



**SEAFORTH**  
**FOOTBALL**

**Seaforth Hawks Player/ Parent Manual**

## Welcome to the Seaforth High School Football Family!

Enclosed in this handbook is the information that will help you prepare for your involvement with the Seaforth football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program. Please refer to our website [Seaforth Football Page](#) ,Twitter ([@seaforthhawksfb](#)) or Instagram ([@seaforthfootball](#)) to stay updated.

### WHAT IS A HAWK FOOTBALL PLAYER?

A Hawk football player at Seaforth High School is not a person who picks up a football the opening day of the season, and puts it down the day the season ends. A Hawk football player is not a person who simply goes through the motions of everyday. A Hawk football player is not a person who wakes up every day without a goal in their mind they are striving to achieve, the athletes on the Seaforth High School football team are anything but. A Hawk is a player who is committed to excellence, belong to a family and is part of the program. The values you learn as a Hawk not only help obtain high goals in football but allow you to obtain high goals in all parts of your life.

From the moment you join the Hawks football team as a freshman you join a family. The family consist of every coach, player and trainer that is involved in the sport. You become part of one sole unit, which lives off team camaraderie and teamwork. You live to trust and rely on your fellow teammates. With the help of your brothers, you are able to push yourself farther than you ever could have gone before. This is because you know your actions no longer affect only yourself, but your entire family. It teaches you to make sacrifices for the good of the whole team over the personal needs of yourself.

In order to be successful at anything in life you must be committed. It takes a burning desire to outwork and out last your opponents. There are no shorts cuts or easy ways to get to the top of any competitive field. You must put the time and effort of preparing yourself to meet the opportunities that will soon face you. The Seaforth High School football team is aware of these elements of commitment and takes pride in efforts to follow them. Being committed to a goal does not mean you do it when it is convenient for you, but it is a way you live your life. It carries out to all aspects of your life.



## **Program Philosophy**

As Mahatma Gandhi said, “Strength does not come from physical capacity. It come from in dominatable will.” This is the foundation of Seaforth High School’s football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory.

“How can I make the team better?” should be the question regularly asked through the season. Hard work, discipline, commitment and sportsmanship are imperative. They are how we define a successful season and football program.

Being a committed member of the Seaforth football program translates directly to behaving as a responsible member of Seaforth High School and the community. We must always remember whom we represent. Each player and Player’s parents/guardians must sign the Player/Parent Contract, created by the Seaforth High football program, located at the end of this handout.

### **Seaforth Football Vision Statement**

The vision of Seaforth football is to create something great so that players will experience success beyond Seaforth.

### **Seaforth Football Mission Statement**

The mission of Seaforth football is to ensure that players have a great high school experience and graduate equipped with “tools for life”.

### **Seaforth Football Motto**

TEAM before me

Dear Parent/Guardian,

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of Seaforth High School Football Program have put together an expectations package for you in the hope of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football player's seconds, as football is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Seaforth football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning and UNITY through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the TEAM. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort in everything we instruct players to do. It would be unfair for the coaches to expect more of a player than the coaching is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "Team Before ME". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interest before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privilege on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The Seaforth Football Program demands a lot of time from our student athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games and other events such as teambuilding and fundraising.

Thank you for allowing your child to be part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Gary

## **Trust The Process**

1. Most high school programs are defined by their win-loss record. Most of the time those definitions come from people not associated with the inner workings of a program. In today's world of instant gratification, the main objective of daily activities, people don't want to take the time to look closely at how or why certain programs get their perceived definition. They look at, and judge based upon the result.
2. As a football program we will focus on the process that leads to results. Our objective will be to teach the young men that there is a bigger picture. Seaforth football will invest in the business of making young men better sons, husbands and fathers. Better young men make better players. Better players make a better team.

Football is a great life teacher. The lesson learned on a football field are some of the most relatable lessons a young man will ever learn before he steps out in the real world and has a family he must understand how the things that they do define who they will become. Even when the results are not evident early we must show grit. Any day a young man can come back through the doors of Seaforth and tell a coach that what they learned has lead their adult life.

