

ADDISON FOOTBALL

2018

PROGRAM GUIDE



“FORGET ABOUT ME I LOVE YOU”
FAMILY

Addison Football Players and Parents

The 2018 football season looks to be a memorable one. Our players and coaches are excited and are looking forward to improving our strength and conditioning throughout the offseason.

We have the potential to have a good football team. As a program, we have high expectations here at Addison. We have difficult but achievable goals ranging from winning the Cascades Championship to playing and winning a playoff game. Parents please join our coaching staff and me as we work on developing into one of the elite football programs in the state.

This Addison Football Program Guide is designed to inform you about the requirements and expectations of our football program. It is very important for all of you to understand how we function. I want to increase your understanding and improve communication between each family and our coaching staff.

Hopefully, most of your questions will be answered by this outline. I have tried to address the more common questions we get from parents and players. If I didn't get everything answered, please feel free to email me at lindemanj@addisonschools.org or call me at (517) 673-0028.

Periodically this offseason, check our web site www.addisonathletics.com for up to date information or any changes that may suddenly arise. Let's work together to have a great offseason and the best season yet of Addison Football.

Sincerely

Coach Lindeman
Athletic Director / Head Football Coach
Addison High School

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Addison Football Introduction

The primary purpose of this guidebook is to acquaint you with the rules and policies of the Addison Football Program. You are responsible to read, know and understand the complete contents of this material. In the event that there is something in this book you do not understand or disagree with, see me as soon as possible.

We firmly believe that you have a great desire to win a championship, both on the field and in life. If we did not believe this thoroughly, we would not be here. Our policies have been put in this booklet so you could refer to them from time to time during the course of the season. It is to be taken care of and treated with respect.

The intention of this guidebook is to encourage communication between coaches, players and parents. This is **OUR** football team. You are here because you want to be part of a great football team and program. This can only be accomplished when you know what is expected of you.

Athletes in our program are in a favorable position. They are part of a team and must learn to work and function effectively and cohesively. Lasting and treasured friendships will be nurtured and developed. They also represent our school in a very visible role and we will encourage them to conduct themselves with character, poise, integrity, honesty and pride.

We will do everything the “Addison” way.

Addison Football Mission

Develop PANTHERS to reach their full potential through football and interscholastic athletics.

Addison Football Vision

Execute Elite Training Sessions
Increase Participation Numbers
Compete for & Win Cascades Conference Championships
Compete for & Win MHSAA State Championships
Achieve Academic All State
Participate in Community Service

Addison Football Principles

Purpose – Starting Point for All We Do

Academics – Foundation for Interscholastic Athletics

Never – Give Up, Back Down, or Quit

Toughness – Mind, Body, and Spirit

Humility – Solid Foundation of All Virtues

Excellence – Attitude of Always Striving to do Better

Response – You Can't Control Events, But You Can Control Your Response to Them

Service – Sacrificing for the Glory of Others

“Forget About Me I Love You”

We will be unconditional men who love others more than ourselves. We do for those beside us because we love and want to do so, not because we have to.

E + R = O

Every outcome you experience in life (whether it's success or failure, wealth or poverty, wellness or illness, intimacy or estrangement, joy or frustration) is the result of how you have responded to an earlier event in your life. Likewise, if you want to change the results you get in the future, you must change how you respond to events in your life ... starting today.

Football is the toughest game there is... physically it is the most demanding. The purpose of the game is to find out what kind of person you are, to find out about yourself.

“The world ain’t all sunshine and rainbows. It’s a very mean and nasty place and I don’t care how tough you are it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain’t about how hard ya hit. It’s about how hard you can get hit and keep moving forward. How much you can take and keep moving forward. That’s how winning is done! ...But ya gotta be willing to take the hits, and stop pointing fingers saying you ain’t where you wanna be because of him, or her, or anybody! Cowards do that...”

-Rocky Balboa

Addison Program Priorities

What is important in our lives? We are faced with situations everyday where we come into conflict with other people. Many times groups, teams and businesses fail because they have forgotten what truly matters in life. Our program is designed to teach children and young men how to become wonderful productive citizens. It is our belief that if our student athletes keep these priorities in order then making the transition from young man to adult will be easier and much more enjoyable.

1. Faith and Family

We will build a football family at Addison High School that we hope will be as strong as any family bond can be. However, football will never come between an athlete and his faith or an athlete and his family. These are the rocks our country was built on and they are the most important things in my life. My staff and I will do our best to make sure that your sons think and feel the same way.

2. Academics

This is what will carry you into the work force and will dictate how successful you will become. Each day America becomes more competitive in the job market, the number one reason is knowledge and technology are growing all the time. If you do not put an emphasis on your academics your bright future is fading fast. Our staff will be committed to making sure your son puts his best foot forward inside the classroom.

3. Athletics

My love for football is as strong as anyone you could ever encounter. However, the times in my life when I have struggled the most were when I put athletics above academics or faith and family. Football will teach your sons more about life than any activity they could participate in during high school. That does not justify making it their number one priority. Remember, playing football for Addison High School is a privilege and not a right.

