

West Delaware
Parent Handbook



Football Parents:

Welcome to what should serve as a positive and exciting experience for your child. We, the coaching staff of the West Delaware Football Program, have put together an information 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 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 participant and the team. We need you to support us in this effort and make sure that your child is available for the scheduled practices, games and other events such as fundraising.

Your son was part of an incredible off-season. Our success over the years has allowed for us to gain a lot of respect and we are expecting great things again this season. Over the years we have had a number of our student athletes choose to play football in college and gain valuable experiences and further their education, while being able to continue playing the sport that they love.

Thank you for allowing your child to be a part of our program. Together we will have a lot of fun while working hard towards our goals. Each year the WD football staff will set goals for the team and themselves. I would like to relate a few of these goals to you.

1. Establish lines of communication with your child.
2. Help your child be the best person he can be.
3. Help your child be the best athlete he can be.
4. Place your child in a decision making role (abide by training rules, decide what block to make, learn time management and responsibility, etc.).
5. Teach your son how to be a great effort player and help him "expect victory" in everything he does.
6. Win our Class 3A District Championship.

With the cooperation from the student-athletes, the parents, coaching staff and your child, I believe we will have an excellent year. I am a firm believer in goals, and I hope that your son realizes that "things" don't come easy. People must set achievable goals and go after them. We will do our best this season, as a coaching staff, to help your son become better prepared for life's challenges. We will stress some very important key's to life: pride, discipline, team work, goal setting, time management, and dedication, to name a few. I hope you enjoy the football season.

Expect Victory,

Doug Winkowitsch
Head Football Coach

FOOTBALL: MORE THAN JUST A GAME

Football and Life are Similar: The values of dedication, hard work, discipline, and effort in football are also important to success in life. Football gives an athlete the opportunity to be exposed to aspects of life which cannot be experience in the classroom, or anywhere else.

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**– 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 the major indicator of success later in life.
18. ***Everyone Make a Valuable Contribution:***
Everyone on the team makes a valuable contribution to the team. Each athlete has a role to fill and it is his job to do it and accept it. There is no I’s in TEAM.

Philosophy of a Winning Tradition

We must remember that we represent West Delaware High School. Our conduct, good or bad, is a direct reflection on our institution. Good conduct is a major part of our job. We must understand that if we want to have a successful football program we must behave appropriately. We must not be "part-time football players", we will be a "class act." A few general expectations follow.

1. *Profanity*- **Prohibited.**

2. *Shower room*- this is not a place for horseplay or jostling. Keep it neat and tidy, you will be expected to maintain a safe environment when not under the coaches supervision. Many injuries occur from misconduct in the locker rooms.

3. *Bus*- this is not the place for singing and horseplay on the way to games, you are expected to use this time to mentally focus on your responsibilities. You will be expected to ride the bus to and from any away games.

4. *Unsportsmanlike conduct*- we are firm believers in playing hard, beating our opponent and leaving everything on the field. We do not want a single penalty for unsportsmanlike conduct. It hurts you and it hurts the team. Depending on the circumstances, the coaches could bench you for the rest of the game.

5. *Practice field*- this is a place of business. A good organized practice is designed to get the most done for each individual and the team. Pay attention to all details of instruction. Don't be satisfied with knowing only your duties, but observe the entire situation so you can help others and we can move along productively. Don't talk, look around, etc. while instructions are being given. Hustle to each new phase of practice. We need to keep practice upbeat and snappy, you will get the rest you need at given times throughout practice. While team practice is going on, you are to watch from a vantage point if you are not participating, watch and learn. The purpose of a well prepared and organized practice is for the efficiency of learning and preparing for our opponents. Have a mind set to learn, listen and respond to your coaches in a proper fashion.

Haircuts, drivers license, store purchases, pictures, and other details of the such are not excused absences. They will be considered unexcused and dealt with according to each situation. If for some unseen reason you need to miss, like a death in the family, see your coaches. You need to attend every practice and you are expected to attend every practice. If you are injured you still need to attend practices and games. **Don't forfeit your team association.*

6. *School conduct*- school is a direct concern of your coaching staff. If you miss practice or a part of practice for misconduct in school, you are reducing the chances of self and team success. Football should be enough entertainment and *good fun*. You are in school to learn, and that is first and foremost, stay on top of your work and don't let people think that football is interfering with your academic progress. You should learn responsibility and time management as a result of this football program, let that be aware in the classroom. You are expected to maintain the proper academic standards necessary to participate in this extracurricular activity, we as coaches will be aware of your progress.

7. *No hats or head rags*- we will look like young men, and dress appropriately, these items are not allowed during any football function.

