



**EATON RAPIDS
GREYHOUND FOOTBALL
2022-2023
TEAM HANDBOOK**

Updated October 2022

This handbook is dedicated to all the hard-working dedicated players, coaches, and parents that have devoted the time, energy, and effort to the Eaton Rapids Football Family over the years.

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October 23, 2022

Greetings Greyhounds,

Three years ago, I started my journey as an Eaton Rapids Football Coach. Before starting my coaching career here, I initially got into coaching after playing two years at the Air Force Academy. Going through a few life changes I decided to leave the academy and focused on a career field in the Air Force that would better our nation as well as protect it. I spent a lot of my career being tasked with going on deployments as a Tactical Air Control Party Airman. Over the course of my career, I was able to gain the knowledge of accountability, commitment, comradery, and max effort. After a few years of being a TACP I then was entrusted to become a Military Training Instructor. This mission was different than any other deployment I've been on. The task at hand was to turn civilian men and women into Airman that would soon be part of the world's greatest Air Force. While being in the Air Force I also took on the role of a coach at various high schools throughout Mississippi, Alaska, South Korea, Nevada, and Texas. I have started from the bottom just as a coaching intern and now have gone through my first year as a Head Coach. With going into the offseason, I look forward to moving past a tough season we had just going 0-9. I ensure to do this by building off the daily wins we did accomplish throughout the season. I look to turn Eaton Rapids Football into a respected program with a winning culture on the field and off the field.

This offseason will be one for the ages, as this is the offseason others will remember that this is just the start of where this program will be headed in the next few years. Our offseason will be extremely tough but with that it will give us the ability to grow "grit" to compete as a brotherhood and as one. Our community, and this sport can be unforgiving and at times seem like one of the toughest things you have ever had to endure. But Eaton Rapids Football Players will never shy from a challenge put in front of us. We will hold our heads high, and we will take on every challenge together as one! We will embrace "the suck" and turn it into "success". This handbook is the beginning of you taking on our Greyhound Challenge as a football player to become a student of the game, competitor, and winner in life.

Remember, always shoot for perfection even when not possible and you'll be successful.

Yours in football,

Coach Wayne Dismuke
Eaton Rapids Varsity Head Coach

MANTRA: BIG DAWGS

MISSION STATEMENT

The mission of the Eaton Rapids High School Football Program is to field a team that excels on the field, achieves in the classroom, and positively impacts our school and community. Every athlete in our program will be treated with respect and dignity as we strive to reach our potential as a team and as individuals. We will always play the game with class, within the rules and with great intensity. Our program and football community will always appreciate and value diversity so that each individual experiences a safe environment that allows each student athlete to acquire the knowledge, the work ethic, and communication skills necessary to become responsible and productive members of society.

CORE VALUES (D.A.W.G.S)

- DEDICATION
- ACCOUNTABILITY
- WILLING
- GRIT
- SACRIFICE

The “Big Dawgs” values will strive to be used in various walks of life. It is our core philosophy that will prepare all student athletes for their lives during and after their time being part of the Eaton Rapids Football Program. The “Big Dawgs” mantra means striving to always do your best and leave things better than what you found them.

SEASON GOALS

PRE-SEASON GOALS:

- Obtain academic excellence in the classroom
- Build strength in the weight room
- Increase flexibility through stretching and pool workouts
- Develop essential conditioning on the track
- Develop drilling skills in clinics and workouts
- Begin development of mental toughness

IN-SEASON GOALS*:

- Maintain academic excellence
- Maintain and increase strength in the weight room
- Win conference
- Make playoffs
- Eight all conference players, three honorable mentions
- Five all state players
- Increase home/away game attendance
- Represent Eaton Rapids, Michigan and Eaton Rapids High School pride
- Team grade point average above 2.50

Practice attendance is mandatory to be on this team.

- Practice should generally should not exceed 3 hours, but we will taper immensely as the season goes on. Be sure to pay attention to our schedule so you can plan accordingly. Missed practices will result in compulsory discipline and possible dismissal. Please see the ATTENDANCE section for more details.
- Technique emphasis will be on catching, blocking, throwing, running routes, running the ball, tackling, covering passes, stopping runs, and shedding blocks. To accomplish our goals, we must be strong, hyper-conditioned, resilient, and determined. Above all, we will want it more for the time and effort we have put in to accomplish these goals!
- Unannounced days off will be awarded for great team efforts and rarely to avoid extraordinary team fatigue.