Commitment to Addison Football

1. For the next several months, you will be required to put your scholastic work and football above other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
2. You are here at Addison High School to get an education first. School must come first. Keep your grades above the required standards. Those who are not ready to work in the classroom should not come out for football.
3. ATTENDANCE IS MANDATORY both for classes and your football responsibilities (meetings, practices, weight training and games). Always be on time.
4. Addison football players must conduct themselves with class at all times. We must exhibit good sportsmanship on the field and good citizenship off the field. Every action of a team member reflects on their family, coaches, teammates and school.
5. Respect your teammates and coaches. Use the Golden Rule. Treat others, as you would want to be treated. We must pull together as a team if we are going to have success.
6. Respect yourself. Stay in good health by eating the right foods. Avoid fast foods and sweets. Do not take any substances that are considered a drug unless you have a prescription from a doctor. Do not take steroids, or any other artificial means to enhance your performance. Do not drink alcohol. Do not smoke or chew tobacco. There is no room in our program for those who abuse their bodies and minds with drugs. Violations will result in a disciplinary action according to the Addison Student Handbook.
7. Come prepared to play at the start of the season in August. Meet, or be very close to your weight lifting goals. Attend the summer workout sessions. Attend the team camp. You must have a physical done in order to participate in football.
8. Have the right attitude. Without it you cannot earn the confidence of your coach, which is necessary for you to earn playing time.

Be ready to play football every day. Know your assignments. Ability only gives you a chance to be good. Repetition of physical mistakes or mental errors indicates you are not ready to play.

BE PREPARED TO WORK HARDER THAN YOU HAVE EVER WORKED IN YOUR ENTIRE LIFE!

Addison Football Discipline

At the root of every successful team in sports you will find individuals that are highly disciplined. I build my entire philosophy of coaching on discipline. I believe in communicating my expectations to my staff, players, and parents. I whole-heartedly believe in holding them accountable for their actions.

“Be where you are supposed to be, at the time you are supposed to be there, doing what you are suppose to be doing.”

Our rules are not put in place to punish our student athletes. Instead they are designed to teach and condition those young men to become great men that are extremely accountable to others. We will never seek to embarrass and belittle any student. It is our belief that a student who continues to attract negative attention is in fact embarrassing himself and the program.

Panther Consequences

Any student that violates the rules or expectations put forth in this guidebook will be held accountable to the consequences that the infraction brings. The following is a set of consequences that my staff will follow when dealing with a violation.

1st Offense

PAW Conditioning Session
Varsity Players Loses a PAW

2nd Offense

Two PAW Conditioning Sessions
Varsity Players Lose Two PAWS
Miss First Half of Next Game

3rd Offense

Three PAW Conditioning Sessions
Varsity Players Lose Three PAWs
Miss All of Next Game
Parents, Player, Coach, and Athletic Director Meet
Player is Placed on Probation

4th Offense

Player is Expelled from the Team

Probation will be issued to a player when he has reached his third offense and a meeting has been held and a plan has been created and implemented to keep the student from committing his fourth offense. With probation the student athlete will have to meet with his position coach before and after every workout or practice. The thought is to create a stronger relationship between the player and coach, thus, creating motivation and a strong teacher/student relationship.

When a player is expelled, they will not attend practices or workouts until **January 1, 2019**; where they will have the opportunity to sit with myself and our athletic director to discuss the options of returning to our football program.

Addison Football Rules and Guidelines

1. Attendance is MANDATORY in order to play football for Addison High School

Excused Absence = Notifying a coach, personally, at least one day prior to missing a practice if it is known ahead of time or before practice starts if it's an unexpected emergency.

1. Funeral or Family Emergency
2. Severe Illness
3. Medical Appointment if Unavoidable
4. Academic Emergency
5. Check With Coach if In Doubt

A player with any absence will be required to make up his missed day with one extra four quarters of conditioning for each day he misses at the next practice session he attends.

Playing time may or may not be reduced for an excused absence. Coach's discretion will be used depending on the reason, day of the week, and number of occurrences of missed practices.

If a player goes home from school sick, he must stop and let one of his football coaches know. **TELLING ANOTHER PLAYER TO TELL A COACH IS NOT ACCEPTABLE AND WILL COUNT AS AN UNEXCUSED ABSENCE.**

Unexcused Absence = Any absence in which a coach has not been notified twenty-four hours in advance of the absence occurring.

Playing time and "starting" status for the game will be the coach's discretion. Most likely it will be reduced.

In the case of an emergency, it is the players' responsibility to go to the coach and explain the reason why the absence occurred. The coach will then use his discretion as whether it is excused or unexcused.

2. Punctuality

Practice starts at 3:20 pm.

For every fifteen minutes tardy, the player has fifteen minutes of the X drill after practice. The first minute of practice counts for fifteen minutes, the sixteenth minute will be an additional fifteen minutes of the X drill.

3. Injured Players

Injured players will be required to attend every practice to learn and keep up with the team for mental preparation.

An injured player who does not practice on Monday, Tuesday, and Wednesday will not be allowed to dress for the upcoming game.

An injured player who is able to practice on Wednesday will be allowed to play. However, this player will not be allowed to start on offense or defense. The amount of playing time will be the coach's discretion.

An injury does not excuse the player from the attendance policy.

If a doctor is holding an athlete out of practice I must have a note from the doctor. If the player is capable of moving around they are required to attend practice and watch.

When the doctor releases the player I must have a note releasing the player to play.

4. Drugs and Alcohol

For a player to reach their maximum potential they must avoid drug abuse of any kind. We will follow the school substance abuse policy if any case of student drug abuse comes to light.

5. Attitude

Attitude is everything when it comes to football, so we will have very strict rules about how our players will behave.