## **Team Code of Conduct**

### **Player Expectations**

1. Go to class and be ENGAGED
2. Be a good citizen
3. Give great effort ALL the time
4. Do not let ANYONE out work you
5. Decide to be SUCCESSFUL
6. Expect to be SUCCESSFUL
7. Toughness!!! Mental and Physical
8. Maintain a positive attitude
9. NEVER give up
10. TEAM before me
11. HAVE FUN

### **On the Field**

1. We expect a business like attitude on the field
2. Every player will wear the prescribed uniform and there will be no exceptions. The helmet will be worn or carried at all times. NEVER leave your helmet on the ground
3. Always jog from one group to another. NO WALKING!
4. Resting position is on one knee; again keep your helmet in your hand or keep it on
5. No one leaves the practice field without permission from a coach
6. If injured or ill, you will be expected to dress in the uniform of the day unless other decisions are made by a coach or athletic trainer
7. Concentration in practice is key to winning
8. Have a respect for your teammates-help each other. Great teammates "coach" one another
9. Concentration in practice is key to winning
10. If you are part of a scout team:
  - a. Look at it as an opportunity
  - b. Take the opportunity to get better at your fundamentals

- c. Make our team better

### **Game day Player Conduct**

1. No horseplay or loud talking in the locker room.
2. If you are listening to music you must have headphones.
3. Be in your designated area
4. Be sharp in pre-game warm-up. Move in and out of locker room quickly
5. Sideline organization and discipline is essential
6. Every player should wear his helmet or have it in his hand at all times. Be ready to go into the game. Do not throw your helmet in disgust at any time.
7. Watch the player your position.
8. Run on and off the field. Never walk.
9. Be courteous to all officials
10. Everyone will wear the game uniforms as issued including socks
11. At the half, get all equipment repairs over with quickly and take care of restroom needs and then quietly wait for your position coach.
12. Encourage your teammates
13. Be sharp in everything you do.

### **Conduct and Behavior on the Field**

1. Respect the game
2. No swearing
3. Hustle at all times
4. Talk positively
5. Keep composure
6. Remember you represent your community, school. The football program and your family
7. No hazing
8. No talking during drills
9. Missing practice or leaving early will result in extra conditioning and no start
10. Other rules may be put in at coach's desire if necessary

### **In the Classroom**

1. Be a positive contributor to the classroom environment
2. Sit at or near the front of the classroom
3. Set a positive example for your peers. **BE A LEADER!**

### **In the Community**

1. Act like a model citizen
2. Be a gentleman
3. While wearing football apparel conduct is at a premium. **DO NOTHING TO REPRESENT THE PROGRAM NEGATIVELY**

### **With the Media**

1. Compliment your opponent for a game well played
2. Publicly encourage your teammates and coaches, you did not succeed alone
3. Choose words wisely when asked about and upcoming opponent (no bulletin board material)
4. Speak like the intelligent young man you are

### **College Visits**

1. Dress to impress
2. Always speak highly of the program
3. Address all coaches as “Coach” or “Sir”
4. Treat this process as if it was a job interview

### **Team Meetings**

1. Be early, seated without cell phones
2. Have notebook and pencils
3. Respect the presenter whether it is another team member, coach, athletic department representative, or special guest
4. Focus!!!
5. Take thorough notes
6. Ask questions courteously
7. No cell phones
8. A winning performance in meetings is as important as it is on the field

### **Locker-room Guidelines**

1. Hang all equipment in the lockers properly so it can dry
2. Do not throw tape on the floor
3. No horseplay in the locker room
4. Remove dirt and mud from shoes outside the locker rooms and hallways
5. Make sure your locker is locked
6. No visitors are allowed in the locker room
7. Respect belongings of one another!

### **Football Equipment**

1. Each player who is issued football equipment assumes the responsibility (pride) of that equipment.
2. To see that it is kept clean and in good repair.
3. That at the end of its usage, the equipment is returned to the equipment room.
4. Failure to return equipment, whether lost or stolen or otherwise, will result in payment of a fine to cover the loss of the gear.
5. After the initial issue of gear new gear will be issued on an exchange basis-old for new.
6. Do not alter equipment.
7. Stealing others equipment will not be tolerated.

### **Transportation**

- Each player must ride the bus with the team to games. Players riding home with parents must sign out with Coach Gary. If the player will be riding back with another parent written permission must be provided prior to them leaving.

