

FOREST LAKE

FOOTBALL

TEAM

Together Everyone Achieves More!

Player/Parent Handbook

FOREST LAKE FOOTBALL PHILOSOPHY

The football program at Forest Lake is part of the total school experience. We strive to achieve the following objectives in our program.

1. Make a commitment to excellence.
2. Emphasize positive sportsmanship.
3. Provide for physical and mental development of all participants.
4. Provide for Athletic participation.
5. Provide a sound fundamental athletic background.
6. Assist in the development of habits and attitudes concerning standards of human conduct.

ACADEMIC ELIGIBILITY

1. Get to class on time; any tardies will have extra conditioning.
2. A Failing grade will result in not suiting up for games.
3. Players will conduct themselves as young adults and class leaders in all classes.

POLICIES AND PROCEDURES

SCHOOL ATTENDANCE

All players must be on time to and attend all classes during the school day.

1. Players with unexcused tardies will be assigned extra conditioning.
2. Players absent from school may not practice or play in a game that day.
3. Players must attend all classes on game days or they will not play in the game.
4. Players with school or class truancies will not play in next game.

These policies do not pertain to pre-approved, excused absence situations.

Chronic tardies or absences will result in removal from the team.
(Determined by the Team Council)

SCHOOL DISCIPLINE

1. Players assigned suspension, in school restriction, or in school suspension will not play in the next game.
2. Player's assigned detention will be eligible to play in the next game, but will not start and/or will have their playing time reduced.

THEFT

A player guilty of theft will be removed from the team.

ASSAULT

A player guilty of assault will be removed from the team.

POLICIES AND PROCEDURES

PRACTICE ATTENDANCE

1. Players must be at practice unless they are sick and not in school or if excused by the Head Coach.
2. Players must attend all classes to be eligible to practice or play in a game. (Exception: Pre-approved excused absences.)
3. Injured players must be at practice, in workout clothes, unless excused by the Head Coach.
4. Players must be at Saturday practices unless excused by the Head Coach.
5. Player assigned school discipline must be at practice, in workout clothes, but will not participate.
6. Players with an unexcused practice absence will not start and/or will have their playing time reduced in the next game. A second unexcused practice absence will result in removal from the team.

IN CASE OF ILLNESS

Players must contact Coach Wilson (651-982-8524) if they can not attend school, practice, or game because of illness. If no contact is made the absence is considered unexcused.

MSHSL POLICY

Minnesota State High School League Policy will be enforced at all times during the season and during the off season. Policies are included in the State High School League Brochure. A player serving a penalty will practice with the team, but does not participate in any games until the penalty is over.

POLICIES AND PROCEDURES

Care of Equipment

The school will issue all equipment (excluding shoes and girdle) necessary for participation. Athletic equipment is expensive and each player is solely responsible for all equipment issued. Players must pay for any equipment not returned or damaged, through improper use.

- Practice clothing must be washed weekly by the player.
- The school will wash game uniforms.

Injuries

Every precaution is taken to avoid injuries to players. Players are instructed to block and tackle with the shoulder. They are constantly reminded to avoid leading with their head players know this could lead to a very serious head or neck injury.

Locker Room

The Locker Room and Drying Room have to be kept neat and clean at all times.

- Use waste containers
- No cleated shoes are to be worn in the buildings
- No horse play in the locker room we do not want any injuries in the locker room.
- Lock up everything you can.
- Take home practice gear to be washed every day.

THE 10 COMMANDMENTS OF FOOTBALL PARENTS

1. Be positive with your son; let him know he is accomplishing something by simply being part of the team. Don't put him down.
2. Don't offer excuses for him if he is not playing. There is usually a reason for it. Encourage him to work hard and do his best.
3. Don't put down his coaches. Remember the coach represents the "boss", the "authority", the "parent", the "teacher", the "law", etc. If you constantly bad-mouth your son's coaches, how can you expect the youngster to respect and play for them?
4. Whether he is a first stringer or a seventh stringer, players must follow rules pertaining to curfew, drinking, smoking, girlfriends, promptness and school. Football is a very demanding sport and coaches must concern themselves with a player's off-the-field activities in order to get the maximum physical and mental performance out of their players.
5. Insist on good grades. Check the number of hours your son spends on homework. It is the duty of the parents to see that their son is working in the classroom. No matter how good a player is, if he doesn't have good grades, he doesn't get into college. Eliminate use of the car, phone calls, television etc. that cut into study time.
6. Don't criticize other players because you dislike their parents. Don't try to live your life vicariously through your son. Football is a youngsters' game; let them play it. Don't show animosity or jealousy to any of your son's teammates because they carry the ball more, score more touchdowns, or even get good press. This type of envy rubs off on your son and it can devastate a team. Who cares who scores or makes the big play as long as everyone does their job to the fullest?
7. Don't be a know-it-all. The coaches work with the players year-round and they know what each kid can, and cannot do. As a fan, you are entitled to scream your head off, but please don't become belligerent and arrogant toward players. They are amateurs, as are the coaches. Coaches know their talent. Respect that.
8. Insist on your son's respect for team rules, school rules, game officials and sportsmanship. Don't let him make fools out of his family, school, and team by some uncalled-for gesture or incident that brings him shame. Self-respect begins with self-control.
9. Encourage your son to improve his self-image by believing in himself. Don't compare and contrast your son with family members who played previously. Every youngster is different. Don't add pressure by expecting him to live up to an older brother's individual accomplishments.
10. Encourage your son to play for the love of the game, not for a scholarship. This alleviates a lot of the pressure on the youngster. Scholarships are in the hands of college recruiters. Lafayette High School doesn't give them. Many talented players fizzle because the pressure on them to get a scholarship causes them to become selfish. Insist on unselfishness. Good things usually happen to the unselfish, hardworking athlete.

THE 10 COMMANDMENTS OF FOOTBALL PARENTS

LETTERING POLICY

A Player can earn a Varsity letter in the following way.

1. A letter is Awarded for perfect attendance throughout the season and 90% of the Summer weight training. Saturdays included.
 2. A letter is Awarded to every member of a State Tournament Team.
 3. A letter is Awarded to a player who has played in Twenty (20) quarters of Varsity Football.
 4. A letter is Awarded to a Senior who has been a faithful team member but has not met other requirements.
 5. A letter is Awarded to an injured player who would have accumulated 20 or more quarters if the injury had not occurred.
 6. A letter is Awarded to a student manager who fulfills their assigned duties.
 7. A violation will exclude you from a Team award
- ** Players and Managers must finish the season in good standing with the coaching staff to be awarded their letter.**

COMMUNICATION

Open honest communication is important to our football program.

Feel free to call anytime regarding injuries, school problems, or help you may need. Questions about playing time must follow these steps.

1. Player/Position Coach meeting
2. Player/ Head Coach meeting
3. Player and Parent meeting with Positions Coach and Head Coach.

TEAM COUNCIL

A team council will be formed to increase the communication within our team. The council will be involved in some decision-making and in resolving issues, which may arise during our season. This council will consist of the Head Coach, An Assistant Coach, the Captain's, and two elected juniors. We will meet Mondays at 7:00 AM.

LEADERSHIP

Team Captains

Captains are a very important part of the leadership of our team. However, the captains are not the only leaders. Many other players need to be positive leaders for us to be successful.

Captains are appointed by the coaching staff using player input. Captains are selected based on their ability to positively affect the leadership of our team.

A player may be a captain only if he has no MSHSL violations.

We have read the Forest Lake Football Player/Parent Handbook and agree to follow the policies and procedures included.

Parent / Guardian

Player