Language-When a player swears he will be asked to do 10 pushups, if the student swears habitually or uses the F-word he will be asked to do additional physical conditioning.

Work Ethic-If a player is not working as hard as they should be they will be asked to do up/downs, if this does not improve the problem the player will have a meeting with the coach, finally if this does not improve the problem there will be a Senior meeting to determine whether the player will be retained on the team or not.

Unsportsmanlike Conduct-Coach's discretion, the player will be removed from the game. The players' return will be up to the coach's discretion.

Disrespecting a Coach-Including talking back, or not doing what a coach asks immediately – Immediate physical conditioning, coaches discretion.

Etiquette-Our players will always show respect to everyone they deal with during the season. We will hear the word “Yes” opposed to “yep” or “yeah”. Also, the expectation is the player to say “please” and “thank you” a player is never to call a coach by his first or last name. The coach should always be addressed as Coach _____. Violation of these basic requirements will equate to immediate physical conditioning as determined by the coach.

6. Equipment

A player should be on the field every day fully equipped for a full contact practice.

Equipment left at home, player must go home and get proper equipment, tardy policy is in effect.

Equipment left out, the player will have to earn equipment back from coach who had to pick it up by doing physical conditioning.

Equipment not returned to school will be charged to the players personal account.

7. Game Day Dress Code

We will wear our game jerseys with khaki pants and a belt. No hats, no sagging.

Player failing to wear the proper clothing will result in player not starting.

2nd failure to wear proper game day clothing will result in sitting half of the game.

3rd failure to wear proper game day clothing will result in sitting the entire game.

8. Pre-Game Dress Code

We will wear our game jersey and our spirit pack shorts.

Failure to have the proper pre-game uniform will result in extra conditioning.

9. Hygiene

The objective is to make sure that our student-athletes stay healthy and promote a better atmosphere in the field house and beyond.

Each player will be encouraged to shower each day after practice before they get into their car. They will be responsible for their own soap and towel.

Each player will be responsible to take his entire clothes home at least once a week (preferably twice) to be washed. (Make **THEM** learn how to do it)

10. Physicals

All physical forms should be turned in by the first day of practice. If there is a problem let the coach know. Please schedule physicals so that they do not interfere with practice. If the physical form is not turned in the player will not be allowed to practice, see attendance policy.

11. Pre-Season Workouts

These consist of all workouts prior to the August 12th start date. These workouts are **NOT** mandatory although they are considered necessary for the success of our team. Players will be excused for any reason that cannot be worked around. To be excused the player must notify the coach in writing 24 hours prior to the start of the workout. The coach will try to adjust the schedule to meet your needs if that is not possible you will be excused from the workout. You will receive increase strength, stamina, speed, and skill development from attending these workouts and you will be rewarded. We ask you to attend or excuse yourself from every workout; this is your personal self-discipline and respect at stake.

12. The X Rule

If a situation arises that is not included in the rules, the coaching staff, at its discretion, will have the right to determine if the situation will be tolerated and what the consequences are for the situation.

On the Field Guidelines:

1. Practice like a winner. Games are won and lost on the practice field
2. We expect and demand a serious, business like attitude on the field.
3. Practice is a time to do and learn, pay attention to your coach when he is teaching.
4. Know the drills – how to set them up and get them going. Don't wait for the coach.
5. Helmets must be worn at all times, unless a coach tells you to take your helmet off.
6. Never sit or lie down on the football field. Rest on one knee.
7. Know the practice schedule.
8. Know the importance of the scout teams and respect them.
9. Always know the tempo of the drill you are doing (full speed, thud, walk through)
10. Be consistent. Anyone can have a great day or game.
11. Work as hard as you can, we place a high premium on the ability to play hard for four quarters.
12. Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team. It is up to you to accept the role that the coaches assign you. If you cannot accept the role that has been designated by the coaches, you should not be part of this football team. If you do not have a starting position, it is up to you to work your way into a starting position.

Off the Field Guidelines:

1. Think about being successful at all times.
2. In between practices are the best time to communicate, talk to your coaches.
3. Never leave practice with a negative attitude or complaint. Talk things out with your position coach or the head coach. Resolve issues before they become major problems.
4. Be a positive person. Don't talk negative about your teammates or coaches.
5. Set an example that will attract other Addison student athletes to our program.

Addison Philosophy of Football in Education

It is our belief that football is an integral part of the school curriculum, an extension of the school day to pass on life long skills. Our coaching staff is dedicated to helping each athlete secure the finest education possible. Athletes must learn that dedication, sacrifice and hard work are necessary ingredients in performing any task that will lead to the attainment of a valued goal or life objective. We expect a commitment to excellence and to winning, not only in football, but also to every endeavor in life they consider worthwhile and meaningful.

“I don't like to lose, and that isn't so much because it is just a football game, but because defeat means the failure to reach your objective. I don't want a football player who doesn't take defeat to heart, who laughs it off with the thought, 'Oh, well, there's another Saturday.' The trouble in American life today, in business as well as in sports, is that too many people are afraid of competition. The result is that in some circles people have come to sneer at success if it costs hard work and training and sacrifice.”

-Knute Rockne

Determination of Playing Time

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on depth charts as practice progresses. The following five points are the criteria used in selecting starters and developing depth charts.

1. Knowledge of Assignment

We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you feel you need it.

2. Hustle and Effort

Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they expect you to do so as well. Extra effort wins games. Everyone can give 100%.

