



PLAYER / PARENT HANDBOOK

2017

HIGHLINE FOOTBALL

September 1 – Nathan Hale • September 8 - Eatonville • September 15 – WF West • September 22 – Orting • September 29 - River Ridge •
October 6 - Clover Park • October 13 – Steilacoom • October 20 – Renton • October 27 – League Cross-over • November 3/4 – District Play-Offs

PROGRAM INFORMATION

School Information

School: Highline High School

Address: 225 S. 152nd St.
Burien, WA. 98148

Phone Number: 206-631-6700

Principal: Vicki Fisher

Athletic Director: Lori Box

Home Field: Highline Stadium

Head Coach: Mark Cross

Coaching Staff	Anthony Buchanan	Kicking Game Coordinator
		Defensive Line / Tight Ends
	Mark Cross	Defensive Coordinator
		Offensive Line / Linebackers
	Robert Jones	Offensive Coordinator
		Quarterbacks / Cornerbacks
	Kendall Lewis	Safeties / Wide Receivers
	Kevin Hernandez	Offensive Line / Linebackers
Bill McMahon	Running Backs / Defensive Line	
Mark Becker	Volunteer Coach	

***“You can accomplish a lot if you don’t care who gets the credit.”
-Blanton Collier***

Welcome to the Highline High School Football Family!

Enclosed in this handbook is the information that will help you prepare for your involvement with the HHS football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program. Please refer to our website via (www.spslathletics.com) or Facebook page (www.facebook.com/HighlinePiratesFootball)- [Coming Soon!] regularly as some of the data in this packet is yet to be finalized. If you have any questions please feel free to contact Coach Cross

Email: mark.cross@highlineschools.org

Phone: 206-631-6751

All student-athletes invited to be a part of Highline Pirate Football program agree to build upon the values of our team and our school. They help to provide a level of personal discipline that will enable greater individual and team success. As a member of the Highline Pirate Football program, all participants are held accountable to our standards for the duration of the season. Please read this handbook thoroughly before making the decision to be a part of this program. Winning games, league titles, and the realization of personal goals such as scoring points, catching passes, running the ball, making tackles, intercepting passes, and playing every play like it is your last, are important motivational tools. However, if you cannot be a supportive member of the football program, even when things do not go as planned, do not sign this handbook. Football is a time consuming and demanding sport that requires passion and devotion by the player and his family.

“I believe every man should ask himself; am I willing to endure the pain of this struggle for the comforts and the rewards and the glory that go with achievement? Or shall I accept the uneasy and inadequate contentment that comes with mediocrity? Am I willing to pay the Price of Success?”



Dear Parents/Guardian

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the Highline High School Football Program have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Pirate football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build **UNITY** through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the **TEAM**.

A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "**Team Before Self**". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The Highline Football Program demands a lot of time from our student athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games and other events such as teambuilding and fundraising.

Thank you for allowing your student athlete to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Cross

206-631-6751

mark.cross@highlineschools.org

Program Philosophy

As Vince Lombardi said, “Winning isn’t everything, but striving to win is”. The Highline Pirate football program is committed to developing well-rounded young men of character that will strive to WIN in the game of life. In addition to developing athletic skills, a strong emphasis is placed on academic performance and community service. Our mission is to help these young men reach their maximum potential and develop a sense of **character, brotherhood, competitiveness** and **commitment** so that they will be successful in the classroom, victorious on the football field, and productive in the community.

Character: Knowing the difference between right and wrong. Doing right.

Brotherhood: Together Everyone Achieves More

Competitiveness: Never giving up. Wanting and working to WIN.

Commitment: Finishing what you start, even at the expense of personal pain or gain.

A close working relationship between parents, coaching staff, faculty and school administration will help to ensure that we graduate fine young men of whom we can all be proud. We challenge the parents of our athletes to help make football an excellent experience for your sons by getting involved and supporting the program. This will be a great experience for you and help to bring us all closer together as a Pirate family.

Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand. Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory. “How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and football program.

Highline Pirate Pride

It is a privilege to be a member of this football squad and to be a Highline Pirate. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Highline High School Football has committed to PRIDE and EXCELLENCE. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Highline Pirate Football uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Highline Pirate all the time and forever.

Each play is the most important play in the game. If the play is a success, that is good; celebrate, and get ready for the next. If the play is not successful, that is bad; put it behind you and get ready for the next. You never know which play will be the play that wins the game.

Program Alignment

Junior Varsity Football

Purpose: Teach players the intermediate rules of high school football and the strategies of HHS football.

Emphasis: Prepare the players, both mentally and physically, for varsity football. Winning JV games is not an emphasis.

The largest difference between a Junior Varsity player and a Varsity player is their aggressiveness. Junior Varsity players tend to be more timid for one of two reasons:

- (1) they do not understand the game and they play confused or,
- (2) they do not have the size, strength, and agility to play aggressively.

The focus of JV football is to overcome these shortcomings and develop players that are ready for Varsity.

Varsity Football

Purpose: Teach players the advanced rules of high school football and the strategies of HHS football.

Emphasis: Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.

THE THREE P'S:

*Each person must make a commitment to accept individual responsibility to do everything possible to **PREPARE, PRACTICE** and **PLAY** in the best possible manner. The first "P" is **preparation** – off the field, reviewing the scouting report, studying the film of the opponent, and each individual studying the player he will be opposite. Next is coming to **practice** prepared to review the things the coaching staff will present to help the player improve. As the player improves, he is also preparing himself to **play** the game. By reviewing different situations, the player becomes more aware of what he needs to know to be successful. A player who has properly **prepared** and **practiced** efficiently has an opportunity to **play** effectively and contribute to a win. Many players must learn how to do these things, in which case patience on the part of the staff is very important.*

DISCIPLINE

Self-discipline is best.

Peer discipline is a mark of leadership.

Coaches' discipline is a mark of failure of the above.

Discipline is not what you do to someone; it is what you do for someone

Discipline should be an act of love and caring

Acts of discipline are opportunities to successfully overcome adversity

In all disciplinary decisions the collective, the program, must come first. We will not corrupt the foundation of the program for any reason. No player or game is more important than the principles of the program.

During the course of the season there will be times when players will need to be disciplined. These times are valued opportunities for learning and personal growth. These are also times for the team to see the effect of one person's behavior on the collective, the ripple effect of negative behaviors on the team.

We must responsibly and respectfully hold each other accountable for our actions.

Most infractions of team rules will be managed by the **Wheel of Misfortune**. Although the infractions weaken the team, the Wheel re-strengthens us. Players

Have the freedom to choose their actions, the team has a responsibility to hold players accountable for their actions and Wheel holds their good fortune.

For more egregious infractions the player(s) will be referred to the Leadership Council. This committee, composed of selected leaders and led by the captains, will meet with the player(s) and make disciplinary recommendations to the Head Coach. Only the coaching staff can carry out disciplinary actions.

It is a privilege to participate in interscholastic athletics; not a property right. Athlete's that do not fall in to accordance with our player expectations will be held accountable for their actions. In theory we operate under a progressive "three strikes" system; but as some situations are very unique or dynamic those scenarios may be dealt with more harsh consequences. Athletes that are dismissed from the team will need to set up an appeal meeting with the Athletic Director and District Athletic Director.