## **Attendance and Punctuality**

1. All football players and their families are expected to plan ahead and organize their person schedules so that they can meet and honor their school responsibilities and commitment to their team. Parents must consider these guidelines when scheduling family functions, doctor and dental appointments and all other activities that involve the player. Absences from and tardiness to school and/or practice, whether “excused” or “unexcused” have a negative effect on a player’s academics, the progress and preparation of the athlete and the eventual success of the team. A missed day of school and/or missed practice session is an opportunity for improvement and growth that cannot realistically be made up.
2. The “excusability” of an absence or a tardy is determined solely at the discretion of the head coach.
3. Football players must learn to always be early. If you are always early, you will never be late
4. The player or his parents must notify the head coach in advance that he is going to be tardy to any team function due to an “excusable” reason. If advance notice is not given, the tardy will be considered “unexcused”.
5. Any player who is tardy, for a reason determined by the head coach to be “unexcused” shall be held accountable for his lack of punctuality. Accountability for lack of punctuality can range from reprimand...to decrease in practice or playing time...to game day suspension...to dismissal from the team...to be decided at the discretion of the head coach
6. The player or his parents must notify the head coach in advance that he is going to be absent from any team function due to an “excusable” reason. If advance notice is not given, the absence will be considered as “unexcused”. Parent/Guardian are respectfully requested to always assist their son logically and in decision making...so that they can successfully meet their team commitment!
7. Missing practice for work is not an excuse. You have the schedule so start planning.

## **Nutrition**

Nutrition in high school athletics has taken on a more important role as family dynamics have changed as well as changes in the eating habits of people in the United States. Food choices are now centered on convenience instead of nutritional values. Nutrition is a very important component a tentative nutrition schedule would be as follows:

- Keep soda and sweets to an absolute minimum. Carbonation has adverse effects on muscle definition.
- Avoid energy drinks at all costs.
- To maintain a healthy diet and body, drink plenty of water before arriving at school
- Whenever possible, eat breakfast.
- When eating out, salad, fruit, or even baked potato is a better option than fries or chips.
- During the season frequent, light meals are better than a few heavy meals



## **Program Alignment**

### **Junior Varsity Football**

**Purpose:** Teach players the intermediate rules of high school football and strategies of SHS football

**Emphasis:** Prepare the players, both mentally and physically, for varsity football. The largest difference between a JV and Varsity player is their aggressiveness. Junior Varsity players tend to be more timid for one of two reasons:

1. They do not understand the game and they play confused or,
2. They do not have the size, strength and agility to play aggressively.

The focus of JV football is to overcome these shortcomings and develop players that are ready for Varsity.

**Weightroom:** Develop strength, agility, quickness, and endurance through a structured lifting, agility and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed and agility of the JV players will improve their ability to prepare for varsity.

### **Varsity Football**

**Purpose:** Teach players the advanced rules of high school football and strategies of SHS football.

**Emphasis:** Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college players for the collegiate level.

**Weightroom:** Continue to improve strength, agility, quickness and endurance to physically dominate opponents.

## **Playing Time Philosophy**

Playing time is determined by this coaching staff and the daily effort of your son. Off-season work, summer dedication, ability, daily effort all factor into the decision. Ultimately, the final call is the coaching staffs. I feel very fortunate to have the men that I have on this staff; all are fair, moral individuals. The conversations that we have about playing time take into consideration the individual, our team needs, and the effect that decision will have on our team. At times it is not easy, nor pleasant, but it is something that has to be done. If you would like to discuss playing time you will need to make an appointment with the position coach and the head coach. No “parking lot” conversations about playing time. There will be a 24-hour window after games to discuss playing time as well.

## Season Goals

1. Have Fun
2. Have a winning season
3. Increase football IQ of players
4. Increase mental toughness of players
5. Increase school spirit
6. Top 3 in conference in total offense and defense