3. Hitting and Mental Toughness

We will discover during fall practice who is aggressive and mentally tough. Football is a contact sport and it must be played with mental toughness. You must be tough and aggressive. Those who draw back will not play. Explode, hit, pursue, block and tackle aggressively.

4. Contribution to the Overall 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 is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are athletes who won't tolerate losing.

5. Talent

Talent will not enter into our evaluation until we look closely at the first four qualities. If they are equal, and they should be, then the athlete, who has the most talent and makes the biggest plays, will start. Obviously, if you are injured, it will be difficult for us to evaluate you.

The best football players, according to the criteria previously mentioned will start. It is our desire to play as many people as possible. We will attempt to play everyone each game. Our hardest workers and best athletes will lead us to a championship. All of you who do not earn a starting position, it is up to you to continue to work hard and be prepared when called upon. Our main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach first. If you still have concerns, talk to Coach Lindeman.

Some Things We Like

- ✓ We like guys who love to win and hate to lose.
- ✓ We like guys who love their teammates and their coaches.
- ✓ We like guys who are team oriented.
- ✓ We like guys who lift weights.
- ✓ We like guys who work hard.
- ✓ We like guys who love the game and respect opponents.
- ✓ We like guys who concentrate and pay attention.
- ✓ We like guys who are consistent.
- ✓ We like guys we can trust.
- ✓ We like guys who have staying power.
- ✓ We like guys who take pride in playing for Addison.
- ✓ We like guys who don't make excuses.
- ✓ We like guys who behave themselves off the field.
- ✓ We like guys who love special teams.
- ✓ We like guys who think classes are important.
- ✓ We like guys who love Tuesday and Wednesday practices.
- ✓ We like guys who make their teammates better.
- ✓ We like guys who compete every day and in every way.
- ✓ We like guys who are the "Panther" way.

Some Things We Don't Like

- ✓ Guys that don't love their teammates and coaches.
- ✓ Guys who think they're better than their teammates.
- ✓ Guys who don't take their classes seriously.
- ✓ Guys who disrespect their parents and teachers.
- ✓ Guys who taunt their opponents.
- ✓ Guys with Addison Football gear on acting like they did something, but have never committed to us.
- ✓ Guys who don't compete hard- underachievers.
- ✓ Guys who are always talking about themselves.
- ✓ Guys who are always putting people down – trying to embarrass people.
- ✓ Guys who purposely straggle away from the team.
- ✓ Guys who have to be constantly pushed.
- ✓ Guys who talk about quitting.
- ✓ Guys who think they know it all.

Varsity Letter

To earn a Varsity Letter in football, an athlete must be an active member of the Varsity football team. This includes injured athletes who continue to attend practices and games to lend support to their team. An underclassman may also earn a Varsity Letter if he is moved to the Varsity team for two games and have participated in the football program the entire season. An athlete does not have to participate in a certain number of quarters or a certain number of minutes to prove himself worthy of a Varsity Letter. The active participation in practices and meetings throughout an entire season takes a commitment worthy of a Letter. A player who quits the team at any point during the season will not be given a Varsity Letter. An injured player may earn a Varsity Letter if they choose to remain actively involved by attending practices and games. When a player breaks their commitment to the team by refusing to show up, they will not receive a Letter. It is important to note that the *Head Football Coach will make the final decision*. He may consider special circumstances and reserves the right to be flexible and to use common sense in his decision.

Addison Football Program Goals

1. Provide a positive and rewarding experience.
2. Instill the concept of team.
3. Promote and facilitate the importance of academic success.
4. Teach players responsibility, integrity and commitment.
5. Develop the ideas of proper sportsmanship.
6. Develop good leaders.
7. Teach advanced techniques and schemes.
8. Play as many players as possible without sacrificing team success.
9. Strive for championship level.
10. Develop great men.

Addison Football Daily Goals

1. F.A.M.I.L.Y.

Forget About Me I Love You

2. e + R = o

Be in control of our R, to get the desired outcome we are striving for

3. Improvement

A little improvement each day adds up over the years

4. Great Effort and Attitude

It is a choice, and life is too short! Bring them every day.

5. Unity and Chemistry

A successful team must respect each other's role. Every one of you is important. Every one of you must hold the rope.

6. Enthusiasm

It is contagious! Act it, and you will become it.

7. Consistency

Consistency comes from discipline and repetition!

8. Toughness

Mental and physical toughness are essential for success.

9. Eliminate Mistakes

We must identify mistakes and work each day to correct them! You must take correction as well. We're depending on it.

2018 Program Objectives

Academic Goals

- ✓ Team GPA over 3.0
- ✓ 100% of seniors are eligible for college
- ✓ Team Academic All-State
- ✓ Set individualized academic plans for students who are having difficulties
- ✓ Team award for high academic performance

Off-Season Goals

- ✓ 100% increase in Core Lifts
- ✓ 90% weight room attendance
- ✓ 100% improvement in agility times
- ✓ 33% of boys in high school play football
- ✓ 80% of football players play another sport
- ✓ Leadership Development (Captains)

Summer Goals

- ✓ 100% increase in Core Lifts
- ✓ 90% weight room attendance
- ✓ 90% weight room and speed drill attendance
- ✓ 100% improvement in agility times
- ✓ 40% of boys in high school play football
- ✓ 80% of football players play another sport
- ✓ 100% camp attendance
- ✓ 90% passing league attendance
- ✓ 100% attendance at team summer gatherings and celebrations

