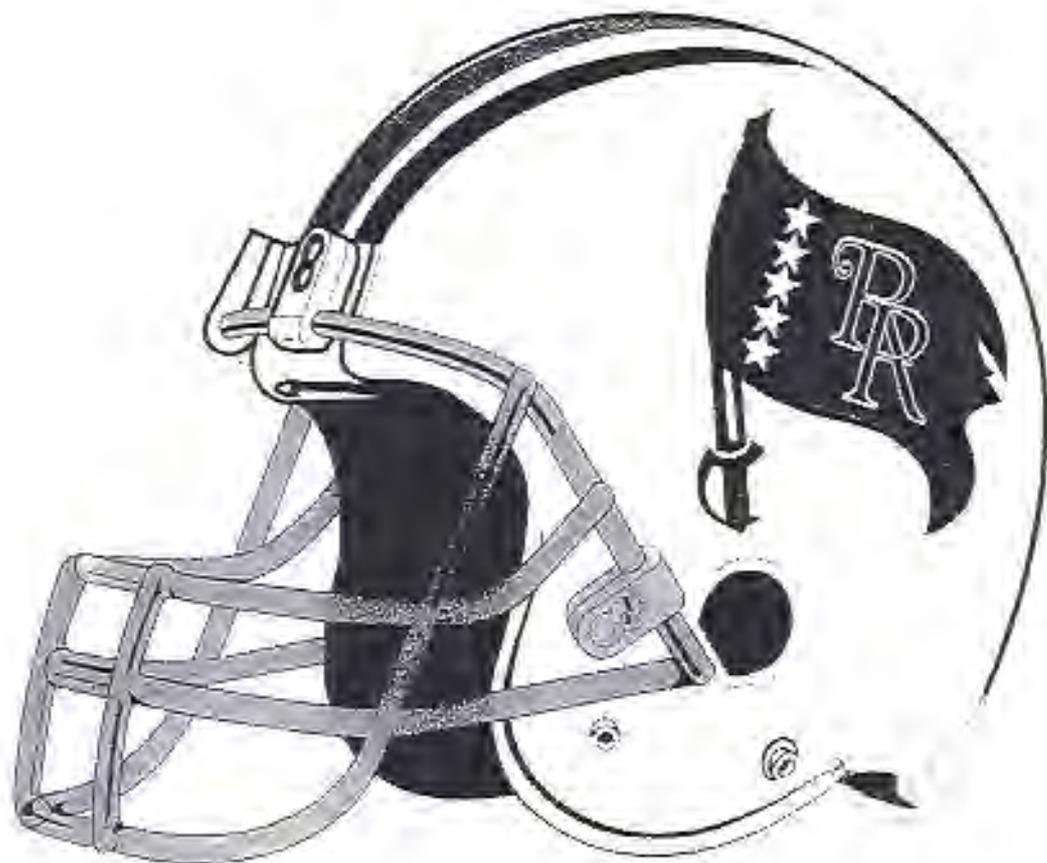


RICHLAND
FOOTBALL
PLAYER MANUAL



STUDENT FOOTBALL HANDBOOK

This handbook is written to clarify the Football Program. It is written as an aid to eliminate any misunderstanding that might occur. It is not meant to eliminate communication between players and coaches, but to make certain the lines are open and there are as few “gray” areas as possible. If you happen on one of these gray areas, I urge you to come see me immediately so there will be no doubt in either the letter or the intention. Together we can do great things for you.

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REBEL FOOTBALL PHILOSOPHY

It is essential to establish and put in writing the philosophy of any football program. A philosophy states the guidelines and gives the program its direction. All objectives within the program should come directly from the philosophy and, if possible, be measurable. A program cannot operate with two philosophies. This does not infer that our philosophy is the only philosophy, nor the best for all programs, but it is what we believe is the best fit for our football program. It is critical that all players and coaches believe in this philosophy and that all parties are working in the same direction.