OFF-SEASON GOALS:**

- INCREASE academic performance
- INCREASE strength in the weight room
- Compete with seven on seven and linemen teams
- Attend three to five out of season clinics/camps

**We will constantly reinforce the incredible advances made possible by continuous workouts throughout the year. We want athletes to become involved in weightlifting, camps, and clinics in the spring and summer as well as help develop the middle school and youth teams (as they will be our future).

**All football players not involved in a spring sport should maximize weightlifting usage.

**Pay attention to coaches and social media to list all available opportunities during and after the season.

EQUIPMENT NEEDS

- Black, white, grey, or maroon T-shirts/long sleeves, shorts/sweats, and socks
- Football cleats preferable plastic bottoms and not rubber
- Mouthguard for teeth. Braces and sleeves for any tendon limitations

EQUIPMENT ISSUED

- Helmet
- Shoulder Pads
- Girdle
- Thigh and knee pads
- Practice jersey and pants
- Game jersey and pants
- Dri-fit short/long sleeve shirt
- ****Additional apparel subject to the financial responsibility of the football player**
- Each football player will sign a document ensuring they are responsible for lost, stolen, or damaged gear.
- At the end of the season, all football players may purchase their gear. Talk to a coach for more information.

ATTENDANCE

Each member of the team is expected to be at all practices and games, and scrimmages. This includes all team meetings, home/away games, Saturday film sessions, team events, fundraisers, banquets, etc. Calendars and schedules will be distributed ahead of time so that doctor/dentist/hair appointments, etc., can be planned around football. Remember, coaches must plan these activities around practice and events as well. **(Plan for these events)**

- Mandatory practices begin in August.
- Regarding winter, spring, and summer practices. If you are in town you are expected to be there UNLESS another sport takes priority or family events.
- Excused if emailed in by a parent to the Athletic Director: illness, injury, family crisis/emergency.
- Parents must notify coaches of an absence before the beginning of practice by email. If your coach does not receive an email regarding an absence before practice, the absence is unexcused.
- Every in-season lift or practice you are late to you will miss a quarter.
- For every unexcused absence, you will sit out a competition. All competitions are mandatory.
- Three unexcused absences will result in immediate dismissal from the team.
- If you are injured, you must still attend all practices and games dressed like your team. We ask that you see the trainers if you are injured.

- If you are sick, please stay home.
- Please arrive to practice before the practice starts time dressed in practice clothes, jewelry out, hair up, and ready to go. Tardiness will not be tolerated. The team will condition each late athlete.
- When Eaton Rapids is closed due to inclement weather (i.e., snow days), the only teams that may do any work out or practice are varsity teams in season. In addition, these workouts/practices will be voluntary. Sub-varsity (JV, freshmen, middle school, youth, etc.) will not practice unless otherwise noted.

Our sport cannot function properly if everyone is not practices and games. Because of the amount of practice time, it takes to learn our technical system, your position on the football team may be affected for the remainder of the season if you are not at practice.

BEHAVIOR

- Because we are a team of individuals, we need rules to keep organization and discipline to function as a team.
- **95% of what you do (as far as right or wrong) should be governed by basic common sense.**
- If you wonder if something is right or wrong, do NOT do it. If you still feel compelled, ask someone (presumed responsible) for their opinion.
- You represent Eaton Rapids Football on and off the field. Do NOT do it in public if you have something you need to get out of your system. ANY negative behavior that gets back to any coaches/athletic director by the newspaper, word of mouth, or otherwise spells problems. YOU will be held responsible for YOUR actions.
- In general, we all need to unwind and enjoy school plus life as well, especially football players. YOU are the hardest working and most disciplined student-athletes at this school. YOU will be in control of earning your breaks.
- Be discrete and moderate.
- **School suspensions:** If a student-athlete is suspended from school, they will also be suspended from participation with their team for the duration of the suspension.

DISCIPLINE

- Pre-season breaches of the policy will be dealt with accordingly.
- Third offense may lead to dismissal.
- The coaching staff believes “kicking someone off the team” to be the last resort, and there are many more character-building tasks available for those who need it.
- The coaching staff reserves the right to dismiss any team member for breaching team policy.

ACADEMIC ELIGIBILITY

Student-athletes must meet all MHSAA and Eaton Rapids requirements. Coaches will enforce all rules regulating eligibility as set down by the MHSAA and Eaton Rapids High School.

Previous Semester: Football players must have passed at least five (5) classes, during the last semester of enrollment to participate. If you did not, you are ineligible to compete for 60 school days. (1st-semester first year students are exempt from this).

Current Semester: In-season athletes who do not pass five (5) classes at the end of each eligibility checking period are immediately ineligible until they are given the minimum five (5) classes.