Any student, parent, or guardian, who is aggrieved by the imposition of discipline at the building level, including exclusion from participation in extracurricular activities, shall have the right to appeal to the director of athletics. The appeal must be requested within three school days of the time the parent receives notice by mail or orally. During the appeal the student, parent or guardian shall be subject to questioning by the director of athletics and shall be entitled to question school personnel involved in the matter being grieved. Subsequent to this appeal, the student, parent, or guardian, upon two school business days prior notice (or sooner, but only if convenient for all concerned), shall have the right to present a written or oral grievance to the board of directors during the board's next regular meeting. The board shall notify the student, parent or guardian of its response to the grievance within ten school business days after the date of the meeting. The discipline action shall continue notwithstanding the implementation of the grievance procedure set forth in this section unless the director of athletics elects to postpone such action.

"Discipline yourself and others won't have to" John Wooden

LATENESS POLICY

All players are expected to arrive in time to dress, tape if necessary and take the practice field on time. Lateness will not be tolerated. Players who are late show lack of respect for other members of the team. Players are expected to inform the coaches, in advance, if they will be late. Lateness in general will be dealt with through the “wheel of misfortune.” Habitual lateness may be handled by other mechanisms and may affect the player’s opportunity to practice or participate in competitions.

PRACTICE & GAME ATTENDANCE POLICY

1. All players are **REQUIRED** to be in attendance at **EVERY** scheduled meeting, weight training session, practice and games. Any player who misses practice (team activity) without notifying Coach Cross in person or by email/phone ahead of time will be dealt with accordingly.
2. **Excused Absence:** Any circumstances (Dr. visit, Dentist, Funeral, etc.) that would be excused may **ONLY** be excused through communication to Coach Cross **PRIOR** to a scheduled practice/game. After the fact notification will not be excused. There are few accepted excuses. In the case of an unforeseen emergency, parent must contact Coach Cross (but does not guarantee an excused absence).
3. Athletes who miss practice with an excused absence will be assigned to the Wheel of Misfortune following their next practice. This is to insure the athlete’s safety and to guarantee the athlete is in top shape to participate in full scale practices/games. Athletes with excused absences playing will most likely be affected at the discretion of Coach Cross.
4. Athletes who miss practice due to an **UNEXCUSED ABSENCE** will be subject to The Wheel of Misfortune as well as punishment at the discretion of Coach Cross, which will most likely include the restriction of playing time or in the event of repeated violations, removal from the program.
5. **No Call – No Show:** Athletes that miss practice or a game without notifying Coach Cross ahead of time will not get to play in the next game.

- 1 Absence (Excused or Unexcused) = athlete will sit out a minimum of ¼ of game play
- 2 Absences (Excused or Unexcused) in one week = athlete will not get to suit up or play in the game
- 3 or More Unexcused absences = Meeting with parent/guardian, Athlete, Head Coach and Athletic Director.

6. All illness and sickness absences need to have a prior approval or doctor’s excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.

We will operate the HHS Football Program in accordance with the rules, regulations, and policies as outlined by the WIAA, South Puget Sound League and the administrative policies of HHS and the Highline Public School District. Within that framework we will provide a football program of the highest quality that meets the needs of our students, alumni, school and community.

As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field.

Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken. All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team. Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from the Wheel of Misfortune to dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

ATTENDANCE

Highline High School Attendance Policy

Students are expected to be in school and on time every day. A parent/guardian decides when an absence is necessary. However, Highline determines the type of absence that obligates the teacher to assist in make-up work and those for which disciplinary consequences may be appropriate.

Absence: A student is absent if s/he misses more than 10 minutes for single-period classes. If a student misses less than 10 minutes of the class, they will be marked tardy. Students can miss up to 3 periods with an excused absence and be able to practice but if a student misses more than 3 periods the student will not be allowed to practice even if it is excused.

WIAA / District Attendance Policy

A student must be in attendance at school or at an authorized school activity for all scheduled classes on the day of an event or meet in order to be eligible to compete in that event or meet. Exceptions may be granted by the athletic director, but illness is not an acceptable excuse. Students may miss up to 3 periods on the day of a contest but must have a doctors note and be PRE-APPROVED by the athletic director.

Note: Absences occurring during a school day shall render participants ineligible only for a contest the same day. If the contest is on a Saturday and the absence(s) occur on a Friday the student will be ineligible for the contest on Saturday.

Opportunity is Nowhere! As written, "nowhere" is one word, but it's your choice how to read it; opportunity is nowhere or opportunity is now here. Attitude is what you SEE, THINK, FEEL. You have the ability to control your attitude. It is your choice- positive or negative.

Academics

You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team, you must attend class regularly, and achieve a minimum GPA of 2.0. Poor behavior and low achievement make all of us look bad. The academic progress of all team members will be monitored throughout the school year.

To be eligible to compete/perform, students must:

- Be registered for and attending a minimum of six classes where the combined total of classes is equal to no less than 3.0 high school semester credits or equivalent. Seniors on track to graduate may take one less class (five classes/2.5 high school semester credits).
- Maintain a 2.0 or above grade point average.
- If a student is enrolled in the minimum number of six classes, he/she must pass five classes. A non-passing grade is any grade where credit is not granted.
- Grades earned during summer school for like classes may count toward fall eligibility.
- An incomplete semester grade may be made up for credit during the first five weeks of the succeeding semester. The student is ineligible for interscholastic competition until incompletes are cleared.
- For purposes of determining academic eligibility, the most recent semester, quarter or school administered progress report shall be the determining grade used.
- NC grades are used to figure full-time enrollment. They may not be used to fulfill the requirement of passing five of six classes and would be considered zero points when calculating the grade point average.
- Upon entering the ninth grade, a student's initial academic eligibility will be determined by his/her record from the previous semester/trimester.

WIAA Academic Probation:

A high school participant failing to make WIAA grade requirements at the end of the semester shall be placed on academic probation. The suspension period for high school students shall be from the end of the previous semester through the last Saturday of September in the fall or the first five weeks of the succeeding (spring) semester. Students are ineligible from competitions/performances (individuals are allowed to practice) during the probationary period. If, at the end of the probation period, the participant is passing the required number of subjects and meeting the district's required 2.0 grade point average, he or she may be reinstated for competition. The student will be eligible on the first Monday following the probation period.

Students returning from academic probation must maintain compliance with Rule II.B.7 to maintain eligibility. HPS Academic Probation for Semester and/or First Quarter Grades: A participant who has passed five or more classes at the end of the semester, but does not meet the district's 2.0 minimum grade point average shall serve a three-week probation. Fall sport athletes who do not meet the minimum grade point average due to spring semester grades shall begin the three-week probationary period on the first day of school and be ineligible for competition for three full weeks with a full week defined as three or more school days. Winter sports athletes who do not meet the minimum grade point average due to first quarter grades shall begin the three-week probationary period on the first day of the winter sports season. Spring sport athletes who do not meet the minimum grade point average due to fall semester grades shall begin the three-week period on the first day of the spring sports season. If the participant meets the district's 2.0 grade point average at the end of the three-week period he or she may then be reinstated for competition. The student will be eligible on the first Monday following the probation period. HPS Academic Probation for School Administered Progress Reports:

A participant not satisfying Rule 11.B.7 as a result of school administered progress reports requiring a minimum 2.0 grade point average shall be placed on probation on the dates grades are posted. The participant will remain ineligible until such time as he/she meets the minimum academic standard. To prove eligible status, written verification of all grades must be presented to the building athletic director for signed approval and official

reinstatement. Weekly grade checks are encouraged from this point forward to ensure continued good standing. Individual schools may develop building policy to include additional probationary sanctions. Additional sanctions must be clearly stated in the student handbook and/or program materials distributed to students.