- I. **The process of athletics is what is important**, not just the end result of winning or losing. We will do everything possible to win, but the character traits derived from athletics in a good program that the young men carry into their adult lives are the most important products of our program.
- II. **Attitude and work ethic are the most important intangibles in the football program.** As an athlete, you can't control what physical abilities you possess. However, ATTITUDE is something that you CAN control. With the proper ATTITUDE, you can utilize your abilities to their fullest potential. You have the power each day to "CHOOSE YOUR ATTITUDE" ATTITUDE will be the single most important factor in our success on the football field, in the classroom and in life. Harvard University conducted a study on some of the most successful people in the United States and came to the following conclusion: Success is determined 85% by ATTITUDE and only 15% by physical and mental abilities.
- III. **IT IS NOT OKAY TO LOSE!** Chances are you will lose a game at some point in your football career. Although winning and losing are not the end all for our program, being satisfied with a loss is **unacceptable**. We will strive for excellence in our program. As our student-athletes leave our program, we want them to have learned how to set goals and to never rest until they have reached that goal. Our players will learn how to be winners! **FAILURE IS NOT AN OPTION!**

OBJECTIVES OF THE FOOTBALL PROGRAM

1. **Each player will receive a diploma and an education.** These are not necessarily the same. The diploma is the reward for following the plan set forth to you by the counselors and the state of Texas. Education is learning to make a commitment to an effort and giving every ounce of energy you have to that effort. It is learning to give to others without worrying about what you will receive in return. Education is learning to do the right thing and not worrying about what others may think.
2. **Establish an excellence in football.** You must want to play football at a level that our opponents cannot endure for 48 minutes of play. We will commit a higher level of preparation, intensity, aggression, and perseverance than our opponents are willing to commit. We will make our opponents pay a price for scheduling us!
3. **Through the football experience, our players will become better people.** It is the intent of the program to teach more than fundamentals. Players will develop or improve their ability to work in a team environment. They will be more accountable and more responsible. They will learn to be positive about the day, their school, their community, and their country. They will learn and be conscious of the influence that they have on younger people and use this influence in a positive manner.
4. **Our players will have fun playing the game of football.** Football is a game to be enjoyed. To be enjoyed, it must be played correctly. Once learned how to be played correctly, there is nothing more fun. A definite objective is the absence of tension or pressure. The player will know that his responsibility is to give his best physical and mental effort and once he has done that, everything else will take care of itself.
5. **Learn the schizophrenic nature of football.** Between the white lines, we expect the most intense, physically aggressive people. Off the field, we expect perfect gentlemen. Don't get these confused; each has its place. These are learned traits and must be practiced and positively reinforced. The ultimate compliment is for someone to say (because of your off the field behavior), "He is too nice to be that guy I see doing what he does on the field."

WHAT WE EXPECT FROM YOU

The coaches expect the following from you as a player:

1. To settle for nothing less than "A's and B's" in the classroom-**COMPETE!**
2. To give your total effort (make the most of what you have)
3. To be respectfu] towards your teammates (we are working towards achieving the same goals)
4. To practice to the best of your ability every day
5. To be prompt
6. To be courteous
7. To always encourage your teammates
8. To be emotional and enthusiastic
9. To improve daily in your quest to become the best player that you can be
10. To do whatever it takes to be a member of a championship team (everyone has a role-know yours and be the best there is at it!)

WHAT YOU CAN EXPECT FROM YOUR COACHES

1. To provide the leadership to achieve the TEAM's goals
2. To work you harder than you have ever been worked
3. To assist you in any way possible, now and after you graduate
4. To treat you like a man and respect you
5. To hold you accountable for your actions
6. To make all decisions with the TEAM's best interests first
7. To do everything possible to improve our facilities and make this the best place in the Texas to go to school and to play football
8. To help you mature and grow as a man
9. To help you reach your goals
10. To be competitive and intense on the field (Note: Our coaches will be just as intense and competitive as our players. Remember, don't pay attention to HOW we are saying something; listen to WHAT we are saying.)

REBEL FOOTBALL RULES

1. **DO RIGHT!** Do what you are supposed to do, when you are supposed to do it; i.e. Athletic Code of Conduct
2. **SEE #1!**

ATTENDANCE

Attendance and punctuality are **MANDATORY**. As a member of this football team, you are expected to be in attendance at all practices and team functions. Failure to attend or arriving late are very selfish acts. The person who is tardy or absent is showing the team that he is concerned with no one but himself. Arrange your schedule to prepare for circumstances that might cause you to be late or absent.

