

8/10/2009



**FRESHMAN
FOOTBALL**

TEAM EXPECTATIONS & CALENDAR: 2009



Bloomington High School | Joe Lewis

Coaching Staff:

Joe Lewis: Offensive coordinator, Quarterbacks, D-Ends
Jamie Codron: Defensive coordinator, Running backs
Eric Simple: Special Teams, Receivers, Defensive backs
Tyler Noonan: Offensive line, Defensive line
Josh McWhorter: Receivers, Defensive backs

Team Expectations:

Players should expect themselves and their teammates to:

1.
Succeed academically.
2.
Act with Integrity.
3.
Maintain a TEAM mentality.
4.
Arrive early.
5.
Practice, practice, practice.

Failure to meet your team's expectations will result in the corresponding consequence below.

1. Succeed academically

Grades:

Team rule: Any player failing any class will be ineligible for that week's game. Players will be given a grade sheet each week to be completed by each teacher.

2. Act with integrity

Behavior on the field: Always act as though a coach is watching you – especially when no one is looking.

Behavior in school: Players may lose playing time for infractions of BHS policy. For example: (1) In-school detention (2) Wednesday /Saturday detention (3) Complaint from teacher.

Behavior away from school: Players may also lose playing time for inappropriate behavior when away from BHS. For example: (1) Fighting (2) Parties (3) Smoking

3. Contribute to your team

Teamwork: Every member of our team affects each of their teammates. When one succeeds, we all succeed; when one fails, we all fail.

Team conditioning: When one player breaks a rule, all players will join him in conditioning – usually at the beginning of practice.

4. Arrive early

Late to practice: Each time a player arrives late to practice, he will be required to complete additional conditioning after practice THAT DAY. If a player is late 3 times, it will be treated the same as skipping a practice.

Skipping: Anyone skipping practice the first time will receive extra conditioning and will sit all four quarters of the next game. Anyone skipping a second time will no longer be part of the team.

5. Work hard every day...games are won during practice

Practice policy: Players must be able to complete practices (and conditioning) in order to demonstrate to their teammates and the coaches that they are ready to play. If a player is unable to complete practice for reasons other than injury or sickness, then it is unlikely they will play in a game. For example (1) refusing to participate in drills (2) refusing to participate in conditioning (3) refusing to support teammates

Procedures & Protocols:

1. **Coaches:** All coaches will be addressed as "Sir" or "Coach."
2. **Weather:** We will ALWAYS meet for scheduled practices, despite weather.
3. **Injury:** Each player will FIRST report any injury large or small to a coach and may THEN be sent to see the trainer.
4. **Dress:** each player will wear "mostly black" cleats, white ankle socks to that protect the entire foot and show minimally above the shoe, and a school colored, black, or white t-shirt underneath their uniform. No tights, shirts or head/wrist bands may be showing outside the uniform. Gloves will be in the hands only.
5. **Missing Practice:**
 - * **Expected absences:** a call or personal contact to Coach Lewis by a parent or guardian of the player
 - * **Illness:** If absent (excused) from school, players must ALSO call or E-mail one of the coaches (NOT another player).
 - * **Other:** personal contact or phone call from parent/guardian to Coach Lewis.
6. **Late to practice:** Any player who will arrive late to a practice should first dress for practice and then report immediately to Coach Lewis with explanation. He may THEN join practice.
7. **Practice:**
 - * Everything will be done as a team, conditioning, water breaks, entering and leaving the practice field.
 - * No player will ever sit on the practice field. If at rest or drinking, players will take a knee.
 - * No player will ever walk on the practice field.

8. **Bus rides:**

- * Parents/guardians only may sign a player out after an away game to ride with them instead of on the bus. NO ONE ELSE may sign a player out.
- * Players will leave the bus in cleaner condition than when they boarded.
- * Players will thank the bus driver every time they exit the bus upon arrival.
- * Players will not be able to leave valuables on the bus when they leave the bus.

Contact information:

→ Head Coach Joseph Lewis

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