Appeals from ineligibility for failure to meet District and/or WIAA-imposed academic requirements shall be through the appropriate District or WIAA appeal process.

The penalty for a first violation of Rule II.B.8, illegal substances, shall be immediate ineligibility from extracurricular competition or performance for forty-five calendar days. This ineligibility also carries into the next activity/season (as previously defined) in which the student participates.

This penalty may be reduced to a twenty-three calendar day ineligibility; provided the student completes a professional assessment through an appropriate agency (recommendations of the agency will be given to the parent and shared with school administration). These recommendations must be followed as a condition for early reinstatement at the end of the twenty-three day period.

The student may return to practice after a minimum seven school days provided the professional assessment has been completed and shared with school administration. This provision allows for the individual to practice only. The individual may not be in attendance at home or away competitions throughout the entire suspension period. In order to be eligible for any further competition/performance in the extracurricular program, the student shall meet with the building athletic director and assistant principal. The building athletic director and assistant principal will recommend to the director of athletics appropriate action to be taken in the student participant's case, and may take into account self-reporting, truthfulness, cooperation, and voluntary assessment and treatment. The director of athletics shall be the final authority as to the student's participation in the activity program.

The penalty for a second violation of Rule II.B.8, illegal substances, shall be removed from competition/performance for a period of one calendar year. The student may appeal for early reinstatement to the director of athletics, who may take into account self-reporting, truthfulness, cooperation, and voluntary assessment and treatment in making a final decision.

The penalty for the third violation of Rule II.B.8: A student athlete shall be ineligible for interscholastic competition in any WIAA member school activities program.

Self-Referral: A student participant who seeks and receives assistance for a problem with the use of drugs and/or alcohol prior to a drug or alcohol violation matter shall be given the opportunity with no jeopardy to eligibility for assistance through the school and community agencies. In no instance shall participation in a school and/or community approved assistance program excuse a student from subsequent compliance with this regulation.

In-School and Out of School Suspensions

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school sponsored activities for a prescribed number of days and shall be declared ineligible (practices or contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

“Don’t permit fear of failure to prevent effort. We are all imperfect and will fail on occasion, but fear of failure is the greatest failure of all. “

Social Media

There is no way for us to monitor the myriad forms of social media available to our players. Facebook, Twitter, Instagram, etc. are great ways to connect with friends, meet new people, and share experiences. With that, understand that any written message, Facebook status update, tweet, or picture, once posted to the Internet, never goes away! Parents, please encourage your son to think about what they choose to post on the Internet. Players, if you wouldn't want your mother or grandmother to see what you want to post, then you shouldn't put it out there! Athletes can and will be disciplined for inappropriate use of social media.

Hazing

No player will ever be ridiculed by another player either in the locker room, training rooms or on the field. The Junior Varsity players will be respected by the Varsity team, and vice versa.

Locker Room

The locker room floor will be free of trash and equipment that does not belong there. Keep clothes and valuables locked up. Most thefts occur because students have left items out on benches or failed to lock their lockers. We will sympathize with your loss but there is very little that can be done. The locker rooms will be supervised at all times and students will not be allowed use without supervision.

EQUIPMENT NEEDS

Football Pads – Each athlete will be issued school equipment and must wear it to practices and games (including mouth pieces – Personal mouth pieces can only be used for medical conditions and requires a doctors note). **Helmets and shoulder pads should remain on school campus while not being used during Highline School District events. Athletes cannot use personal equipment from home or that has been purchased for games or practice.**

Shoes - Games will be played on both artificial surfaces and grass fields. All practices are on artificial turf. Purchase shoes appropriate to the surface, multi-purpose cleats if purchasing one pair.

HUMBLE LEADERSHIP

Self-sacrifice

Service to others

Holding oneself accountable

Joyful acceptance of the burden

Equipment Care

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the HHS football team. The average cost of outfitting you with essential and proper fitting safety gear is around \$700.00 per student/athlete.

The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. We only require players to purchase their own cleats. Everything else will be loaned to the athletes so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

Helmet: Cost \$260.00 and up

This is not a device made to use as a weapon. The use of the helmet other than a safety device is strictly prohibited:

- Inspect & facemask screws weekly.
- Inspect & chinstrap screws & buckles weekly.
- Wipe down your helmet weekly (inside & out) with a damp cloth.

Shoulder Pads: Cost \$200.00 and up

- Inspect all straps, strings, & clips weekly.
- Tape all your straps after proper clip adjustment has been received.
- Wash the molded plastic with a damp cloth.
- Clean Shoulder Pads on a regular basis with warm water and a disinfectant

Pants, Girdle, Belt, & Practice Jersey

- Wash them regularly (weekly) to keep them from stinking, staining and housing bacteria.

Hip Pads, Thigh Pads, Knee Pads & Tail Pads

- Wipe these down with a damp cloth.

LOCKS on Lockers

- All players are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment.
- If a player loses any piece of equipment then they are responsible for the cost of replacing it new!!
- Players need to report any faulty equipment to Coach Cross.

The TEAM concept:

Football is a TEAM game. Every player depends on the player in front of him, beside him, and behind him to be successful.

T – Together

E – Everyone

A – Accomplishes

M – More

Additional Equipment Information

- A. Alterations or change of equipment cannot be done without a coach's approval!

Examples:

- Cutting or sewing a jersey
- Using equipment not issued by Highline, unless pre-approved
- Changing of face mask, unless previously approved

- B. Please follow the washing instructions for uniforms. Improper washing procedures that discolor any part of the uniform other than that of normal washing and drying will result in a cost to the player for the replacement of the garment
- C. Any game uniforms found in the locker room will subject the offending player to a visit with the "Wheel" coach.
- D. Any equipment that is lost during the season will result in a fine that is equal to the replacement cost of that item.
- E. Equipment that is turned in after the specified return date will be subject to a per-day service fee for each day after the specified date

Uniforms

Students will be required to turn in their game uniform immediately following each contest. Players are not allowed to take their game jersey's home. They should arrive to school early on game day to pick up their uniform.

Athletes will be required to dress like a team on game days and should not wear any apparel that will make them "stick out" from the rest of the team. Undergarments that are worn must be made of compression material and be in the color of black or white.

"The best way to improve the team is to improve oneself"

Starters, Role Players, Substitute Players, and Scout Players

Everyone that is on this TEAM is going to have a role. Some players will have a more visible role than others will. We will not be successful without everyone's effort every week. If you are not the number one person, continue to work hard in order to become the number one person. With hard work you may beat out the guy in front of you. The important lessons for everyone:

- How you handle your role (+) or (-) on/off the field.
- How do you practice? It is vital. Do you practice with energy and tempo or are you displaying a non-caring attitude. What are you going to do to compete?