If you are going to be late or absent, you are expected to call and notify the coaches. When you are absent, we fear the worst. Be selfless; call and let us know the situation. The only problem that we cannot help with is the problem that we don't know about.

If you are sick or injured, you are still expected to be in attendance at practice and getting "mental reps." If you miss practice on Monday and Tuesday due to illness or injury, but are ready to go on Wednesday, you are essentially two days behind and will not mentally be ready to play on Friday. Even if you can't go through the drills and sessions physically, you can mentally prepare to play on Friday in the event that you physically improve to the point where you are able to play in the game.

Varsity players are expected to attend film review and workouts every Saturday morning following a game. This is a great opportunity to learn from your performance the previous evening. We will not review previous game film during the following week; we will be focused on our next opponent. These meeting and workouts are **MANDATORY!**

FIELDHOUSE PHONE #
(817) 547-7050

PERSONNEL DECISIONS

Position Assignments: Players will be assigned to the position that gives our team the best opportunity for success. Another consideration in the assignment of players to positions is how likely that player is to get on the field at that position. If a player is a backup at Position A and be a starter at Position B, then that player will be assigned to Position B. We will always consider what position a player desires to play, but ultimately that player will be placed where he has the best chance to get on the field and to help the team win.

Team Placement: Players are placed on a team in which they will make the most positive contribution. Another factor in team placement is the development of the individual player. Your academic classification does not determine team placement. Some juniors will play on Thursday nights and some sophomores will play on Friday nights. The coaches will place each player on the team that affords them the best opportunity to improve their skills.

Football ability is the major factor in placement of players. *Football ability* is defined as the combination of a player's physical talents, knowledge of assignments, effort and toughness. The players with the greatest football ability, as defined, will play at the highest level of play. This is regardless of age. Academic classification is not a determining factor in who gets to play.

Maturity is the second factor in the placement of players. *Maturity* is defined as the ability to sacrifice a short-term pleasure, such as sleeping in during the summer, for a long-range goal, such as reaching the STATE PLAYOFFS. Mature athletes understand how important their efforts are to the team and prepare throughout the week to win on Friday night.

Chronological age is the number of years you have been alive, mental age is the maturity level you have achieved in the years you have been alive. There are 16-year-old men and there are 40-year-old boys. Maturity is not determined by your chronological age.

Everyone on our team has an important role in our success. Not everyone can start, but all of our players are equally important to our team. It is important that all players know their roles and take these very seriously.

WHO GETS TO START? IT'S UP TO YOU!

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will be starters and who will be backups. As mentioned before, every player on our team has a critical role. Backup players are one turned ankle away from being a starter and need to prepare for each game as if they are going to be the starter on Friday night. It is important for all players to understand how the coaching staff will determine who will start. The following are the primary criteria used by the staff to make these judgments:

1. **Knowledge of Assignments** - We cannot and will not play players who do not know their assignments. Position coaches are more than happy to spend extra time outside of practice teaching players who need and desire help in learning the schemes. There is no excuse for not knowing your assignments.
2. **Hustle and Effort** - Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect the same from you. Extra effort wins games. Talent does not control effort. Everyone has the ability to give 100%.
3. **Hitting and Mental Toughness** - We will discover during practice which players have a strong desire to tackle and block aggressively. Football is a COLLISION sport and it must be played with mental toughness. Like effort, everyone has the ability to hit.
4. **Contribution to the TEAM** - football is one of the few TEAM sports left. The individual who motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess these qualities. One man who hates to lose can make a great contribution to the TEAM effort. Everyone wants to win, but we are looking for players who despise losing.
5. **Talent** - If the above four characteristics are equal (which they should be), then the young man who has the most talent and makes the most plays will start. We are looking for playmakers. In football, potential is a dangerous thing. There are many players who are fast or strong, but are not talented football players. Football talent means the ability to make plays within the painted lines.

The best players, according to the above criteria, will start on our football team. It is important to remember that all of the above criteria are determined by the player's performance on the field. Realistically the practice provides the only opportunity for us to evaluate our players. We can't assume that a player is going to make plays in a game when they do not make plays in practice. Thus, it is important that players give 100% effort in practice so that the coaches can make accurate evaluations.

