



FRIDLEY TIGER



Team Handbook

2011



The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

-Vince Lombardi

FHS TIGER Football Program Goal:

To take a group of young men who are committed to becoming a successful, cohesive team, whereby all participants strive to become stronger young men of character as a result of their experience.

Mission Statement:

We will have a successful season and reach our team goals of playing as a team, believing in one another, and making a commitment to the TIGER Football Program.

TIGER Philosophy (BIG SEVEN):

1. For the next several months, you will be required to put your scholastic work and football above other social activities. Success in both these areas requires a lot of time, hard work, and great sacrifice. Our success as a team will be determined by the **commitment** to excellence you make as an individual both in the classroom and on the football field.
2. You are here at Fridley High School to get an education first. **School must come first.** Those not willing to show teachers respect and work hard in the classroom should not be out for football, act like a winner on and off the field.
3. **ATTENDANCE IS MANDATORY** both for classes and your football program responsibilities (meetings, practices, and games). **Be on time always** - excuses are not accepted.
4. **EXCUSES WILL NOT BE TOLERATED.** Mistakes will happen but you will not be allowed to cover up these mistakes with an excuse. Excuses are an acceptance to the mistake and will lead to future mishaps of the same manner. We will take responsibility for our mistakes and work to rectify them through hard work and a commitment to excellence.
5. Tiger football players must **conduct themselves with class** at all times. We will say yes sir and no sir to our parents, teacher, coaches, and elders. We will be the leaders of the school and not the problems. We must exhibit good sportsmanship on the field and good citizenship off the field. We will show respect and treat others as we would want to be treated, remember every action of a team member reflects on their coaches and teammates. **DO NOT EMBARRASS THE PROGRAM.**
6. **ACCEPT YOUR ROLE ON THIS TEAM.** Everyone involved in this football program is of equal importance, **NO ONE IS ABOVE THE TEAM.** Without the efforts of the scout teams the starting offense and defense cannot perform at their best on Friday night. Without maximum effort by our special teams players our success on Fridays is at risk. It takes ALL of our efforts in order to be successful. When we win, it is because of all of our efforts and likewise when we lose it is because of all our efforts. For this reason you must accept the role you have been given toward our success, you don't have to like it but you do have to accept it. My rule is that if you don't like your role **WORK YOUR WAY OUT OF IT** do not take the low road of making excuses and pointing fingers.

7. **There is no room in our program for those who abuse their bodies and minds with alcohol and drugs. School board policy will be followed in such situations and will result in immediate dismissal from the team. Coach Fischer will designate additional criteria for reinstatement for the team.**

Definition of Class:

Class is the respect of others. It is deep and genuine respect for every human being, regardless of their status in life. Class is having manners. It is always saying yes sir, no sir, thank you, and please. It is complimenting people for any and every task that is well done. It is treating every person, as you want him or her to treat you in similar situations. Class is avoiding profanity on and off the field. Class is never making an excuse for your own shortcomings. It is always helping the other person bounce back from mistakes. Class means that you never boast or brag about your own accomplishment and it means that you never tear down or diminish the achievements of another person. Class does not depend on money, status, success or ancestry. Class is sportsmanship. It is playing by the rules at all times. It is showing respect for your opponents and for the officials. It is shaking your opponent's hand after a game - win or lose - and giving him credit for their efforts. Class is never "showing up" your opponents by hot-dogging or cheap talk. Class is playing every play hard and expecting your opponent to play hard also. Class is being humble and gracious in victory and congratulatory in defeat. **Class is being loyal to your teammates and coaches in both adversity and glory.** Act like you are supposed to score and that you have done so before. Celebrate a win as if you expected to win.

Definition of Commitment:

Commitment is what transforms a promise into reality. It is the word that speaks boldly of your intentions, and the action, which speaks louder than words. It is making the time when there is none. Coming through time after time after time, year after year after year. Commitment is the stuff character is made of, the power to change the face of things. **It is the daily triumph of integrity over skepticism.** This is the attitude that the football program will take towards success. **With all success comes a price to pay. Everyone wants to win but not everyone wants to pay the price for winning.** We will commit ourselves to paying this price toward our success.

TIGER PRIDE:

It is a privilege to be a member of this football program and to be a **TIGER**. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and 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.** Remember that you are setting the example for those who will follow in your footsteps. You are a **TIGER** all the time and forever.

NATURE

NATURE has blessed us disproportionately with speed, size, strength, and athletic ability. With dedication and hard work you can improve upon each of these, but you are limited by heredity.