No player is promised a set amount of playing time. Our coaches do not play favorites. The players that do play are those who work the hardest, are the most committed to the team, and the coaching staff feels give us the best chance to be successful. Our decisions are based on a player's individual performance, practice participation, conduct and the potential contributions a player makes on the field. Playing time will not be based on the player/coach relationship, the amount of parental participation, nor the desire for a potential scholarship from a post-secondary institution. This community and this school have made this a priority; thus, by the nature of things we must strive to be successful by playing the very best combination of players possible. Positions and starting statuses may change throughout the season.

Games

Games are a reflection on the entire program. Team discipline and organization are more evident than at any other time.

- A. Pre-game (From the end of the school day until kick-off)
 - (1) Respect each player's individual style of game preparation. Do not be a distraction to other players
 - (2) Attend all pre-game activities
 - (3) Players must travel to the game on the team bus.
- B. Once the game begins (From kick-off until the end of the game)
 - (1) Follow the progress of the game and provide support to teammates on the field
 - (2) Report injuries to trainer, team doctor, or coach immediately so that appropriate treatment can take place
 - (3) Never leave sidelines unless you have been sent in to the game by a coach
- C. After the game
 - (1) Win with grace, lose with dignity
 - (2) Shake hands with the opponent whatever the outcome
 - (3) Quickly return to the locker room for a brief team meeting
 - (4) Talk to media, parents, relatives and friends after the team meeting
 - (5) Report all injuries to the athletic trainer and/or coaches and treat as soon as possible
 - (6) If not returning to school on team bus, report to a coach. You may only be excused from the team bus if pre-approved from the Athletic Director.

***Bus/Parent Pick-Up Permission**

All athletes are required to ride the Highline School District school bus to and from games. The same rules for riding bus to and from school apply when the bus is used for sports. We will have quiet, orderly, and clean sport buses at all times.

We, as a coaching staff, prefer that all athletes ride the bus back to the school parking lot. The concept of **TEAM** is highly stressed in this program. We need to avoid any activity that may interfere with team spirit, continuity, and camaraderie among players. Those parents that wish to take a player home from the playing field must notify the Athletic Director 24 hours ahead of time for approval.

Eight Suggestions for Succeeding – John Wooden

- 1. Fear no opponent. *Respect* every opponent.**
- 2. Remember, it's the perfection of the smallest details that make big things happen**
- 3. Keep in mind that hustle makes up for many a mistake**
- 4. Be more interested in character than reputation**
- 5. Be quick, but don't hurry**
- 6. Understand that the harder you work, the more luck you will have**
- 7. Know that valid self-analysis is crucial for improvement**
- 8. Remember that there is no substitute for hard work and careful planning.**

Failing to prepare is preparing to fail

Leadership Council

A leadership council will be implemented for the first time this season, and much like its collegiate and professional counterparts, this council will help Highline High's football program grow from within by putting the student-athletes at the forefront of many team decisions. It gives the players a chance to lead by example and help shape the overall culture of the program. Their feedback is truly valued by the coaching staff. Students will be taught how to deal with issues concerning their fellow teammates while also developing a strong working relationship with their coaches. This dual investment, made by the coaches and the players, creates greater trust and accountability on both ends, and fosters a better working environment overall. Through the leadership council, the head coach will give the most committed players on the team, as selected by the coaching staff, the right to determine how issues pertaining to player interaction, from uniform selection to disciplinary procedures, are handled. The leadership council will consist of players from all grades regardless of position or location on the depth chart

Team Meals

Pre-game meals are a privilege and a tradition at Highline High School. It is an honor to attend, and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful. You may speak in a low voice while at the team meal. But no horseplay will be tolerated. If your actions take away from our team's focus, you will be asked to leave. The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash property. Thank our supporters as you leave.

Weight Room Requirement

All Football players will be required to participate in a weight-training program during the season. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with the team in the off-season if not involved in a winter or spring sport. The coaches will be giving awards for weight room attendance and achievement.

TRAINING GUIDELINES

Training guidelines, those principles governing rest, diet, the use of drugs, study habits, personal relationships and all other behaviors which effect a student's growth and development are of interest to the coaching staff. It is assumed all players are committed to becoming the best athlete possible and thus share with the coaches an interest in those areas that affect their performance.

The coaching staff will reinforce the principles guiding proper rest, appropriate diet, avoidance of drugs and alcohol and will be supportive of the development of good study habits and functional personal relationships.

FOOTBALL HOMEWORK

STUDYING OF PLAYBOOK

VIDEO

SCOUTING REPORTS

GAME PLANS

NEVER SPEND MORE THAN 30 MINUTES A DAY

Injuries and Health Concerns

If you have an injury or health concern, please see the HHS Athletic Trainer (Sadie Grace) before going to a doctor. If a player is taken to the hospital then either Coach Cross or the Athletic Trainer will notify a parent/guardian. Players should report any updates in medical conditions or medications being taken to both the athletic trainer and Coach Cross. Players should also report health conditions such as skin rashes or mononucleosis to the athletic trainer and Coach Cross so appropriate action can be taken to prevent spreading to teammates.

1. All injuries must be seen by a doctor or trainer
2. An injured player may not practice or play until the injury is diagnosed by a trainer or doctor
3. If it is necessary to see a doctor, a written diagnosis of the injury and prescribed rehabilitation procedures must be given to the trainer
4. If rehabilitation is not prescribed by the doctor, the trainer will initiate an appropriate rehabilitation program.
5. All injured athletes are expected to actively rehabilitate any and all injuries each day under the supervision of the trainer. Rehabilitation will take place during practice times if the player is unable to practice. **Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer performing physical activity and part of practice getting 'mental reps' by analyzing practice.**
6. Injured athletes remain a part of the team. They are expected to attend all team meetings, practices and games. Attending rehabilitation is equivalent to attendance at practice.
7. An injured athlete, who has been under the care of a doctor, must obtain written permission from that doctor before he will be permitted to resume practice or play in a game and must get final return to play approval from the athletic trainer.

LETTERING POLICY

Players that complete the football season on the varsity football team in "good standing" are eligible, at the head coach's discretion, to letter. Letter awards are based on the quality of an athlete's participation in the football program.

"**Good Standing**" may be defined, but not limited to, the following factors/issues:

1. Participation (contribution to the team – dedication, leadership, sportsmanship, quality playing time, etc.)
2. Academic Eligibility
3. Attendance
4. In-school citizenship
5. Conduct - no ejections / suspensions
6. Character – compliance with team policies and player expectations
7. Cleared from equipment list

Stay in the game no matter what! You are going to fail at times, it's a given. Failure is part of the process to success.