FOOTBALL DISCIPLINE PROCEDURES

Workouts

- **Excused Missed Workout** – 50 Up/Downs, 1 Grass Drill
 - Bad Weather – 100 Up/Downs
(Excused by Coach Kates – Called in BEFORE workout)
Not a punishment, Make up work
- **Unexcused Missed Workout** – 100 Up/Downs, 2 Grass Drills
 - Bad Weather – 200 Up/Downs
No Explanation
- **ISS** – Considered Unexcused Missed Workout for EACH DAY
- **Late to Workout/Meeting** – 25 Up/Downs

Study Hall

- **Late to Sunrise Study Hall** – 10 Up/Downs per minute late
 - Considered Absent after 15 minutes (Unexcused)
- **Missed Sunrise Study Hall** – 50 Up/Downs, 1 Grass Drill
 - Bad Weather – 100 Up/Downs

Conduct

- **Conduct in Class** – Coaches discretion
- **Bad Language** – 10 Up/Downs
- **Improper Dress** – 25 Up/Downs
- **Unclean Locker** – 25 Up/Downs
- **Quit the Team** – Apologize to the TEAM and accept responsibility
 - Unexcused missed workout for each missed practice

*Habitual Offenders – Subject to Double or Triple discipline numbers

*ALL discipline must be completed before being allowed to play in a game

GAME DAY EXPECTATIONS

1. Mentally prepare to play the game. Visualize the game before you ever step on the field. See yourself and the team being successful. Remember, the body cannot tell the difference between a real experience and a vividly imagined experience. The more your brain sees you being successful, the more likely you are to perform successfully. Further, respect your teammates as they prepare themselves for the game.
2. No one will risk not play by leaving campus on game day. We will stay together and prepare together on game day. As soon as school is dismissed, all players will report to the field house immediately. Players will remain there until game time. (NOTE: Do not eat foods that will hinder your performance on the field).
3. **STAY TRUE.** No matter what the results on the field, our players are always expected to stay true to our colors. We will have pride in being REBELS and will perform in a manner that represents the blue and gray in a positive light. To give up, quit, hold back or fake injury is to change colors and be disloyal to our school, our families and to the teammates who trusted you to perform. Not every player can be great, but everyone can stay true to the blue and gray and have Rebel Pride.
4. Be result oriented. Each player must realize that he is responsible to get results on the field. No coach will ever call a perfect game. The coaches will prepare relentlessly to provide our players with a game plan that gives the team the best chance to win. But no matter how good our plan is, the players still have to perform.
5. Football is a violent game. It is not a debate. You don't win games with your mouth; you win them with your body and your mind. We will always let our play on the field do our talking. Do not get caught up in trash talking. The players that talk the most are usually the ones who are the most scared. Our opponents should think that they are playing against a team of deaf, mute crazy people.
6. Never criticize, always encourage. Your teammates need you when they make mistakes. Always be there to pick them up. We need them to perform on the next play and not focus on the mistakes they made on the previous play.
7. The contest begins with Pre-Game. As soon as we walk on the field for pre-game warm up, we should be in game mode. Focus on doing everything perfect in pre-game and you will be more likely to perform in that manner during the actual game.
8. At the conclusion of each game, we will shake the hands of our opponents and, as a team, gather in front of our fans and band to sing the Alma Mater. We will play with pride for 48 minutes and will show respect for our school and appreciation for our fans after the game.

ROAD TRIPS

When our teams travel, it is important for our players to understand that they are representing our football program, our school and our community. They are expected to behave in a manner that gives a positive impression of these groups. Our program, school, and community will be judged by the impression our players and coaches make through our actions.

Dress for trips will be determined by the coaching staff on a weekly basis. Considerations will be given to the length of the trip, mode of transportation and seasonal conditions. Our dress should reflect the importance that we place on being representatives of our school. Our behavior will leave a much more lasting impression, but our appearance cannot be such that it prevents others from seeing our true character.

Trips are not important games are. Transportation is a method to accomplish a goal. Transportation itself is not a goal. Be considerate of others while we travel. Only listen to music with headphones. Food and drinks will typically be provided. However, if you choose to bring food or drink, be sure that it is something that will not hinder your performance on the field.