HOWEVER

You can be:

- **The most competitive**
- **The most intense**
- **The most aggressive**
- **The most enthusiastic**
- **The best hustling**
- **The hardest hitting**

(You are restricted only by your DESIRE)

Player Regulations and Expectations

A. ON THE FIELD GUIDELINES:

1. Practice like a **WINNER**. Games are won and lost on the practice field.
2. We expect a serious, business-like attitude on the practice field. There is no room for horseplay. Always stay focused on the task at hand.
3. Practices are a time to do and learn. Pay attention to your coach and the drill your group is in. Always ask questions when you do not understand.
4. Helmets must be worn at all times.
5. Mouthpieces should be worn at all times.
6. Never, ever sit or lay down on the football field. Rest on one knee.
7. Never walk on the practice field. When interchanging from one drill to the other always be on the jog.
8. When you are not participating, you should be paying attention. Know the play and watch your position.
9. If you are asked to perform on the PRIDE team, do your very best and take pride in the fact that you have prepared your offense or defense for victory. This is also the quickest way to move up the depth chart on offense or defense. We are a team, all equally important.
10. Work extra before or after practice on parts of your game, which need extra work. Study playbooks, scouting reports, and film to gain an edge on your opponent.
11. The key to your individual success and our team's success is the total preparation we achieve in practice. There are no limits to hustle and no excuse for the lack of it. Remember that it is harder to give something up which you have worked so hard for.
12. Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team. It is up to you to accept the role that the coaches assign you. If you cannot accept the role that has been designated by the coaches, you should not be part of this football team. **IF YOU DO NOT HAVE A STARTING POSITION, IT IS UP TO YOU TO WORK YOUR WAY INTO A STARTING POSITION.**
13. We condition in order to be in better physical condition than our opponents so that when they are tired and slow, we are able to take advantage of it. **TAKE PRIDE IN THE EDGE YOU RECEIVE.**
14. Set daily, weekly, and yearly goals for both the team and yourself and then practice to achieve these goals each day.
15. Win the physical battle on each play. Always strive to out hit your opponent.
16. Give second and third effort – Remember, you are not defeated until you quit.
17. Show enthusiasm and stay intense. This carries over to Friday night.

18. Never leave practice with a negative attitude or complaint. Talk your feelings out with your position coach or myself. Get things squared away; if you don't, then little problems and misunderstandings become major problems. I have an open door policy regarding parents and players and pending my schedule during the week will be happy to speak with any of you, however I will not be available immediately after the game to talk about playing time or anything else concerning the game. If you have concerns contact me and we will set up a conference. **MY ASSISTANTS SHOULD NEVER BE APPROACHED WITH ANY CONCERNS; ALL CONCERNS MUST GO THROUGH ME.**
19. When on the sideline always stay alert and in the game. Stay in your designated area on the sideline and listen for your name or team to be called. Always be ready to respond to this immediately so as not to cause our team a penalty or an unnecessary time out. **You are not to be speaking with any fans during the game, even if they are your parent, if your parent comes down on our sideline or fence to talk with you, you will be sent in to dress.**
20. If a fight breaks out on the field, DO NOT LEAVE THE BENCH AREA. Do not retaliate to any unsportsmanlike conduct; at the very least you will cause our team a penalty and at its worst you will be ejected. If you are ejected, by MHSL rules you will have to miss the next two games.
21. TRAVEL POLICY: All players travel to the game together. Everyone should also return together, unless arrangements have been made to do otherwise. Players are encouraged to ride with the TEAM.
22. HAZING: There will be no initiation or hazing of any football player. Players are encouraged to support each other and also report any incidents of hazing to the coaches immediately. Upper classmen will assume the role as leader, mentor, and helper in keeping hazing completely out of our program: be the example for our underclassmen to follow.

B. ACADEMICS:

1. Players are expected to maintain a high standard in all that they do and academics are no exception. Many of you have aspirations to play at the next level. The first thing a college coach wants to know from me is can the athlete in question qualify academically. If the athlete cannot qualify academically, he will generally not be recruited.
2. Athletes who receive a grade below a C after mid-term will be on academic probation and must perform extra conditioning after practice each day until the grade is raised to an acceptable level.
3. Grades will be checked weekly for all those on academic probation. Once the athlete brings his grades up he will no longer be required to perform the extra conditioning.
4. For those players that have intentions of going on and playing college football it is very important that you are on the right track academically. In order to play

college football at the NCAA level at either division I or II level you must have taken a certain number of core classes. To learn more about the requirements and other college information you can go to <http://www2.ncaa.org/> or speak with your son's guidance counselor at the high school.