Nutrition & Rest

Playing athletics require a great deal of energy. It is the athlete's responsibility to keep his body in its best possible condition. Athletes must be well rested and properly fed. We recommend a minimum of eight hours of sleep per night. This again will require time management on the athlete's part to complete his class work and other responsibilities in time to get the rest he needs. What athletes eat directly affects how they feel and how they perform. All football student-athletes will be educated on making healthy nutritional choices. Adhere to these ten simple rules and your body will gain maximum benefit from the strength and conditioning programs we will develop:

1. Always eat breakfast!
2. Eat every 2-3 hours.
3. Protein should be included in each meal, this should come from low fat sources such as chicken, fish, turkey, eggs, low-fat or fat free dairy (greek yogurt, milk, cottage cheese), and lean beef.
4. Get color onto your plate! A fruit and vegetable should be eaten each meal.
5. Avoid high sugar products food or drink. This includes drinks such as Sunny-D or Kool-Aid and pop. As well as foods like cookies, candy and ice cream.
6. Choose complex carbohydrates. (brown rice, multigrain, whole grain, or whole wheat options)
7. Stay away from pre-prepared food if possible (fast food, vending machines, frozen dinners).
8. Prepare food ahead of time if possible, this will help with last minute choices and settling for whatever is available. Understand that you are an athlete and not the average person!
9. Bookend your workouts – pre and post! Your workout is not complete until you eat!
10. FLUIDS, FLUIDS, FLUIDS! Water should be your #1 drink of choice, Gatorade should be #2.

***"You either get better, or worse, you never stay the same."
-Woody Hayes, Ohio State Univ.***

HAVE FUN!!!

No matter how important we think the game is, we must remember that it is just a game. Football is highly competitive, time intensive, and the game must be played with emotion. Taking all of this into account, we still must remember that it is just a game! We do not want to lose but we play the game because we enjoy it. Treat the sport as a diversion from the pressures of our lives. It is not meant to add pressure. If a player ever feels that playing football is adding undue pressure, please set up a time to meet with a coach about it. When school ends each day, treat the two hours of football as a time to have fun! You will work hard, you will practice hard, you will be held accountable, and you will learn what it takes to be a part of a TEAM! The intangible lessons offered by the game of football are immeasurable and will serve you well when you leave Highline High School as a proud Pirate graduate!

***"Success is never final, and failure is never fatal."
-Don Shula***

College Football Opportunities

There are plenty of options available for football players who are skilled enough and have a desire to play competitively at the collegiate level. There are several highly competitive divisions, conferences, and schools in the northwest region:

NCAA Division I – This is the most competitive level of collegiate football. Players may become a part of a Division I program by earning a scholarship or by walking on as a tryout as the season begins. Division I scholarships cover the cost of tuition, room, and board. In today's dollars, it is not unusual for a scholarship to be worth in excess of \$100,000 over a four to five year period. If athletes are wondering if they could earn a Division I scholarship, they must ask themselves how they compare to the former players who are playing or who have played for a Division I school.

NCAA Division II – These schools offer some full scholarships but most offer partial scholarships. There are many highly competitive Division II schools, some that compete with and beat Division I teams.

NCAA Division III – Division III schools are not permitted to offer scholarships for athletic participation. They do, however, have financial aid which is available to all students. Again, there are many competitive Division III programs, including many in Iowa, such as the schools of the Iowa Intercollegiate Athletic Conference.

NAIA – NAIA schools are generally small schools much like Division III institutions. Some NAIA schools can offer athletic scholarships. Some do not. The athlete must ask the coach at the school he is interested in about its financial aid policy.

Junior College – There are two year schools that prepare the athlete for his final two years of college. Upon completion of two years at a junior college, the player will have to transfer to a four year college or university to complete his bachelor's degree and athletic eligibility. Some junior colleges offer financial support for athletes.

If you have the desire to play college football, please contact Coach Cross. He will discuss the possibilities with you and your family. He will assist you in the recruiting process. It is important that you begin to consider possibilities no later than your junior year.

Our schedule is top notch and we must work hard every week to secure success. Coaching football is very subjective. Although our staff has well over 70 years of combined experience in coaching football, we do not claim to be absolute experts at all aspects of the game. We do agree to coach the player's daily, develop game plans, and prepare the team for all upcoming contests. We acknowledge that coaches do not make the perfect moves in every game or for every player. We purely do our best, using the authority established by the school as the "coach", to make the best judgments we can. Every parent has the right to believe the coach is not making the proper decisions, playing the right players, or teaching the right offense or defense. Clearly, this is every fan's privilege. However, once a player has signed up to be on our team, the player and his family agree to the pronouncements of the head coach. As the head coach of the entire program, this ultimate responsibility falls upon my shoulders. I need your support for the coming season.

You will notice structural transparency within the program. Distractions that prevent such clarity hinder the success of the team. This simplicity is geared to producing a superior and more prepared team. Thank you in advance for reading the whole document prior to signing at the appropriate locations. If you do choose to sign this document, make a copy and **turn the signed last page into me as soon as possible**. By taking this part seriously, every stakeholder is made aware of the expectations at hand. I am committed to Highline Pirate Football, and thank you for doing your very best to make this upcoming football season a positive team experience.

MENTAL error – Nothing But air keeps the player from carrying out a mental assignment.
PHYSICAL error – Is caused by the opponent. (Example: the opponent is stronger, faster, quicker.)
We can tolerate the PHYSICAL error; however, we must win our share of the battles. We must ELIMINATE the MENTAL error.

PARENT/COACH RELATIONSHIP

We are very pleased that your son/daughter has chosen to participate in the Highline athletic program. We will do all we can to provide a positive experience for him/her. Possibly the most important ingredient to achieve this outcome is to insure that lines of communication are developed to allow for free and easy resolution of questions before they become issues. As a parent, you have a right to know what expectations are placed on your son/daughter. This leaflet is intended to spell out all levels of communications so that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is or might become an issue.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR ATHLETE'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your son/daughter.
3. Locations and times of all practices and contests.
4. Team requirements: equipment, off season training, etc.
5. Procedure to follow should your son/daughter become injured during participation.
6. Participant conduct code and consequences for not following these guidelines.
7. Requirements to earn a letter.
8. Disposition of lost/outstanding equipment at the end of the season.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach first.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your son/daughter becomes involved in the various programs at Highline, he/she will experience some of the most rewarding moments of his/her life. It is important to understand that there also may be times when things do not go the way you or your son/daughter wishes. At these times, discussion with the coach may be the quickest and most effective way to clear up the issue and avoid any misunderstanding. If a parent feels the need to talk to a coach about a problem, he or she should call and allow the coach to choose an appropriate time and place. Some concerns are appropriate while others are not.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. Ways to help your son/daughter improve.
 2. Mental and physical treatment of your child
 3. Concerns about your son/daughter's behavior or academic progress.
-

At times it may be difficult to accept the fact that your son/daughter is not playing as much as you or he/she would like. Coaches are professionals who make judgment decisions based on what they believe to be the best for the team and all involved. As you have seen from the list above, certain things can be and should be discussed with your son/daughter's coach. **We ask that other things, such as those in the next column, be left to the discretion of the coach.**

COACHES' DECISIONS

1. Playing time.
2. Team strategy.
3. Play calling.
4. Matters concerning other student/athletes

Coaches will not discuss playing time with parents.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, PLEASE FOLLOW THE PROCEDURE BELOW:

1. Your son or daughter should first talk with the coach about his/her concerns.
2. Call to set up an appointment with the coach.
3. If the coach cannot be reached after a reasonable time, call **Lori Box, Athletic Director (206-631-6700)**. He will arrange the appointment for you.