*If you are academically ineligible and desire to be a member of the team after the new grades are posted, you must:

- Attend ALL practices, games, and team functions until you become eligible.
- Abide by ALL team rules and policies.

TEAM MEMBERSHIP

- Anyone at Eaton Rapids High School that desires to be a football player can be under these circumstances:
 - Must be academically eligible
 - Must abide by all team rules
 - Have no unexcused absences
 - Word hard
- **Poor football ability is not a criterion:** Attitude and hard work are more important. We want to get you ready for “life”, as well as a game.
- In general, the coaching staff does not believe in cutting. Football players cut themselves when they become non-football players. Anyone who loves the sport enough to come every day and abide by the rules is a valuable addition. The more workout partners we have, the more challenging our room will be. This will help us all in the long run.
- Unexcused absences and tardiness will be dealt with accordingly. Continued offenses may result in dismissal.
- Only the elite breed of people can develop the desire and dedication that make this program work.

FACILITIES

- A coach will be always in the room.
- No food or drinks besides (water bottles) are allowed in the locker room, weight room, practice field, and game field. Unless provided and approved by the coaching staff.
- Only bring what you need for the workout. (Players should store all other items in their assigned locker).
- **The weight room, practice field, and game field is a technology free-zone. Do not bring cellphones, earbuds, or any electronic device.**
- After practice assigned groups should wipe down lockers, sweep the floor, and mop the floor daily. This must be completed once majority exits the locker room.
- Football players must neatly arrange the locker room as well as their lockers at the end of practice. (Equipment stored in locker, no loose trash on floor or in lockers)
- Football players must wear clean clothes for each practice. Failure to do so will result in disciplinary action.
- Football players should stay out of the coach's office. This is not your personal area.
- ANY cleanup completed by the coaches or managers will be dealt with accordingly.
- In general, these areas are our home. Let's keep it one of the best training facilities in the state.

SHOWERS

- Showers are located inside the boy's football locker room. Showering is not mandatory but highly suggested to keep from illness.

TRAINING ROOM

- Be sure to be taped before practice. This is not to be done during practice.
- Do not use supplies the medical kit. This is only to be used at competitions.

INJURY & SICKNESS

- **OUT OF SEASON:** See coach, but essentially you should seek your own medical care.
- **IN SEASON:** Unless it is an emergency, which needs immediate treatment, see the coach. The coach can then refer you to the training staff to evaluate your circumstances or advise you to see your physician.
- If you seek your own care, we are bound by that doctor's recommendations. (i.e., We could lose an athlete for the season due to a minor tendon issue)

LOCKER ROOM

- Keep everything locked up.
- Keep the locker room spotless (No tape, trash, etc.). Noncompliance will be dealt with accordingly.
- Keep showers and bathroom clean.

WEIGHT ROOM

- A coach will be in attendance.
- Keep room spotless (Be sure to rack ALL weights when finished)
- Treat ALL equipment with care. To cut down on infection, please wipe it down after you are done.
- NEVER lift without a partner.
- You MUST lift with a shirt on. This will cut down significantly on cross-contamination.
- In general, treat all people with respect. Treat all equipment; dumb bells, bar bells, etc., as if it were yours. Leave things better than when you used them.

AWARDS

- **Conference Championship:** Varsity team members who win a conference championship will also receive a white ER to signify their conference championship.
- **Scholar-Athlete Award:** Presented to student-athletes who achieve a 3.5 grade point average or higher during their competition season.
- **Tri-Sport Award:** Presented to student-athletes who participate and complete a sport during the fall, winter, and spring season during the same school year. A certificate will be awarded to student-athletes who participate in all three seasons. A certificate and medal will be awarded to student-athletes who earn a varsity in all three seasons.
- **Sportsmanship Award:** It is sponsored by the Eaton Rapids Football Booster Club. Presented to one member of each team who best exemplifies good sportsmanship and serves as a role model for teammates and the community's youth.
- **Most Improved Player:** Athlete that has throughout the season developed their ability and potential.
- **Most Valuable Player:** Athlete that had the most significant impact on the team during the season.
- **Greyhound Award:** Athlete that embodied the program and all its philosophy.
- **Offensive Player of the Year Award:** Athlete that had the most significant impact on offense.
- **Defensive Player of the Year Award:** Athlete that had the most significant impact on defense.
- **Special Teams Player of the Year Award:** Athlete that had the most significant impact on special teams.