TRAINING ROOM AND INJURY POLICIES

- I. Injuries must be reported to the trainer on the day that they occur.
 - a. The quicker the athlete receives treatment for an injury, the quicker he can get back to 100% health.
 - b. Injured players unable to practice are still expected to be in attendance at practice and mentally preparing for the upcoming game. Treatment will be assigned by the trainers and will not be provided during practice time.
 - c. Athletes should not see a physician regarding an athletic related injury without consulting our athletic trainers first, either via telephone or in person. This does not apply in the case of an emergency.

- II. Training Room.

Being in the training room is not an acceptable excuse for being late to practices or meetings, unless previous arrangements with the position coach have been made. Try to get taped before you do anything else, and then get dressed. If there is a long wait in the training room, get dressed as much as possible and then go to the training room.

- III. Student Trainers
 - a. Student trainers and managers work for free. They are here to learn athletic training and to be a part of the football program. They are not the players' servants.
 - b. If you treat the student trainers with respect, then you will be treated with respect in return. (Disrespectful treatment of these people will not be tolerated).

STUDENT ATHLETIC INSURANCE

BISD typically carries a student athletic insurance policy. These types of policies are secondary insurance policies. This means that they do not begin paying claims until the student's primary insurance cuts off. We encourage all of our student-athletes to seek the advice of one of our athletic trainers before visiting a doctor, except in emergency situations. Our trainers are Certified Athletic Trainers who have spent years studying sports medicine. They are among the best in the business and are employed for the purpose of taking care of our student-athletes. They also have a great understanding of sports related injuries and can provide you with quality advice regarding the care of your injuries. If you have any questions regarding the procedures for making a claim, please feel free to contact the athletic training office.

STRENGTH/CONDITIONING PROGRAM

Our coaching staff prides itself on putting together one of the toughest and most effective performance programs in the State of Texas. It is our belief that championships are built in the phase. Thus, we expect all of our student-athletes to participate in this program, unless in another sport at the time. This program will enhance the student-athlete's ability to perform on the football field. In our program we will work to develop functional speed, quickness and agility and strength. It will also develop mental toughness, discipline and teamwork, all of which are critical to our success during a football season. This program is a critical element in the development of our football team and it is our expectation that all of our student-athletes will participate in it and give 100% effort.

MULTIPLE SPORT PARTICIPATION

It is our belief that in order to stay sharp, a student-athlete needs competition. Although we provide opportunities for competition in our performance program, there is no substitute for the real thing. **Thus, we strongly encourage all of our football players to seek out and participate in another sport after football season is completed. During track season, we expect all of our student-athletes to participate in track workouts, even if they may not compete in a meet.** If a student-athlete participates in another sport, they will still be expected to complete any work necessary to continue their development as a football player. For example, if a student-athlete is in a sport that does not require them to lift weights, then they will be expected to be responsible enough to make sure that they find time to get some work done in the weight room. This is simply a matter of a student-athlete doing what is necessary to continue their development as a player. Football is a grueling game and your body must be in top condition to be able to compete at the highest level possible.

LETTERING POLICY

LETTERING CRITERIA

Bixville ISD has a specific list of criteria for lettering. Please see the BISD website and visit the Athletics page to further understand the criteria.

SUMMER PROGRAM

Mental age and maturity have been mentioned previously, but the work players put in during the summer are the proof in the pudding. Boys will not work out without constant supervision. MEN will work out from a sense of pride and responsibility. They will not let their teammates down by being lazy over the summer.

Players look around and see the investment their teammates have made during the summer. Even though you may be working out at home or another place, your teammates and coaches need to SEE you paying the price in the summer for success in the fall. When you line up next to your teammates, they need to know that you have put in the time to be successful and you should expect the same from them.

Players must understand that the coaching staff has one of two choices when the players report in the fall. They can either get the players in shape or they can teach them football. The team has a very short number of practices before its first game. If coaches have to waste the first week of workouts getting the team in shape, then we have lost a week of preparation for our first opponent. If a player reports out of shape, his chances of injury increase dramatically. If he becomes injured, he stays in poor shape. When the injury heals and he is able to return to the practice field, his chances of getting hurt again are high because he is still in poor physical condition. It is a terrible and vicious cycle, and when the season is over everyone blames the "bad luck" of injuries, when actually it was simply a matter of the player not being mature enough to handle the summer.

