.
5. Understand that winning is one of many of our goals here, not the only one. We want to focus on improvement, team play, discipline, hard work, and being good sports and positive ambassadors of our school and community as our biggest goals.
6. Release your son to the game. It is his game; let him have it as his own. It is amazing how much more our children enjoy their athletic experience when we help them understand that it truly is theirs. You will also be amazed at how much more YOU will enjoy it. If you want your son to take steps forward, it is important for you to step back.
7. Follow the 24-hour rule. If you have questions after a game that involves strategy or playing time wait to email or call a coach for 24 hours. Coaches will not entertain questions on playing time, or strategy until 24 hours after a game.
8. If there is a need for a meeting with a coach, make sure that your student athlete has first attempted to advocate for himself, by meeting with the coaching staff. Allow your son to grow as a young adult.

# Rules and Policies

Familiarize yourself with the rules and regulations the Montana High School Association has established regarding your participation. All Park High School & Livingston School District and activities department guidelines and sanctions will be enforced.

## Practices

Without effective practice instruction, we will not improve as we must. Every minute of practice is planned and organized. To help ensure that our practices are effective, the following guidelines will apply:

- A. You must be dressed in appropriate practice gear. You must have a mouthpiece and cleats. You must wear protective gear provided to you by the school, helmet, chin guard, shoulder pads, girdle (some players get their own) and knee pads.
- B. Unless excused by your coach, you are to be at every practice and be there on time. You will be excused if you have a valid reason. If something comes up, call or text your coach.
- C. Missing practice will translate into less playing time in games.
- D. If a Player misses a practice and it is unexcused the first offense will result in being suspended for  $\frac{1}{2}$  of a game, the second offense will result in being suspended for a whole game, and a third unexcused absences from practice will result in a dismissal from the team. **The coach will be the one who determines whether the excuse is valid.** You need to practice to play.
- E. Being late to practice without a valid excuse will result in reduced playing time in games and extra conditioning for the whole team. Detentions are not valid excuses for being late unless your coach has agreed to this.
- F. Do not leave the practice field unless excused by your coach.
- G. If you are unsure of a drill or play, ask a question. We want you to understand. We want you to have proper technique.
- H. Do not talk to people outside of the football program while you are at practice. This includes friends and family. Once you are on the field, your team deserves your time. Tell your family and friends this, so they can help you by not coming in to talk to you.
- I. Each day at practice, re-commit to our Core Values.
- J. We will teach the safest techniques possible in terms of tackling and blocking

to avoid injuries, especially head injuries.

- K. We expect all players to take care of their equipment and to have all their equipment secured in their locker. Failure to do this will result in extra conditioning.

### **Games**

Games are the icing on the cake. They are the reason you play. They are also the time that we are most in the public eye, and they are the most emotional times we spend together. Therefore, keep in mind the following guidelines for game time:

- A. Any player who misses a game without an excuse may be suspended for one game. Missing any more games without an excuse may result in being dismissed from the team.
- B. A dress code will be in effect for all games, both home and away. We will wear nice pants, preferably khaki pants and a nice polo or button up shirt. On long road trips such as Glendive and Sidney we may wear sweats for comfort on the long ride.
- C. When we play at home, we want players in the locker room at 3:45pm. We will have a short walk through. We want players to go home have a snack and be back by 5:15pm.
- D. Any player involved in stealing or maliciously damaging property will be dismissed from the team.
- E. Never talk to or argue with game officials.
- F. Never acknowledge or talk with spectators at games. This includes family and friends. Please ask your family and friends not to try to communicate with you during games.
- G. Treat opponents and opposing coaches and bench personnel with dignity and respect.
- H. Prior to each game, re-commit to our Core Values

### **General**

These rules and guidelines are designed to be both fair and consistent, and they will be applied across the board. During the season, these rules may be violated and go undetected or unpunished. Sometimes the players will know about it, but the coaching staff won't. We do not want it to be this way, but that is the way it is. If you are in violation of a rule do not expect it to go unpunished because others have violated it and were not caught, or it was not dealt with in the past. Be responsible for your own actions. True team leaders will step up and address their teammates and sometimes their coaches, when necessary, in these situations.

**All sanctions and punishments are completely at the coach's discretion.**

# Park High Varsity Football

## Lettering Criteria

### 25 Points Needed to Letter

2 points for each varsity quarter played.

½ point for winning the game

1 point for participating in another sport (last spring, this fall)

3 points for any summer camp attended.

5 points for no unexcused or late practices

1 point for no team rule violations

4 points for 4.0 GPA, 3 points for 3.0 GPA

0-5 points for attitude, coachability, etc.

3 Points for a winning varsity record

\*Extenuating circumstances will be taken into consideration when determining if someone is deserving of a letter who may or may not have otherwise received one.

## **Practice and Game Schedule**

**Rangerfootball.org = follow the calendar link**

**Parkhigh.org = Activities tab, Fall sports schedule link**



## **Declaration with Regards to the Park High Football Policy Sheet 2022**

I have read the Park High School Football Policy Sheet. I understand its contents, and I agree to abide by the expectations and the rules and regulations outlined in it. Furthermore, I understand I may face certain consequences for not following these rules and regulations. I have also read the Park High School Activities Participation Procedure Code. I agree to abide by the rules outlined in those as well, with the understanding that if I don't, I may suffer specific consequences.

Please sign on the line below, tear off this sheet, and return it to your coach.

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Player Signature

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Parent Signature

I understand that I am responsible for the wash and care of

- 1 white game jersey
- 1 purple game jersey
- 1 white game pants
- 1 purple game pants

By signing this I agree to follow the washing instructions on the above garments. If the above garments are discolored, damaged, or lost, I agree to replace the garment. The replacement cost is 95.00 dollars for Jersey and 75.00 dollars for pants.

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Player

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Parent