5. After entering the High School Football program, each and every action an athlete makes is a reflection on the program. **Each athlete is challenged to be the leader in the school and not the problem.** All players will conduct themselves in a manner that is consistent with the guidelines outlined by the school code. We encourage all of you to take part in other sports, clubs, and other activities in the school.
6. CONDUCT – If you want to be a member of any athletic team and especially the football team you must follow all school rules and procedures while attending class. You are expected to act properly in class and give your teachers and staff courtesy and respect. Any assignment to ISS or suspension from school for any reason will result in disciplinary action by myself.

C. APPEARANCE

1. As a member of this football team, you are required to portray a certain image on and off the field. You will be required to dress in the uniform designated. **(1 Big Three for being out of uniform)**
 - a. **Dress games:** Players will wear their jerseys on the day of the game, or in the case of a Saturday game the day before, along with jeans or khaki pants. Players need to make sure that they have another shirt to put on following the game whether home or away.
 - b. **Practice (shorts):** **Players** will be issued a spirit pack consisting of shirt and shorts. It is also recommended to wear compression shorts or a jock at all times. These will be the required dress during the first three days of practice and when designated by Coach Fischer.
 - c. **Practice (shells):** Players are expected to wear their girdle (with pads), shorts, shirt, shoulder pads, practice jersey, and jock/compression shorts. These will be the required dress during the 4th through 5th day of practice, every Thursday during the regular season, and occasionally on Wednesdays when designated by Coach Fischer.
 - d. **Practice (full):** Players are expected to wear their entire uniform with all pads included.

D. PUBLIC RELATIONS

1. Be a positive person. Don't complain or talk negative to or about your teammates or coaches. It only causes morale problems and dissension. **We must remain loyal to**

one another if we expect to succeed. See your coach or talk to someone on the unity council if you do not feel good about something.

2. Never discuss the team, the physical condition of the team members, or planning strategies, etc...with anyone other than your family. You may give away information that could be extremely helpful to the opposition.
3. When talking to the media you should:
 - a. Give the media cooperation on information concerning you; and for anything else direct them to Coach Fischer.
 - b. Do not discuss or compare teammates or coaches. Remember you have to play with them. Loyalty is essential to our success.
 - c. In discussing your opponents, both before and after the games, do not give them material for the true fight talk or the bulletin board.
 - d. Do not discuss team strategy or plans.
 - e. Be careful of statements in the dressing rooms following the game. Many times these sound O.K. right after the game but they look very silly the next day in print. If you run down a team that has beaten you, it only sounds like "sour grapes" and it doesn't help the score either. Give credit where it is due, regardless of how much it hurts at the time. If we win, be humble and grateful. Be complimentary of your teammates because they helped you. Remember that we are a **TEAM**.
 - f. If someone calls you by phone, ask him or her to set up a meeting with you through Coach Fischer.

E. LOCKER/TRAINING ROOM:

1. There will be no horseplay in the dressing room. I realize that a certain amount of kidding and joking around goes on in the dressing room but we cannot afford an injury and this lack of FOCUS almost always carries over to the field or game. HAZING is not allowed!
2. Keep all stuff, equipment, etc... in your locker and locked. Anything left on the floor will be taken up. The TEAM will run an unspecified number of hills for an unclean locker room. Your equipment is to be stored as follows: shoulder pads on top, helmet hung to the right side of the locker, cleats in bottom of locker, cloth hung up to the left. Do not keep unnecessary clothes piled up in the bottom of your locker.
3. No stealing. This is a very serious offense and will be treated as such.
4. Any equipment flaws should be fixed after practice or come to practice early and get it fixed. This is not an excuse for being late. **Players who have forgotten equipment at home may borrow equipment for practice but will receive a hard yard for doing so.**