Season Goals

- ✓ Create unique and lasting bonds between our staff and players during fall camp
- ✓ Gain confidence from the scrimmage (a result of a strong performance)
- ✓ Learn to deal with adversity (by placing students in adverse situations during camp)
- ✓ Develop a pace of relentless pursuit on defense
- ✓ Execute offensively, remain patient and maintain high levels of fundamental execution
- ✓ Compete/Win a Cascades Championship
- ✓ Win a Crossover Championship
- ✓ Win Six Games
- ✓ Win a District Championship
- ✓ Win a Regional Championship
- ✓ Win a State Championship

Coach's Goals

In our relationship with student athletes we are always aware of the tremendous influence we have on our team. Parents entrust their dearest possession to our charge. We teach by example. It is our goal and desire that the young men who have participated under our leadership are finer and more decent persons for having done so. We will never place the value of a win above that of instilling the highest desirable ideals and character traits on our student athletes.

What You Can Expect from Your Coach's

- ✓ To be a great teacher and role model.
- ✓ To be loyal in all areas.
- ✓ To be totally honest.
- ✓ A relentless pursuit of excellence.
- ✓ Positive approach to the David versus Goliath matches.
- ✓ Great integrity.
- ✓ Naturally motivated.
- ✓ Enthusiastic about life.
- ✓ Loves the game of football.
- ✓ Organized and prompt.
- ✓ Open minded.
- ✓ Available for you.
- ✓ Very dependable.
- ✓ A constant student of the game.
- ✓ Help you mature.
- ✓ Teach you great character qualities.
- ✓ Help you reach your goals.

Parents' Role in the Addison Football Program

Parents can be every program's best friend, or their worst enemy. To have a successful program, there must be understanding and cooperation among players, coaches and parents. The progress an athlete makes depends to a great extent on this relationship.

You have already done a great deal to raise your child. They are a product of your values, the structure that you have provided and the role model you have been. Human nature, however, is such that a parent loses some of his/her ability to remain detached and objective in matters concerning his/her athlete. The following guidelines are offered to help you keep your child's development in the proper perspective and help your child reach their full potential as an athlete.

- ✓ **Be positive and supportive with your athlete. An athlete's self-confidence and self-image will be improved by support at home.**

The coach's job is to motivate and to evaluate an athlete's performance. It is a parent's job to supply the love, recognition and encouragement necessary to make the athlete work hard in practice, which in turn gives him the confidence to perform well in a game. The greatest contribution you can make to your athlete's progress is to be a loving, supportive parent. Let him know that you are proud he is part of the team. Focus on the benefits of teamwork and personal discipline.

- ✓ **Allow your athlete to perform and progress at a level consistent with their ability.**

Athletes mature at different ages; some are more gifted than others. Even the very best player will have games where he does not do his best. These "plateaus" are a normal part of the game. Over the course of a season players usually improve. Be supportive of these "poor" games.

- ✓ **Persistence and being able to accept a role are 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.

- ✓ **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 the little things are done correctly.

- ✓ **Athletes must attend all practices and games.**
Stress the necessity to make a commitment to the team. Practice is important and a session cannot be made up. Whenever possible, avoid scheduling appointments, vacations or family gatherings that will cause your athlete to miss a practice or game. The only exceptions are a family death or emergency or a school related activity that cannot be made up later. Encourage your child to be on time so that the time of others is not wasted.
- ✓ **Emphasize the importance of being physically prepared to do their best.**
This includes; proper nutrition, sleep and care of injuries and illness. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
- ✓ **Emphasize the importance of off-season conditioning.**
Off-season strength conditioning and preparation are vital to the success of an athlete and a team. Physical conditioning can be as valuable as talent to an athlete. Players in better physical condition are less prone to tire easily and therefore less vulnerable to on-field injury.
- ✓ **Encourage your athlete to follow all training rules.**
Help the coaches build a commitment to the team. Be slow on sympathy. You love your child and want what's best for him. When it comes to football, the coaches know what's best. Football is not a comfortable sport. Athletes are tired, sore, pushed mentally and physically and will not be happy all the time. Be a positive support for him, but let him work through these challenges themselves.
- ✓ **Insist on positive behavior in school and a high level of performance in the classroom.**
Numerous studies indicate extracurricular involvement helps enhance academic performance. Any student athlete who feels they have the ability to receive a scholarship from a Division I or Division II university should contact their counselor to make sure they are taking the appropriate course work and earning acceptable grades to meet the NCAA Clearinghouse guidelines.
- ✓ **Help athletes keep cars and jobs in proper perspective.**
Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
- ✓ **Let the coaches do their job and support them when decisions are made.**
Coaches want an athlete to relate to them as soon as possible concerning athletic matters. This relationship between coach and player produces the best results. When parents interfere with opinions about how the player should perform or train, it causes considerable, and often times insurmountable, confusion for the athlete. Encourage your child to excel, but recognize that there might be times when things do not go the way you or your child wishes.

Coaches are professionals and make all team decisions based on what they believe is best for the team and all the athletes involved. It is sometimes difficult to understand why your athlete is not playing as much as you or they hope. Many factors determine playing time. Coaches evaluate these factors each week and make decisions accordingly.

The coaches need your backing to keep good morale on the team. If you have a problem, concern, or complaint, please contact the coach.