- **Jaxon Kocher Award:** Athlete that embodied the Jaxon Kocher standard and his values.
- **Invictus Award:** Athlete that had to overcome greater odds this season.
- **Off-Season Champion:** Athlete that earns the most points during the off-season.

VARSITY LETTER CRITERIA

REQUIREMENTS USED TO LETTER ALL WRESTLERS:

A Varsity Football letter will be awarded to any wrestler who meets one of the qualifications outlined below and finishes the year in good standing with the coaches, the team, Athletic Director, and the School Administration.

- 300 POINTS NEEDED TO LETTER (250 OF THE 300 POINTS MUST BE VARSITY POINTS.)
 - Play in Varsity Game (Varsity Points) 2 points
 - Varsity Victory (Varsity Points) 3 Points
 - Varsity Quarters (Varsity Points) 1 Point each Quarter
 - Perfect Attendance Practice and Games (Varsity Points) 10 Points
 - Attending Optional Practices (Varsity Points) 2 Points
 - Attending Weight Room Sessions (Varsity Points) 3 Points
 - Attend Pool Sessions 1 Point
 - Attend Team Meetings 2 Points
 - Attend Positional Meetings 3 Points
 - Attend Team Events 4 Points
 - Complete Fundraisers 5 Points
- A Senior Football Player who has been a member of the program for 2 seasons and has not met varsity letter requirements.
- Due to injury, illness, or other circumstances, an athlete who would have lettered may receive a letter in the coach's estimation.
- Athletes that compete at the team regional level.

Off-Season Practice/Workouts/Clinics

- All off-season practices, workouts, and clinics are optional but highly encouraged.
- Athletes participating in other sports need to ensure they prioritize that current sport before making any reservations to attend off-season events.
- Off-season events should be done as a team and not on your own.
- Off-season scheduling can change so please stay up to date on changes.

PARENTS

- Parents are expected to support their athletes and program through fundraising and encouragement in and out of season.
- We ask all parents to sit in one section at home and away games and to cheer our team on together in a way that shows class and sportsmanship.
- Please remember that your coaches are there to defend and protect your athlete, the coaches will deal with officials and opposing coaches.
- Players are expected to ride the bus to and from all sporting events if one is provided to them. Players are not allowed to drive or ride with anyone unless approved by the coaching staff and AD.
- If you have an issue with the coaching staff, please let us know directly in an email. However, we ask that you give it a 24-hour grace period to let “cooling heads prevail.”

GENERAL GUIDELINES

- Academics are the most critical part of being a student-athlete. (Work hard in the classroom as well as on the field and weight room.)
- All athletes must be to practice on time and ready to go. (This includes taping.)
- Avoid excessive clothing during football practice unless warranted by the weather.
- Never leave practice without a coach’s permission.
- ALL injuries and illness need to be reported to the Coaching Staff as well as the Trainer.
- The locker room should be spotless at the end of each day. (Clean up your mess, tape, etc.). Failure to comply will be dealt with accordingly.
- Take care of the weight room and practice field (during school and practices.). This is our home.
- Athletes must wear clean workout gear for each practice.
- Hazing of any athletes will not be tolerated.
- Upperclassmen should take underclassmen under their wing and prepare them to lead future Greyhound championship teams. We will work extremely hard together; we must encourage each other to keep our family together.
- All athletes must wear “Sunday’s Best” on the day of competitions (preferably dress shoes, slacks, button up shirt tucked in, belt, tie, or bowtie). A well-dressed student-athlete commands the respect of all, especially football officials.
- Game day attire should be neat and clean.
- Athletes must look to the sideline for instructions during any break in the action.
- No Eaton Rapids Football Player will throw a temper tantrum after a game or during a game. We will NOT come off the field or lay on the field. We will stand on the sideline, catch our breath, and cheer our team on. (We will not give anyone the salinification of being in better shape than us).
- Do not talk to the official unless spoken to first.

- Do not harass the official from the sidelines (We will only yell encouragement to our team).
- Take care of our managers. They are not your personal servants.
- Show respect to all (Coaches, teammates, parents, officials, school administration, etc.).
- Set your goals high. If we work hard, there is nothing we cannot accomplish.

SOCIAL MEDIA

FOLLOW US ON SOCIAL MEDIA

- FACEBOOK: EatonRapidsFB
- INSTAGRAM: EatonRapidsFB
- TIK TOK: EatonRapidsFB
- YOUTUBE: Eaton Rapids High School Football
- TWITTER: EatonRapidsFB
- EMAIL: ERHSGreyhoundFootball@gmail.com

Make sure to use #GreyhoundFootball to stay connected online to all the action!