5. Anyone who needs taping should report to practice one hour before it starts in order to do so. During the season, you should be in the training room no later than 3:20 in order to get taped, unless a meeting is called elsewhere, getting taped is not an excuse to be late for practice.
6. Cleats are not to be worn in the locker room with the exception of game day.
7. Treat your managers and trainers with dignity. They work hard on your behalf and get very little in return.
8. You must let Coach Fischer or your position coach know when you are injured. We must distinguish between pain and injury. Athletic participation will lead to occasional pain and discomfort due to the nature of your chosen sport. We ask that if you are injured please contact our trainer and if needed he will direct you to our team Physician. With injuries that are not emergency situations please go through a sports medicine doctor that specializes in the type of injuries that occur during football. He can best diagnose and treat football related injuries. If the condition has been evaluated/seen by a doctor, a written note from that doctor will be required. It is expected that the athlete will participate to their fullest ability under the advisement of the trainer(s) or doctor regardless of the injury or condition, and will seek full clearance prior to attempting more activity than what is indicated on the Injury Report. If at any time during a practice or game, you feel that you are injured, over-heated, or ill notify a trainer, coach or student trainer immediately! No one but you can perceive your pain or illness. If you are injured, the following expectations are required of you:
 - a. Report to the trainer/coaches daily and follow their instructions to the letter.
 - b. Attend treatments at the time the Trainer designates.
 - c. Attend all meetings.
 - d. Seek advice/evaluation no matter how small the injury may be.
9. **Wear the appropriate uniform, even when not participating.** You need to do this before you report to our trainer. If you have been injured, you will be expected to be at all practices and performing any activities to which your injury allows unless told otherwise by myself, the trainer, or a doctor (must have a doctor's note).

10. **HYDRATION**

- a. Athletes need to drink throughout the day (water, sports drinks, fruit juice, and non-caffeine drinks).
- b. Should drink at least 16 oz of fluids, 2 hours before practice or games.
- c. Drink another 8 oz's of water, 15 minutes before practice or games to ensure proper hydration.
- d. Drink to fully replace sweat loss during exercise. Water will be readily available at all practices. Below are guidelines for proper hydration.

TYPES OF SPORTS DRINKS

Fluid Replacers

- Examples: Water, Gatorade, Powerade, Vitamin Water, Max: These drinks are absorbed as quickly as water and typically are used for activities lasting less than 2 hours.

Carbohydrate Loaders

- Examples: Gatorade, Exceed High, Carboplex: These drinks replace more muscle glycogen to enhance greater endurance. They should be used after ultra-endurance events to increase muscle glycogen resynthesis after exercise.

Nutrition Supplements

- Examples: Gatorpro, Exceed Sports, Ultra Energy: These supplements are fortified with vitamins and minerals and they help athletes maintain a balanced diet.
- They can be used as a meal replacement supplement for athletes who wish to skip a high fat meal or as extra calories for athletes who wish to gain weight.

WHAT NOT TO DRINK

- Drinks with Carbohydrate (CHO) concentrations of greater than eight percent should be avoided.
- Fruit juices, CHO gels, sodas, and sports drinks that have a CHO greater than six to eight percent are not recommended during exercise as sole beverages.
- Beverages containing caffeine, alcohol, and carbonation are not to be used because of the high risk of dehydration associated with excess urine production, or decreased voluntary fluid intake.

HYDRATION TIPS AND FLUID GUIDELINES

- Drink according to a schedule based on individual fluid needs.
- Drink before, during and after practices and games.
- Drink 17-20 ounces of water or sports drinks with six to eight percent CHO, two to three hours before exercise.
- Drink another 7-10 ounces of water or sport drink 10 to 20 minutes before exercise.
- Drink early - By the time you're thirsty, you're already dehydrated.
- In general, every 10-20 minutes drink at least 7-10 ounces of water or sports drink to maintain hydration, and remember to drink beyond your thirst.

- Drink fluids based on the amount of sweat and urine loss.
- Within two hours, drink enough to replace any weight loss from exercise.
- Drink approximately 20-24 ounces of sports drink per pound of weight loss.
- Dehydration usually occurs with a weight loss of two percent of body weight or more.

WHAT TO DRINK DURING EXERCISE

- If exercise lasts more than 45-50 minutes or is intense, a sports drink should be provided during the session.
- The carbohydrate concentration in the ideal fluid replacement solution should be in the range of six to eight percent CHO.
- During events when a high rate of fluid intake is necessary to sustain hydration, sports drinks with less than seven percent CHO should be used to optimize fluid delivery. These sports drinks have a faster gastric emptying rate and thus aid in hydration.
- Sports drinks with a CHO content of 10 percent have a slow gastric emptying rate and contribute to dehydration and should be avoided during exercise.
- Fluids with salt (sodium chloride) are beneficial to increasing thirst and voluntary fluid intake as well as offsetting the amount of fluid lost with sweat.
- Cool beverages at temperatures between 50 to 59 degrees Fahrenheit are recommended for best results with fluid replacement