✓ **Cheer for our team and players. Opponents and referees also deserve respect.**

Remember that you are at the game to support our team and enjoy the competition not to criticize or intimidate our opponents or referees. Parents who publicly criticize players or coaches at games or practices embarrass themselves, their children, the coach and anyone else within earshot.

✓ **Find the time to be an avid booster.**

Help build a solid support system for coaches and athletes. As the parent of a student athlete, you are a key player in our football program. This is an opportunity for you to spend time with our athletes and share something that is important to them. Your involvement lets you play an active role in their high school football career.

24-Hour Rule

All parents are requested not to speak to any member of our coaching staff about concerns you may have until 24 hours after the game or practice. This will limit the possibility of an emotional response by the coaches and parents.

Coaches will not discuss scheme decisions made by the coaches. These decisions are made after hours of time and preparation and are not open to discussion. Our schemes will be technically sound and coached to the best of our abilities. Our decisions are what we feel is best for our team's abilities.

Coaches will not discuss personnel decisions with parents, although we are more than willing to offer feedback on how their child can improve their skills. We will not discuss why one kid is starting over another. These decisions are made after hours of practice evaluation and are made in good faith for the best interest of the team. Pinpointing specific problems only draws negative attention to members of our team and this is not productive to the growth of our team.

Appropriate Communication

Parents and coaches both want athletes to have a positive experience. When your child becomes involved in athletics, you should understand what expectations are placed on them and the role you play in their success as a student athlete. You and the coach have the best interests of your athlete at heart. If you trust that the coach's goals match yours, even though his approach may be different, you are more likely to have a good working relationship with the coaching staff.

To be successful, communication is vital and requires involvement, dedication, sacrifice and commitment from parents, student athletes and coaches. Listed below are some guidelines for communication between parents and coaches:

Communication Parents Should Expect from Coaches

- ✓ Coach and program's philosophy
- ✓ Individual and team expectations
- ✓ Location and times of all practices, special events, off-season conditioning
- ✓ Team requirements, special equipment
- ✓ Procedure followed should your child be injured during practice or games
- ✓ Discipline or behavior that may result in the denial of your child's participation on the team

Communication Coaches Expect from Parents

- ✓ Concerns expressed directly to the coach
- ✓ Notification of schedule conflicts well in advance
- ✓ Support for the program and dedication, commitment and responsibility that are essential ingredients for success and excellence

Appropriate Concerns to Discuss with Coaches

- ✓ The treatment of your child, mentally and physically
- ✓ Ways to help your child improve and develop in a sport
- ✓ Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches

- ✓ Playing time
- ✓ Play calling
- ✓ Team strategy
- ✓ Other student athletes

Discussions with Coaches

- ✓ Call to set up an appointment
- ✓ Face to face conversations are more beneficial than telephone conversations.
- ✓ Please do not confront a coach before, after, or during a practice or game. These can be emotional times for the parent, student and coach.



**2018 VARSITY FOOTBALL
PRIDE, ATTITUDE, WORK, SACRIFICE (PAWS)
STICKER CRITERIA**

1. GRADES

- A = 2 STICKERS
- B = 1 STICKER
- C = NONE
- D = - 1 STICKER
- E = - 2 STICKERS

2. OTHER SPORTS

- JV SPORT = 1 STICKER
- VARSITY SPORT = 2 STICKERS

3. LIFTING

- P. A. W. WORKOUT IN ONE WEEK = 1 STICKER

4. CAMPS

- 100% ATTENDANCE = 1 STICKER

5. 7 ON 7 / GROUP WORK

- 2 EVENTS = 1 STICKER

6. DISCOUNT CARDS

- 5 CARDS = 1 STICKER

7. PANTHER GAMES

- 1ST PLACE TEAM = 3 STICKERS
- 2ND PLACE TEAM = 2 STICKERS
- 3RD PLACE TEAM = 1 STICKER

- 1ST PLACE INDIVIDUAL = 5 STICKERS
- 2ND PLACE INDIVIDUAL = 4 STICKERS
- 3RD PLACE INDIVIDUAL = 3 STICKERS
- 4TH PLACE INDIVIDUAL = 2 STICKERS
- 5TH PLACE INDIVIDUAL = 1 STICKER

2018 ADDISON PANTHERS



VARSIITY

THURSDAY	AUGUST 16	6:00 PM	@ JONESVILLE (SCRIMMAGE)
THURSDAY	AUGUST 23	7:00 PM	STAR INTERNATIONAL FALCONS
THURSDAY	AUGUST 30	7:00 PM	NAPOLEON PIRATES
FRIDAY	SEPTEMBER 7	7:00 PM	@ MICHIGAN CENTER CARDINALS
FRIDAY	SEPTEMBER 14	7:00 PM	EAST JACKSON TROJANS
FRIDAY	SEPTEMBER 21	7:00 PM	@ GRASS LAKE WARRIORS
FRIDAY	SEPTEMBER 28	7:00 PM	@ HANOVER HORTON COMETS
FRIDAY	OCTOBER 5	7:00 PM	MANCHESTER FLYING DUTCH
FRIDAY	OCTOBER 12	7:00 PM	@ VANDERCOOK LAKE JAYHAWKS
FRIDAY	OCTOBER 19	7:00 PM	@ BIG 8 CROSS OVER