Please do not approach a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings at these times usually do not work well for the coach, the parent or the player.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation
2. At this meeting the appropriate next step can be determined as necessary.

Whether or not this step is ever reached, please keep in mind the following protocol when you elect to pursue a concern you may have regarding your son or daughter's experience on one of Prep's sports teams. Please make contact as follows:

1. Head Coach.
2. **Athletic Director. (631-6700)**

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood, these programs have been established and encouraged. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided within this pamphlet helps to make the Highline Athletic Program as enjoyable and as positive as possible for both you and your son or daughter. Thank you for your support.

It's All in the State of Mind (author unknown)

If you think you are beaten, you are;
If you think you dare not, you won't
If you like to win, but don't think you can,
It's almost a cinch you won't
Life's battles don't always go
To the stronger or faster man,
But sooner or later, the man who wins
Is the fellow who thinks he can.

REMINDERS TO KEEP IN MIND

1. If an athlete visits a physician for illness or injury, he/she must bring a note from the doctor before being allowed to return to practice.
2. If an athlete misses any class, he/she will not be allowed to play in a contest that day unless the absence was approved in advance by the Attendance Office. Failure to follow this requirement will result in a contest forfeiture. If appt. is in middle of day, a note must be submitted prior to the start of classes. If it involves 1st period, it must be excused by the Attendance Office the day before.
3. Any use of drugs or alcohol will result in a suspension. School rules and policy apply.
4. Any athlete who is ejected from a contest will be suspended at least until after the next contest at the same level is completed.
5. An athlete may not miss a team practice or contest to participate in a non-school sporting event.
6. Parents are as important to the success of the team as the players. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible.
7. Although many parents have coaching experience, and may have played on a higher level than the current coaches of this team, the coaches must ask that you refrain from coaching your kids at home. These kids are being taught to play as a team, each player performing a set function that his teammates can rely on. A player who abandons his teammates to do something his parents coached him to do is letting down his team, his coaches, and himself. At best he may open up the door for the opponent to win the game, at worst he may cause himself or a teammate to be injured.

WINNING

Nothing in life, including football, is worthwhile unless you enjoy it and gain something from the experience. Sure, we're trying to win football games and we are going to set our goals high, but it shouldn't ruin our lives if we lose. Our football team should not believe that a football loss is a tragedy. All you can ask of our kids is to do their best. If we win, Great! If we lose, it's not the end of the world. There will be another game along in a few days. Coaches that think only of winning don't belong in football. Try this: Ask your child if he had a good time instead of whether he won or lost.

By the same token, we feel that we owe it to the players to do everything we can to make them winners. We plan to win every game, because if you don't, then you need to ask yourself which game you plan to lose, and if you're planning to lose, why show up, or practice the week before?

Scoreboard for a Winner (author unknown)

A winner says, "Let's find out"; a loser says, "Nobody knows."

When a winner makes a mistake, he says, "I was wrong"; when a loser makes a mistake, he says, "It wasn't my fault."

A winner credits his "good luck" for winning – even though it isn't good luck; a loser blames his "bad luck" for losing – even though it isn't bad luck.

A winner knows how and when to say "yes" and "no"; a loser says "yes, but" and "perhaps not" at the wrong times and for the wrong reasons.

A winner works harder than a loser, and has more time; a loser is always "too busy: to do what is necessary.

A winner says, "I'm good, but not as good as I ought to be"; a loser says, "I'm not as bad as a lot of other people".

A winner listens; a loser just waits until it's his turn to talk.

A winner respects those who are superior to him and tries to learn something from them; a loser resents those who are superior to him and tries to find chinks in their armor.

A winner says, "There ought to be a better way to do it"; a loser says, "That is the way it's always been done here."

FOOTBALL: MORE THAN JUST A GAME

1. Teamwork – The ability to work with others is extremely important in today's world.
2. Commitment – Players must be at all practices and follow team rules
3. Work Ethic – Peak physical condition can only be attained through hard work.
4. Pride in Performance – A feeling of accomplishment is realized through persistent application of effort.
5. Friendships – Lifetime relationships are developed through participation in sports.
6. Achievement – Players represent their communities, schools, and families. A feeling of togetherness is experienced.
7. Enthusiasm – In order to be successful, both football and life must be approached with enthusiasm.
8. Persistence – One learns to get up and go again after being knocked down.
9. Confidence – Self-esteem is enhanced through a series of achievements.
10. Athletic Ability – The skills essential for football are valuable in other sports.
11. Have Fun! – Football is fun to play and exciting to watch.
12. Identity – The team provides all participants with a sense of belonging.
13. Courage – Performance under pressure helps conquer fear.
14. Challenges – Participants learn how to overcome obstacles to success.
15. Better Grades – Numerous studies indicate students active in school activities perform better in the classroom.
16. Responsibility – The game of football holds individuals accountable for their actions.
17. Success in Life – According to the American College Testing Service, participating in high school activities is a major indicator of success later in life.

SIXTEEN TIPS FOR POSITIVE PARENTING IN EXTRACURRICULAR ACTIVITIES

1. Be positive with your athlete. Let them know you are proud they are part of the team.
*Focus on the benefits of teamwork and personal discipline.
2. Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team.
*Set a good example in your personal lifestyle.
3. Allow your athlete to perform and progress at a level consistent with his ability.
*Athletes mature at different ages; some are more gifted than others.
4. Always support the coaching staff when controversial decisions are made.
*The coaches need your backing to keep good morale on the team.
5. Insist on positive behavior in school and a high level of performance in the classroom.
*Numerous studies indicate extracurricular involvement helps enhance academic performance.
6. Stay calm in injury situations.
*Parents can help minimize the trauma by being in control and offering comfort.
7. Cheer for your team and players. Opponents and referees deserve respect.
*Realize that high school players will make mistakes. Your support is needed during tough times.
8. 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.
9. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. *Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.
10. 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 all the little things are done correctly.
11. Find the time to be an avid booster of school activities.
*Help build a solid support system for coaches and athletes.
12. Help Students keep jobs and cars in proper perspective.
*Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
13. Athletes must attend all practices and contests
*Stress the necessity to make a commitment to the team. Practice is important.
14. Emphasize the importance of well-balanced meals and regular sleep patterns.
*An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
15. Many athletes enjoy participating in several sports.
*Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
16. Persistence and being able to accept a role is 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.

Parent Manual

As kids grow older and more independent, parents need to realize that they need to stay close, but focus on their kids needs. Especially in athletics, this is a time for kids.

Before the first Game

As the season begins, parents are encouraged to ask themselves the following questions:

- Do I want them to play? If so, why? If not, why not?
- What will be a successful season for me as a parent?
- What are my goals for them?
- What do I hope they gain from the experience?
- What do I think their role will be on this team?

After the parents have answered these questions for themselves, they should remember their answers, and then when they have some quiet, uninterrupted time, ask their son or daughter the following questions. When their child responds, the parents should just listen without talking.

- Why are you playing?
- What is a successful season?
- What goals do you have?
- What do you think your role will be on the team?

Once the parents have heard their kid's answers and compared them to their own responses, if both sets of expectations are the same, great. However, if the parent's responses are different from the child's, the kids need their parents to change their attitudes and accept theirs. No questions. Only one guarantee exists during a normal athletic season: It will not be "perfect".