F. ATTENDANCE (IN SEASON):

1. Attendance is **MANDATORY** in order to play football for Fridley High School.
2. If you are late for practice, the following will occur:
 - a. Excused – The player will receive no punishment if cleared by Coach Fischer ahead of time, otherwise the lateness will be considered unexcused.
 - b. Unexcused – 1 Big Three (a big three is a one hundred yard bear crawl, one hundred yard crab walk, and one hundred yard grass drill hitting every ten yards)
3. If you miss practice, the following consequences are as follows:
 - a. Excused – 1 Big Three
 - b. Unexcused – 3 Big Three (Suspended for one game)
 - c. Injured – There will be no make up for injuries as long as the player is following the direction and rehabilitation plan of our trainer/coach.
 - d. Two unexcused- 6 Big Three (Suspended for three games)

THREE UNEXCUSED ABSENCES suspension for the entire SEASON

G. ATTENDANCE (OFF-SEASON):

1. If you are not participating in another sport, the off-season strength and conditioning program is recommended in order to help in the prevention of injury and improve your strength and overall athleticism.
2. All varsity players who are involved in other sports are encouraged to enroll in one of the strength training classes offered at the high school if at all possible.

H. ATTENDANCE (SUMMER):

1. Workouts during the summer are Monday, Tuesday, Wednesday, and Thursday. There will be two sessions for these workouts, a morning session and an afternoon session. We will start these workouts on June 14th and conclude them with testing on August 6th and 7th.

I. DEFINITION OF AN EXCUSED PRACTICE

1. In order for a missed practice or being tardy to be considered excused, you must personally contact Coach Fischer through one of the following methods:
 - a. Call and either speak to Coach Fischer or leave a message. You can call me on my cell phone at 605-770-5975.
 - b. Personally tell me that you will be late or you will be missing practice or workouts.
 - c. **DO NOT SEND WORD BY ANOTHER PLAYER OR COACH.**

NOTE: I must accept your excuse as a valid excuse. For example, telling the coaching staff you want a day off is not a valid excuse. It is at the sole discretion of Coach Fischer to determine the validity of your excuse.

J. Incentive Program: Motivation is defined as the reasoning behind an action. As coaches it is our goal that the main reason in which you take part in our strength and conditioning program is to make yourself a better player; therefore, making us a better team and ultimately helping in the winning of championships. A strength and conditioning program is the lifeblood of a football program, and without a commitment to it, failure is eminent. We want to win consistently and we KNOW that our strength and conditioning program will give us the confidence and ability to do so. It is our hope as coaches that this is the reason to which you train; however, we also want to make our program fun and competitive for you. For this reason, we have come up with an incentive program which will give you a little extra to work for. Below you will find the list of activities, which will excuse you from conditioning after the first practice during two-a-days. For every one you achieve, you will be excused from the COUNTY FAIR conditioning sessions.

1. **90% attendance at Strength and Conditioning Cycle 1 from January 10th through March 10 as well as testing days on March 17th, 18th, and 19th.**

(Note: You will be credited for those days involved with a winter or spring sport) See calendar for lifting days. (90% attendance is at least 34 out of 38 workouts)

2. 90% attendance at Strength and Conditioning Cycle 2 from March 14th through June 8th as well as testing days on June 6th, 7th, 8th. (Note: You will be credited for those days involved with a spring sport) (See Calendar for days) (90% attendance is at least 36 out of 40 workouts)
3. Receive nothing lower than a C on third trimester final grades.
4. Attend Spring Football June 6th, 7th, 8th
5. 4 workouts in the summer
6. 4 workouts in the summer
7. 4 workouts in the summer
8. 4 workouts in the summer
9. 4 workouts in the summer
10. End of Summer Testing on August 5th and 6th
11. GOLD CARD Fundraiser (15 cards)

K. THE "X" RULE:

1. "X" in mathematics is the symbol for the unknown. The X rule states that if a situation arises that is not mentioned in the rules, the coaching staff, at its sole discretion, will have the right to determine whether the situation will be tolerated and what the consequences are for the situation.

K. HELMET WARNING

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to your opponent.

There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear. **NO HELMET CAN PREVENT ALL SUCH INJURIES**

HIGH SCHOOL FOOTBALL CONTRACT

I _____ along with my parents,
have read and agree to follow the rules, regulations,

and policies described in the High School Football Handbook.

PLAYER SIGNATURE: _____

PARENT SIGNATURE: _____

COACH SIGNATURE: _____