JUNIOR VARSITY

THURSDAY	AUGUST 16	4:00 PM	@ JONESVILLE (SCRIMMAGE)
WEDNESDAY	AUGUST 22	6:30 PM	@ BRITTON DEERFIELD PATRIOTS
WEDNESDAY	AUGUST 29	6:30 PM	@ NAPOLEON PIRATES
THURSDAY	SEPTEMBER 6	6:30 PM	MICHIGAN CENTER CARDINALS
THURSDAY	SEPTEMBER 13	6:30 PM	@ EAST JACKSON TROJANS
THURSDAY	SEPTEMBER 20	6:30 PM	GRASS LAKE WARRIORS
THURSDAY	SEPTEMBER 27	6:30 PM	HANOVER HORTON COMETS
THURSDAY	OCTOBER 4	6:30 PM	@ MANCHESTER FLYING DUTCH
THURSDAY	OCTOBER 11	6:30 PM	VANDERCOOK LAKE JAYHAWKS
THURSDAY	OCTOBER 18	6:30 PM	BIG 8 CROSS OVER

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 6:30 AM – Lifting 3:00 PM - Lifting	10 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	11 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	12 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	13 6:30 AM – Lifting 3:00 PM - Lifting	14
15	16 6:30 AM – Lifting 3:00 PM - Lifting	17 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	18 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	19 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	20 6:30 AM – Lifting 3:00 PM - Lifting	21
22	23 6:30 AM – Lifting 3:00 PM - Lifting	24 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	25 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	26 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	27 6:30 AM – Lifting 12:00 PM - Lifting	28
29	30 6:30 AM – Lifting 3:00 PM - Lifting					

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	2 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	3 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	4 6:30 AM – Lifting 3:00 PM - Lifting	5
6	7 6:30 AM – Lifting 3:00 PM - Lifting	8 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	9 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	10 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	11 6:30 AM – Lifting 3:00 PM - Lifting	12
13	14 6:30 AM – Lifting 3:00 PM - Lifting	15 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	16 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	17 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	18 6:30 AM – Lifting 3:00 PM - Lifting	19
20	21 6:30 AM – Lifting 3:00 PM - Lifting	22 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	23 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	24 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	25 6:30 AM – Lifting 12:00 PM - Lifting	26
27	28 NO SCHOOL 	29 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	30 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	31 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting		

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 6:30 AM – Lifting 3:00 PM - Lifting	2
3	4 6:30 AM – Lifting 3:00 PM - Lifting	5 6:15 AM – QB/TE 6:30 AM – Lifting 3:00 PM - Lifting	6 6:00 AM - lineMan 6:30 AM – Lifting 3:00 PM - Lifting	7 6:15 AM – QB/RB 6:30 AM – Lifting 3:00 PM - Lifting	8 6:30 AM – Lifting 12:00 PM - Lifting	9
10	11 6:30 AM – Lifting 12:00 PM - Lifting	12 7:30 AM MS/JV Lift 8:00 AM lineMan	13 7:30 AM Varsity Lift	14 7:30 AM MS/JV Lift 8:00 AM QB/RB/TE	15 7:30 AM JV/V Lift	16
17	18 7:30 AM Varsity Lift	19 7:30 AM MS/JV Lift 8:00 AM lineMan	20 7:30 AM Varsity Lift	21 7:30 AM MS/JV Lift 8:00 AM QB/RB/TE	22 7:30 AM JV/V Lift	23
24	25 7:30 AM Varsity Lift	26 7:30 AM MS/JV Lift 8:00 AM lineMan	27 7:30 AM Varsity Lift	28 7:30 AM MS/JV Lift 8:00 AM QB/RB/TE	29 7:30 AM JV/V Lift	30