Parents need to "release" their son or daughter to the game and to the coach. This recommendation is based on feedback from parents and athletes who have experienced the most athletic success. Once parents are not overly concerned for their child's physical and emotional safety, one of the best gifts they can give their children is to release them to this activity. As such, during the season, parents must share their child with the coach and the team. The earlier in their child's career they are able to do this, the better it is for the child's development and growth.

By releasing their young athlete to the game and coach, the parents are telling their children that all successes are theirs, all failures are theirs, and all problems are theirs. There are not many places in a young person's life where their parents can say, "this is your thing." This can't be done with friends, academics, decisions on weekends, or even movies, but it can be done in athletics.

If a parent feels the need to talk to a coach about a problem, he or she should call and allow the coach to choose an appropriate time and place. Some concerns are appropriate while others are not.

Among the concerns that are appropriate for a parent to discuss with their child's coach are:

- Mental and physical treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Inappropriate areas of concern that a parent should not discuss with the child's coach include:

- Playing time
- Team strategy or play calling
- Other team members

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By releasing your young athlete to the game and to the coach, you are telling your student athlete that all success are theirs, all failures are theirs, and all problems are theirs. There are not many places in a young persons's life where their parents/guardians can say, "this is your thing." This can't be done with friends, academics, decisions on weekends, or even movies, but it can be done in athletics.

The dilemma for most adults is that it is easy for them to see "solutions" in athletic situations and it is too painful for them to let their children find their own solutions. On the other hand, it is both necessary and helpful to allow children to work their own way out of troubling dilemmas. Athletics is one of the best places for young people to take risks and to fail.

Understandably, parents do not want their kids to take risks with cars, drugs, or sex. On the other hand, no downside exists for allowing a young athlete to take a risk and fail in a game or practice. If you athletes are going to develop into intelligent, instinctive individuals, it is critical that they are given the opportunity to solve their own problems during games. It is more fun for them, and they have an enhanced chance to grow in a meaningful way.

During the Game

"Young people need models not critics" – John Wooden

Athletes ask that their parents only do three things during the game:

#1 – Model Appropriate Behavior –

In order to help performance (both the athlete's and their teammates), the single most important contribution a parent can make during a game is to model appropriate behavior. What athletes need their parents to model more than anything else is poise and confidence. If parents expect their children to react to the ups and downs involved in a game with poise, then they must model it. It is OK to be excited and encouraging, but if parents want their children to face adversity with self-assurance, then they need to be able to do the same thing. Parents should remember the old maxim: "A child that lives with praise learns to feel good about himself/herself and learns to praise."

Children will take their cues from adults (particularly their parents). If an athlete looks at his parents during the game, would he draw confidence, assurance and poise from what he saw? First of all, the athlete should not be looking at his parents during a game, he should be focusing on playing. If he is looking to his parents for either approval or out of fear, it is another red flag that the parents are too involved and have not released their child to the game.

#2 – Focus on the Team and the Team's Goals –

By focusing on the team, the adults not only get the attention off their individual child, but also off all the things that are not in the parents' control (e.g. the score, referees, opponents, coaching and playing conditions). When parents/guardians focus on those things beyond their control, it only provides a crutch and helps build in excuses, which in reality makes the adult a confidence destroyer.

#3 – One Instructional Voice –

Kids need to only have one instructional voice offering advice during the game. That voice should be the coach's.

There are only four roles during a game: spectator, competitor, official and coach. Everyone involved in athletics would be wise to choose only one of those roles at a time. If a parent finds himself having difficulty dealing with officiating, he should remember that the officials are there to be in charge of the game, make subjective judgments, enforce the rules and control play. Every parent should remember that he does not have the right to interact with a game official.

When a parent criticizes a referee, he is teaching his children that it is OK to challenge authority. Some adults have the false impression that by being in a crowd, they become anonymous. People behaving poorly cannot hide. A ticket to a high school game is not a license to verbally abuse others or be obnoxious.

If parents are able to act appropriately, players indicate that they love to have them present at their games. On the other hand, if parents cannot adhere to reasonable standards of behavior concerning modeling, poise, and confidence, many athletes state that all factors considered, they would rather have their parents stay home.

After the Game

I always ask my athletes a series of questions as they graduate from the program. For example, I ask them to look back over all the years they played and to identify the most enjoyable part of the whole experience (best memory), and the least favorable part of the whole experience (worst memory). For adults, the hardest time of their child's athletic experience often occurs during the game. For athletes, however, games represent reward (practice is over, and they get to play). When it comes to recalling their least enjoyable memory, many athlete will name "after the game" and often specifically "after the game in the car with parents." This situation is often when the most confidence cutting, confrontation, and confusion occur for the athlete. Unfortunately, some high school athletes do not want to go home after the game because they do not want to face the questioning or criticism. What they need most at these times is not another coach, but a parent/guardian (i.e. "just be my Dad"). In order to help establish a more wholesome atmosphere after the game, most athletes desperately want their parents to give them time and space.

Given the nature of sports, athletes rely on relationships to succeed in team sports. They need to have confidants, meaningful relationships with their teammates and coaches. Yet in the car after the game, a single comment like, "why does Billy get all of the passes?" may mean to the adult, "I think you are a good receiver too," but is interpreted by the athlete to be, "Billy is ball hog." Questioning remarks like, "Why does coach play zone?" "Why does the coach have the offense run the ball so much?" "Why don't you guys throw the ball deep instead of running on first down?" may be intended by a parent to have his son or daughter see him as an ally or sharing interest in the sport, they often are interpreted by that athlete to say "coach doesn't know what he is doing." Young athletes do not need adults to question their actions, the actions of other players, or the coach's decisions concerning strategy or playing time.

Parents should ask themselves if they can be a source of confidence and help build relationships on the team under the following conditions:

- When their child played well, but the team lost
- When their child played poorly
- When their child played very little or not at all

The athlete often resents uninvited conversations that occur after the game. Instead of bringing the parent and athlete closer, players often clam up and send the message, "I don't want to talk about it now." Parents should keep their corrections and criticisms in check and let their child bring the game to them if they want to. Good athletes learn better when they seek their own answers.

The only time parents should initiate the conversation to this situation is when their child may have exhibited a behavior in the game that would not be acceptable at home (i.e. profanity, disrespect of authority, etc.). Even then, parents should choose their comments and timing carefully, being aware of the emotions of the moment. When confronting a behavior that would not be acceptable in their home, parents should discuss it as a parent to child, not a parent to athlete. One comment from a parent that can always be sincerely and received by any athlete is, "I love watching you and your team play."

Many young athletes often indicate that conversations with their parents after a game have somehow made them feel as if their value as a person was somehow tied to playing time or winning or losing. Almost without exception, it is unlikely that the parents of those kids had any intention of giving that impression. Yet in a simple conversation following a game, a parent can send that exact message. When asked what was said or done to make the athlete feel that way, many players indicated that their parents' responses were often as simple as, "my dad always seems happier when we win," or "my parents are always a lot more quiet when I don't play much," or when we lose, my dad tells me all the things I did wrong." In reality, these are just perceptions of the words or actions of a probably well-meaning adult who may actually have been trying to support or connect with his child, but just wasn't sure how to do it.