We offer a summer conditioning program at RHS (Summer EDGE). The program is designed to get our players ready for the upcoming season. Do not be misled; hauling hay will prepare you for the heat, but it will not prepare you for playing football. The decisions you make regarding summer workouts will have a direct impact on your performance on the field in the fall.

At the beginning of fall camp, every player will be required to pass a physical conditioning test. Players who were in attendance at a minimum of 90% of summer workouts will be exempt from this test. If an athlete does not pass the test, he will continue to take the test on a daily basis until he passes or until the first scrimmage of the season.

DISCIPLINE SCHOOL ASSIGNMENTS

We expect our student-athletes to be leaders on the RHS campus. We expect them to set the example for all students through their academic performance, their attitude and their discipline. This being said, it is unacceptable for any of our student-athletes to receive a placement of either ISS or DAEP. Below you will find the policy regarding these assignments as they relate to athletes.

I.S.S.

If a student-athlete is placed in I.S.S., then the following consequences will be issued:

- **The student-athlete is ineligible to compete in a game until the day that they return to regular classes.** This means that you will not be eligible on the day you are released from I.S.S. (U.I.L. Rule)
- **The student-athlete is eligible to practice after school on days that they are assigned to I.S.S.** The student-athlete is expected to be in attendance at practice every day after school while in I.S.S. Absences from practice on days assigned to I.S.S. will be treated in accordance with the Rebel Football attendance policy.
- **The student-athlete will participate in a conditioning program after the practice on each day that they are assigned to I.S.S.** They will not be released from this program until their I.S.S. assignment is completed.

D.A.E.P.

If a student-athlete is placed in D.A.E.P., then the following consequences will be issued:

- **The student-athlete is ineligible to compete in a game until the day that they return to regular classes.** This means that you will not be eligible on the day you are released from D.A.E.P. (U.I.L. Rule)
- **The student-athlete is NOT eligible to practice after school on days that they are assigned to D.A.E.P.** (U.I.L. Rule) This is different than the rule for I.S.S.
- **The student-athlete will participate in a conditioning program upon their return to regular classes.**

An assignment to D.A.E.P. causes a student-athlete to miss all athletic activities including practices. This results in a great amount of lost time and will negatively affect a student-athlete's performance. These policies are subject to change year to year to adhere to BISS guidelines.

DRUG AND ALCOHOL USE

Abuse of alcohol and drugs is not a new problem. It has been here since the Biblical days, and we do not have the solution to the problem. Players must understand that they are representatives of our program and that use of these substances is a negative reflection of our program. However, there are some things that players should think about before they use alcohol or drugs.

- The greatest killer of people in your age group is drunk driving. If you use alcohol or drugs to give you courage then you are a coward, and alcohol and drugs cannot change that.
- if you use alcohol or drugs to run away from a problem, you are not solving the problem. You are actually creating a second problem.
- The minute you put alcohol or drugs into your body, you lose any chance of the coaching staff defending you. We only know you as a substance free person. None of us can testify for you once you use any mind-altering agent.
- You must understand that you represent some great entities: school, your family, a football family, coaches, etc. You risk hurting every one of these by the use of alcohol or drugs. This is a very selfish act. Selfishness can cause you to be dismissed from the team. Some people will tell you that it is okay to use these things and the ordinary people will give in to that pressure. However, it takes great strength to abstain from using drugs and alcohol when others around you are doing so.
- Use of these substances will have a negative affect on your performance on the field. This includes performance-enhancing substances. Studies have shown that athletes using performance-enhancing substances were more likely to become injured than those who did not use these substances.

ACADEMICS & ATHLETICS

How are they related?

Academics and athletics can and will be a positive influence on each other in our football program. Athletics should compliment the academic program at Richland High School.