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9 7:30 AM Varsity Lift	10 7:30 AM MS/JV Lift 8:00 AM lineMan	11 7:30 AM Varsity Lift	12 7:30 AM MS/JV Lift 8:00 AM QB/RB/TE	13 7:30 AM JV/V Lift 5:30 PM 7 on 7 @ Jonesville	14 7:00 AM Booster Golf Outing
15	16 7:30 AM Varsity Lift 9:00 AM Varsity Camp 5:30 PM 7 on 7 @ LCS	17 7:30 AM MS/JV Lift 9:00 AM Varsity Camp	18 7:30 AM Varsity Lift 9:00 AM Varsity Camp 5:30 PM 7 on 7 @ LCS	19 7:30 AM MS/JV Lift 9:00 AM Varsity Camp	20 7:30 AM JV/V Lift 5:30 PM 7 on 7 @ Jonesville	21
22	23 7:30 AM Varsity Lift 9:00 AM JV Camp	24 7:30 AM MS/JV Lift 8:00 AM lineman 9:00 AM JV Camp 5:00 PM Card Drive	25 7:30 AM Varsity Lift 9:00 AM JV Camp	26 7:30 AM MS/JV Lift 8:00 AM QB/RB/TE 9:00 AM JV Camp	27 7:30 AM JV/V Lift 5:30 PM 7 on 7 @ Jonesville	28
29	30 7:30 AM Testing Bench & Mile 9:00 – 11:30 AM MS Camp	31 7:30 AM Testing Squat & Power Clean 9:00 – 11:30 AM MS Camp				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 7:30 AM Testing Dead Lift & Body Weight Bench Press 9:00 AM Panther Games 9:00 – 11:30 AM MS Camp	2 9:00 AM Panther Games 11:00 AM Equipment Handout	3	4
5	6 7:00 AM Varsity Meeting 8:00 AM JV/V Practice 5:00 PM Youth Camp	7 7:00 AM Varsity Meeting 8:00 AM JV/V Practice 5:00 PM Youth Camp	8 7:00 AM Varsity Meeting 8:00 AM JV/V Practice 5:00 PM Youth Camp	9 7:00 AM Varsity Meeting 8:00 AM JV/V Practice 5:00 PM Youth Camp	10 7:00 AM Varsity Meeting 8:00 AM JV/V Practice	11 10:00 AM Red & Black Game
12	13 7:00 AM Varsity Meeting 8:00 AM JV/V Practice	14 7:00 AM Varsity Meeting 8:00 AM JV/V Practice	15 7:00 AM Varsity Meeting 8:00 AM JV/V Practice	16 9:00 AM Team Pictures 4:00 PM JV Scrimmage @ Jonesville 6:00 PM V Scrimmage @ Jonesville	17 7:00 AM JV/Varsity Film 8:30 AM JV/V Practice	18
19 2:00 PM V Lifting 3:00 PM V Film 4:00 PM JV/V Practice	20 3:00 PM JV/V Practice	21 2:00 PM V Lifting 3:00 PM JV/V Practice	22 2:00 PM V Practice 6:30 PM JV Game @ Britton Deerfield	23 3:00 PM JV FLC 7:00 PM V Game Star International	24 8:00 AM V Film 8:30 AM V Practice	25
26 2:00 PM V Lifting 3:00 PM V Film 4:00 PM JV/V Practice	27 3:00 PM JV/V Practice	28 2:00 PM V Lifting 3:00 PM JV/V Practice	29 2:00 PM V Practice 6:30 PM JV Game @ Napoleon	30 3:00 PM JV FLC 7:00 PM V Game Napoleon	31 8:00 AM V Film 8:30 AM V Practice	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 2:00 PM V Lifting 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	4 3:20 PM JV/V Practice	5 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	6 3:20 PM V Practice 6:30 PM JV Game Michigan Center	7 3:00 PM JV FLC 7:00 PM V Game @ Michigan Center	8
9	10 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	11 3:20 PM JV/V Practice	12 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	13 3:20 PM V Practice 6:30 PM JV Game @ East Jackson	14 3:00 PM JV FLC 7:00 PM V Game East Jackson	15
16	17 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	18 3:20 PM JV/V Practice	19 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	20 3:20 PM V Practice 6:30 PM JV Game Grass Lake	21 3:00 PM JV FLC 7:00 PM V Game @ Grass Lake	22
23	24 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	25 3:20 PM JV/V Practice	26 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	27 3:20 PM V Practice 6:30 PM JV Game Hanover Horton	28 3:00 PM JV FLC 7:00 PM V Game @ Hanover Horton	29
30						

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	2 3:20 PM JV/V Practice	3 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	4 3:20 PM V Practice 6:30 PM JV Game @ Manchester	5 3:00 PM JV FLC 7:00 PM V Game Manchester	6
7	8 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	9 3:20 PM JV/V Practice	10 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	11 3:20 PM V Practice 6:30 PM JV Game Vandercook Lake	12 3:00 PM JV FLC 7:00 PM V Game @ Vandercook Lake	13
14	15 6:00 AM V Film 6:45 AM V Lift 3:00 PM JV Lift & V Film 4:00 PM JV/V Practice	16 3:20 PM JV/V Practice	17 6:30 AM V Lift 3:00 PM JV/V Study Table 4:00 PM JV/V Practice	18 3:20 PM V Practice 6:30 PM JV Game Jonesville	19 3:00 PM JV Film Pizza Party 7:00 PM V Game @ Big 8 Crossover	20
21 5:00 PM V Film 6:00 PM Family/Team Dinner 7:00 PM MHSAA Selection Show	22 6:00 AM V Film 6:45 AM V Lift 3:00 PM V Film 4:00 PM V Practice	23 3:20 PM V Practice	24 6:30 AM V Lift 3:20 PM V Practice	25 3:20 PM V Practice	26 7:00 PM V Game Pre District Round	27
28	29 6:00 AM V Film 6:45 AM V Lift 3:00 PM V Film 4:00 PM V Practice	30 3:20 PM V Practice	31 6:30 AM V Lift 3:20 PM V Practice			

November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 3:20 PM V Practice	2 7:00 PM V Game District Finals	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

2018

**Addison Football Program Guide
Athlete and Parent/Legal Guardian
Acknowledgement and Consent**

Student's Name (Print) _____

The Addison Football Program Guide has been developed to help your child gain the greatest possible benefit from their football experience. Please read and discuss the Program Guide with your child. Your signature, and that of your child, will acknowledge that you have accessed/received and read the Program Guide. This form will be retained in the child's athletic folder as consent to the program guides.

"I understand and consent to the responsibilities outlined in the Addison Football Program Guide. My child shall be held accountable for the behavior and consequences outlined in the Program Guide at school, at school sponsored and school related activities, during school sponsored travel, and for any school related misconduct, regardless of time or location. I understand that any student athlete who violates the Program Guide shall be subject to the consequences explained within. I agree to read the Program Guide and abide by the standards, policies, and procedures defined or referenced in this document. The information in the Program Guide is subject to change. I understand that changes in football may supersede, modify, or render obsolete the information summarized in this guide. As the athletic program provides updated policy information, I accept responsibility for reading and abiding by the changes."

Signatures Please

Parent/Legal Guardian _____

Date _____

Student _____

Date _____

Any questions concerning this Program Guide should be directed to the Head Varsity Football Coach.