YOUR CHILDS SUCCESS OR LACK OF SUCCESS IN SPORTS, DOES NOT INDICATE WHAT KIND OF PARENT YOU ARE.

BUT HAVING AN ATHLETE THAT IS COACHABLE, RESPECTFUL, A GREAT TEAMMATE, MENTALLY TOUGH, RESILIENT, AND TRIES THEIR BEST, IS A DIRECT REFLECTION OF YOUR PARENTING.

WE LOOK FORWARD TO PARENTING WITH YOU TO BUILD GREAT YOUNG MEN OF CHARACTER!!!

The Mayonnaise Jar and 2 Cups of Coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students if the jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous "yes."

The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed.

"Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things - - your family, your health, your friends, and your favorite passions - - and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else - - the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

"Pay attention to the things that are critical to your happiness. Play with your friends. Take time to get medical checkups. Take your wife/girl friend out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first - - the things that really matter. Set your priorities. The rest is just sand.

One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked."

"It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

LEAGUE INFORMATION

SOUTH PUGET SOUND LEAGUE (AA) – SPSL 2A

League Website: <http://www.spslathletics.com>

Highline Football Website:

http://www.spslathletics.com/index.php?league=18&page_name=team_home&pid=0.18.153.1.320&school=153&sport=1

Mountain Division

Evergreen

Fife

Foss

Foster

Franklin Pierce

Lindbergh

Washington

White River

Sound Division

Clover Park

Eatonville

Highline

Orting

Renton

River Ridge

Steilacoom

(Tyee)

“How To Be A Champion” – Grantland Rice

You wonder how they do it,
You look to see the knack,
You watch the foot in action,
Or the shoulder or the back,

But when you spot the answer,
Where the high glamour’s lurk,
You’ll find in moving higher,
Up the laurel-covered spire,
That most of it is practice,
And the rest of it is work.

“As long as you try your best, you are never a failure. That is, unless you blame others.”

HIGHLINE FOOTBALL VARSITY SCHEDULE 2017

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>SITE</u>
FRI	9/1/17	7:00	@ NATHAN HALE	NATHAN HALE
FRI	9/8/17	5:00	EATONVILLE	HIGHLINE
FRI	9/15/17	7:00	@ WF WEST	WF WEST
FRI	9/22/17	5:00	ORTING	HIGHLINE
FRI	9/29/17	7:00	@ RIVER RIDGE	RIVER RIDGE
FRI	10/6/17	7:00	@ CLOVER PARK	CLOVER PARK
FRI	10/13/17	8:00	STEILACOOM	HIGHLINE
FRI	10/20/17	8:00	RENTON	HIGHLINE
FRI	10/27/17	TBD	CROSS-OVER	TBD
F/S	11/3-11/4	TBD	DISTRICT PLAY-OFFS	TBD
F/S	11/10-11/11	TBD	REGIONAL PLAY-OFFS	TBD
F/S	11/17-11/18	TBD	QTR. FINAL PLAY-OFFS	TBD
F/S	11/24-11/25	TBD	SEMI FINAL PLAY-OFFS	TBD
F/S	12/1-11/2	TBD	STATE CHAMPIONSHIP	TACOMA DOME

Head Coach: Mark Cross

Assistant Coaches: Mark Becker, Anthony Buchanan, Kevin Hernandez, Robert Jones, Kendall Lewis, Bill McMahon,

Trainer: Lara D'Orvilliers

Team Mom: Celestine Shanklin

Athletic Director: Lori Box

Mascot: Pirates

School Colors: Purple & Gold

**HIGHLINE FOOTBALL
JV SCHEDULE
2017**

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>OPPONENT</u>	<u>SITE</u>
TUE	9/5/17	7:00	NATHAN HALE	HIGHLINE
MON	9/11/17	5:00	@ EATONVILLE	EATONVILLE
MON	9/18/17	TBD	TBD	TBD
MON	9/25/17	6:00	@ ORTING	ORTING
MON	10/2/17	6:00	RIVER RIDGE	HIGHLINE
MON	10/9/17	6:00	CLOVER PARK	HIGHLINE
MON	10/16/17	5:00	@ STEILACOOM	STEILACOOM
MON	10/23/17	5:30	@ RENTON	RENTON

Head Coach: Mark Cross

Assistant Coaches: Mark Becker, Anthony Buchanan, Kevin Hernandez, Robert Jones, Kendall Lewis, Bill McMahon

Trainer: Lara D'Orvilliers

Team Mom: Celestine Shanklin

Athletic Director: Lori Box

Mascot: Pirates

School Colors: Purple & Gold

Commitment Form

Highline Pirate Football Player:

As a participant on the HHS football team, I am committed to the betterment of the program and pledge to dedicate myself to my teammates and the Highline football program. I now know that research indicates a student involved in extra and co-curricular activities has a greater chance for success during adulthood. The HHS football program provides me with a structured environment that will help to further develop many of the character traits required to be a successful participant in life after high school. By following the prescribed team expectations that include physical fitness, social involvement and skill building, I will have the growth opportunity only available as a high school athlete.

I understand that my participation is a privilege and not an entitlement. I accept responsibility to train with, practice for, and support my fellow teammates with regard to my preparation during the off-season workouts, and more importantly during the in-season schedule of events. My regular attendance and observable passion at all practices and games helps convey a consistent focus that demonstrates my commitment to the team and those involved with Highline Pirate football. Consequently, I understand and acknowledge that failure to report to practice, reporting late to practice, or leaving early from practice without a prearranged valid excuse will be counted as conduct detrimental to the team/program. Each negative instance may result in extra practice requirements, could limit the time I may enjoy participating on game days or could result in suspension and eventual termination from the team.

There are areas off the football field that I, as a football player will be held accountable for. The use of illegal drugs, including alcohol and tobacco of any kind, is a detriment to the team and myself. Therefore, if I am found using these substances, I will be disciplined according to Highline HS and District policies. I also understand that my participation on the team may be forfeited because of my choices. My removal from the team may cause the forfeiture of any financial contributions or costs associated with the team. I understand the Highline School District drug and alcohol policy is in effect 12 months a year. I freely accept these basic rules and pledge to adhere to them to the best of my abilities. Because I am a Highline Pirate football player, I know I must adhere to higher expectations and standards than those of non-players. I am willing to accept them along with the privilege of playing football for Highline HS. Living by these principles will help me succeed not only as a student athlete, but also as a leader at my school and beyond. Again, I understand that my participation is a privilege and not an entitlement.

2017-18 Player/Parent Contract

(Submission required for participation)

I, _____ (player), and _____
(parent/guardian), have read the Highline Pirate Football Player & Parent Expectations Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Highline High Football Program and are aware that all decisions that are made are for the betterment of the TEAM. It is a privilege to play football at Highline High School, NOT a right!

Athlete

Date

Parent/Guardian

Date

**“IT’S NOT THE WILL TO WIN THAT MATTERS--, EVERYONE
HAS THAT. IT’S THE WILL TO PREPARE TO WIN THAT
MATTERS”**

-Paul “Bear” Bryant