1. **There are two types of education:** One teaches us how to make a living (academics), the other teaches us how to live (athletics).
2. **Keep your priorities in the proper order.** You must pass all of your classes to be academically eligible to play. However, that is a minimum standard set by the state of Texas, and we expect more from the Rebel Football players. We expect our athletes to strive for excellence in the classroom. Our players should settle for nothing less than "A's" and "B's". Players should understand that they need to make grades higher than "C's" to meet NCAA scholarship requirements.
3. **A true competitor wants to succeed in everything that they do.** We expect our players to compete on the field and in the classroom. We will strive for excellence in the classroom. There is no substitute for effort!
4. **Athletics is "extra-curricular".** Our athletic program is designed to supplement the education process. The athletic program serves as a laboratory to enhance a student's education physically, mentally and emotionally.
 - a. The excitement of an upcoming game must not take away focus from academics on those days. We expect total focus on the field and expect nothing less in the classroom.
 - b. Less than 1% of Americans make their living in sports, TV or music. The time will come when your playing days will be over and you need to be prepared to support yourself and your family without athletics.
 - c. Winning a state championship or district championship is something that a player will remember and cherish for the rest of their life. But, education is the key to success and the fulfillment of that life.
5. **Turn off the TV and read!** We don't want you to be the first generation of Americans that does not progress and improve the quality of life the next generations.

WHERE THERE IS A WILL, THERE'S AN "A"

1. School is like a big business, treat it as such. Make your work neat and presentable because appearance raises grades.
 - a. Typed papers are a plus.
 - b. Use correction fluid or tape on mistakes. do not scratch them out.
 - c. People on the first row tend to get more attention than those in the back.
 - d. When studying, mark down information that you don't already know and go over it a few times.
2. Choose courses you like.
3. Read your textbooks and notes early.
 - a. Don't wait until the last minute to read the chapter or your notes.
 - b. When you're mentally tired, try propping your feet up, breathing deeper and/or eating something sweet to get you going.
 - c. Read out loud.
 - d. When taking notes, don't write long sentences. Abbreviate and paraphrase.
 - e. Write down questions you have as you go and look them up or ask the teacher later for the answers to your questions.
4. Zero absences... Always be in class.
5. Extra credit: extra credit should be mandatory. it may mean the difference between passing and failing or between an "A" or a "B".
6. Pre-test yourself.
 - a. Ask yourself questions about the chapter or the lesson.
 - b. Study in bright lights.
 - c. Don't miss the first and last minutes of class. The teacher may reveal something you need to know.
7. Become an expert test taker.
 - a. In essays, volume pays off. Break your thought patterns into shorter paragraphs. It looks longer and read better.
 - b. Neatness raises grades.
 - c. Answer every single question, don't leave any answers blank.
 - d. Use all of the class period to finish the test. You don't get a bonus for finishing first.
 - e. If you have to guess, go with your first hunch. Don't second guess yourself.
 - f. Proof read your test. Don't lose points for obvious mistakes.
8. The key to perfect paper:
 - a. Written work is a game of comparison. Make your paper one of the best in the class.
 - b. Volunteer to edit your friend's paper to learn new styles and ways of writing.
 - c. Five steps to building better writing: 1. Structural outline 2. Sentence outline 3. First draft 4. Redo paragraph 5. Polish paper
9. Find the time of day in which you are the most alert to study in, night or day.
10. Use your imagination.
 - a. Create new tricks for learning material for the test.
 - b. Use positive self-talk (ex. I am smart and alert. I will ace this test.)
 - c. Reward yourself with a treat after completing a segment of study.
11. Tips for better note taking:
 - a. Read the book before class.
 - b. Take only notes of value.
 - c. Use keywords not sentences.
 - d. Use pictures and symbols.
 - e. Review notes immediately after class.
12. Review your notes out loud.

RULES FOR THE REBEL ACADEMIC GAME.

1. Always be on time. This cannot be over-emphasized. Nothing causes a teacher to turn off on a student faster than tardiness.
2. This is not a team endeavor. Sit next to students in class who are not just your football friends.
3. Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and show respect at all times. Do not talk back to a teacher, even if you disagree with what is being said or done. If you have a concern about something, wait until class is over and discuss it one on one with a teacher. Be a leader in the classroom!
4. Sloppy appearance is held against an athlete to a greater degree than against other students. Dress neatly—shoes tied, no caps, no sagging, hair neat and clean, neatly shaven.
5. Before class starts, make sure that you have all of your materials. Make sure that your book or notebook is open and that you have a pen or pencil ready to start working.
6. Once class begins, keep your mouth closed unless you are asking or answering a question, or taking part in a teacher led class discussion.
7. Make sure that you turn in all of your work on time and fully completed. With proper planning, you will get everything done for all of your classes. NO ZEROES! There is NO EXCUSE for not completing or turning in your work.
8. As soon as possible after class, do your homework. Study hall provides a great opportunity for doing this.
9. Never be afraid to ask a question or to ask for help. This is how all people learn.
10. If you are going to miss a day for a game or travel, make arrangements for any missed work ahead of time. This should be done at least 2 days prior to the absence.
11. Just do it! Getting an education requires hard work. You can do it, and do it well, if you will apply yourself. Most failures are due to a lack of effort!