## How We Will Achieve These Goals

1. **EDUCATION AND ENRICHMENT OF THE STUDENT- ATHLETE.** The football staff is committed to providing each student-athlete with quality educational opportunities and programs to help him grow as a total person and better meet the challenges of a rapidly changing society. The staff values competitive athletic and academic experiences that build self-esteem, a sense of responsibility, effective communication skills and an appreciation of lifelong learning.
2. **INTERGRITY IN ALL ASPECTS OF BEHAVIOR.** The highest sense of integrity shall characterize every aspect of policy, performance and programs in the Seaforth football program. All participants in the program will exemplify impeccable integrity, be they student-athletes, coaches, administrative professionals or support staff of the department.
3. **INNOVATION IN APPROACH AND SPIRIT.** In order to meet its goals and develop a problem-solving orientation among the individual of the football program, we are dedicated to encouraging innovation and creativity as core values. Entrepreneurial approaches and ideas are encouraged. A sense of urgency is key to successful innovation. Complacency has no place in an innovative organization.
4. **EXCELLENCE THROUGHOUT THE ORGANIZATION.** Excellence shall permeate the performance, the people, and the achievements of Seaforth football program. Seeking excellence is crucial to the development of our people. It is imperative that high expectations characterize our behavior on the playing field, in the classroom, and throughout parts of the organization.
5. **RESPECT FOR THE INDIVIDUAL.** The program is committed to reinforcing and enhancing a climate of mutual respect. The football staff values the contributions of individuals throughout the organization and encourages open communication. Recognizing the need to work as a team and each individuals' self-worth, the program values diversity in its people-be that diversity expressed by heritage, race, or beliefs. Inclusiveness is critical to real teamwork.
6. **A TRADITION OF LEADERSHIP.** The traditions of Seaforth football-leadership, individual and team chemistry, an intense pride and loyalty, and a commitment to "give back" to the community- will drive the success and reputation of the program across generations. The Seaforth football programs is committed to building these traditions for the development of past, current and future members of the Seaforth family.

## **Leadership Council**

A leadership council will be implemented this season, and much like its collegiate and professional counterparts. This council will help Seaforth's football program grow from within by putting the student-athletes at the forefront of many team decisions. It gives the players a chance to lead by example and help shape the overall culture of the program. Their feedback is truly valued by the coaching staff. Students will be taught how to deal with issues concerning their fellow teammates while also developing a strong working relationship with their coaches. This dual investment, made by the coaches and players, creates greater trust and accountability on both ends, and fosters a better working environment overall. Through the leadership council, the head coach will give the most committed players on the team, as selected by the coaching staff, the right to determine how issues pertaining to player interaction, from uniform selection to disciplinary procedures are handled. The leadership council will consist of players from all grades regardless of position or location on the depth chart.

## **Communication to Parents**

The SHS coaching staff will make every attempt to keep our players and their parents/guardian up to date on the football program.

We have several ways of communicating with parents, players and community. There are email, website, and Twitter.

- Email
- Website
- Twitter

## **Parent Expectations**

- Be Positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.
- Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. Set a good example in your personal lifestyle.
- Allow your athlete to perform and progress at a level consistent with their ability. Athletes mature at different ages.
- Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement help enhance academic performance.
- Stay calm in injury situations. Parents can help minimize the trauma by being in control and offering comfort. Allow medical staff to perform their assessment of your athlete's injury.
- Cheer for our team and players. Opponents and referees deserve respect. Realize that high school players will make mistakes. Your support is needed during tough times.
- Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- Winning is fun but building positive team values is most important. The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.

- Find time to be an avid booster of school activities. Help build a solid support system for coaches and athletes.
- Help students keep jobs and cars in proper perspective. Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
- Athletes must attend all practices, games and team events. Stress the necessity to make a commitment to the team.
- Emphasize the importance of well-balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
- Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone will be a starter but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.

### **Parent Code of Conduct**

- I will enjoy my child's opportunity to experience the benefits of playing high school football
- I will trust in my child's ability to have fun and to perform and achieve excellence on their own
- I will help my child learn the right lessons from winning, losing, individual achievement and mistakes
- I will respect my child's teammates as well as fellow parents and fans
- I will give encouragement and applaud only positive accomplishment whether from my child or their teammates
- I will support the efforts of the coaching staff
- I will not instruct from the sidelines unless asked to by the coach
- I will ensure that my child will attend all practices and games and will inform the coach in advance if unable to attend
- I will respect all facilities made available to my child
- I will respect the equipment and uniform loaned to my child for practice and play
- I will respect the officials and their authority during games
- I will never demonstrate threatening or abusive behavior

### **Communication Process**

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussion with coaches is discouraged. It is NEVER acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or playing time of another participant.

Head Coach, athlete and/or parent meetings may help to resolve other issues creating concern or dissatisfaction. Such meeting MUST be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer or an administrator.

Meetings can be scheduled by contacting Coach Gary through email. If a meeting is requested it should be done through Coach Gary only. The vast majority of player concerns will be worked out at this level. If the

player or parent were not satisfied with what transpired at the coach's level, the next step would be to involve the Athletic Director. If all else fails, the Principal will become involved.

During the season parents WILL NOT discuss player concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email to schedule a meeting.