REBEL FOOTBALL CLASSROOM IMPROVEMENT PLAN

To: _____

I realize my conduct/performance has not been satisfactory in your class. I want to take this opportunity to apologize for my conduct/performance and to assure you that it will improve.

I am presently involved in a conditioning program designed to improve my conduct/performance in the classroom. I would like very much to be removed from this program as soon as possible. I need, however, written notice from you that my conduct/performance is now satisfactory.

When you deem it satisfactory, would you please sign this sheet and return it to the coach listed below to indicate that you recognize my improvement and that I may be released from the conditioning program.

RETURN TO: _____

Thank you very much,

Athlete Signature

Date

_____ conduct/performance is now at an acceptable level.
Athlete's Name

Teacher's Signature

Date

SCHOLARSHIPS

The primary responsibility of our coaching staff is NOT to get scholarships for players. Our coaching staff will do everything in our power to assist our players in getting an opportunity to play football at the collegiate level if they so desire. However, it is important for players and parents to understand that high school coaches have no power in deciding who receives scholarships and who does not. That is entirely at the discretion of the college coaches. Their livelihood is determined by their recruiting. Thus, they are going to recruit the players that they feel comfortable with and that fit their team's needs. They will not necessarily recruit the players that the high school coaches recommend.

We will promote ALL of our players to college coaches equally and will not "push" any particular players more than others. We will put great effort into "marketing" our players to the colleges. We create highlight videos, player information sheets, and other helpful tools to provide to the recruiters in order to promote our players. We would love nothing more than for all of our players to have the opportunity to continue their playing careers. Still, the ultimate decision lies in the hands of the college coaches.

There are many more good football players than there are Division I scholarships. It is important to understand that a "full" scholarship is very difficult to receive. However, many colleges will offer "partial" scholarships with the opportunity for more assistance based on need, academics, etc.

Players and parents should also understand that you can dramatically increase your chances of receiving a scholarship by having outstanding grades and good ACT/SAT scores. Given the limited number of scholarships available to the colleges, they are becoming less likely to take a chance on someone who may not qualify academically. We encourage all of our student-athletes to begin taking ACT/SAT tests early in their junior year of high school.

AVAILABLE SCHOLARSHIPS

MEN'S SPORTS

	<u>Division I</u>	<u>Division II</u>
Football	85	76
Ice Hockey	18	13.5
Basketball	13	10
Track and Cross Country	12.6	12.6
Lacrosse	12.6	12.6
Baseball	11.7	9
Soccer	9.9	9
Wrestling	9.9	9
Swimming	9.9	8.1
Ski	6.3	6.3
Gymnastics	6.3	5.4
Tennis	4.5	4.5
Golf	4.5	3.6
Volleyball	4.5	4.5
Water Polo	4.5	4.5

WOMEN'S SPORTS

	<u>Division I</u>	<u>Division II</u>
Track and Cross Country	18	12.6
Basketball	15	10
Swimming	14	8.1
Softball	12	7.2
Volleyball	12	8
Field Hockey	12	6.3
Gymnastics	12	6
Lacrosse	12	9.9
Soccer	9.9	9.9
Tennis	8	6
Water Polo	8	8
Ski	7	6.3
Golf	6	5.4

**If life gives you a
lemon, take it and
make lemonade and
get rich by selling it to
those people who are
thirsty from griping
about what life has
done to them.**

BELIEVE

B – BELIEVE IN OTHERS AND THINGS NOT YET SEEN

E – EMPOWER OTHERS BY ENCOURAGEMENT

L – LEARN AND PRESS ON TOWARDS THE GOAL

I – INFLUENCE BY BEING A POSITIVE ROLE MODEL

E – EXPECT GREAT EFFORT ALL THE TIME

V – VISUALIZE EXCELLENCE

E – ENJOY THE REBEL FOOTBALL EXPERIENCE