8. *Overview*- as a result of the preceding rules, you should be aware that we are not only going to expect quality on the field, but also off the field. You need to act like young men and always remember that your behavior is a direct reflection to the Hawk Football Team.

Don't be a "PART-TIME FOOTBALL PLAYER," BE A TEAM PLAYER and remember,

DO WHAT'S RIGHT AND DO THE BEST YOU CAN!

Training:

A good general training rule for each player- "I will do nothing that in any way will hurt my chances of being the best football player that I can be."

*You can not violate training rules and be 100 percent efficient on the football field.

1. *No smoking or tobacco use.*
2. *No drinking or other drugs, either consumed or in the presence of.*
3. *No late hours unless approved by the coach.*

A violation of these rules will result in immediate action according to the school board policy.

Training doesn't apply merely to your physical habits, but to your mental habits as well.

1. Be a booster.
2. Don't gripe or knock the program.
3. Think in terms of team and not yourself.
4. If you are not satisfied with your role on the team see your position coach. Chances are you will be asked to work harder, or you will be told your weakness. Accept the coaches decisions, they are doing what is best for the team. Accept your role and continue to work to improve. Maintain a positive, enthusiastic attitude. Football is very demanding and not everyone has the drive to be a great player.

We are not sold on anything that beats the team

- We must all be prepared to make sacrifices.
- We will be consistent so you can depend on us. We want you to be consistent so we can depend on you.
- We believe that our training rules and our discipline must come from within.
- We will try to earn your respect. We expect you to earn ours.
- We will practice everything, thoroughly, and consistently
- We believe that performance is what matters. Potential is only potential.
- We believe in the TEAM concept, and we will conduct ourselves in a team fashion.
- Our personal and professional relationships with you as players are of first concern. You are much more important than the game. See the coaches first about any concerns.

Coaches Code of Conduct

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the student athlete than winning the game. Remember that players are in sports for fun and enjoyment.
2. Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
3. Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
4. Adjust to the personal needs and problems of player, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
5. Organize practices that are fun and challenging for your player. Familiarize yourself with the rules, techniques and strategies of your sport; encourage all your players to be team players.
6. Maintain an open line of communication with your players' parents. Explain goals and objectives of your organization.
7. Be concerned with the overall development of your players. Stress good health habits and clean living.
8. To play the game is great; to love the game is greater.
9. We will coach the game with the principles of sportsmanship in mind.

Parents Code of Conduct

1. Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
2. Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays on both teams. Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude towards the game and all of its participants, your child will benefit. Emphasize skill development and practices and how they are beneficial.
3. Know and study the rules of the game, and support the officials. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
4. Applaud a good effort in victory and defeat and enforce the positive points of the game.
5. Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
6. If you enjoy the game, learn all you can about the game, and volunteer.
7. Practice good sportsmanship with the players and the coaches from opposing teams.

Players Code of Conduct

1. Play for fun!
2. Work hard to improve your skills.
3. Be a team player – get along with your teammates. Learn teamwork, sportsmanship and discipline.
4. Be on time for practices and games.
5. Learn the rules and play by them. Always be a good sport.
6. Respect your coaches, your teammates, your parents, opponents and officials.
7. Never argue with the official's decision.
8. Practice good sportsmanship with the players and coaches from opposing teams.

What Every Coach Wants You to Know

Athletic Eligibility:

Students must meet certain academic requirements in order to be eligible to play sports. The State Rule now states that athletes **must pass ALL classes to be eligible**. If you have questions concerning your son's eligibility see the head coach or the high school guidance counselor.

Weight Training:

During the season and off-season, football players will follow a conditioning program that combines weight training and aerobic exercise. Conditioning is important, not only for performance enhancement, but also for injury prevention.

Nutrition:

There are four basic food groups that provide the key nutrients all people need: meat, milk, bread and cereal, and fruit and vegetable. Your child-athlete should have at least four servings of each of these groups daily, except for the meat group, only two servings are needed.

Football is a strenuous, physically demanding sport. It is therefore important for football players to have a healthy diet that includes fruits, vegetable, meat, and foods high in complex carbohydrates (pasta, potatoes, etc.). The meal the night before a game is especially important; it should be a nutritious meal that is high in carbohydrates.

It is extremely important for you son to drink enough fluids, especially when practicing in the August heat. Before and during practices and games, players should drink water. After practices and games, he can drink juices or sport drinks.

Meal Planning tips:

- Encourage your child to eat a wide variety of foods from each of the four groups. Besides hamburgers the athlete should eat chicken and fish, too. Green and yellow vegetables are a must and citrus fruit or juice are needed.
- Inexpensive cuts of meat can be just as nutritious as the costly cuts. Peas and beans can be substituted for meats.
- Make sure your athlete drinks enough fluids. Instead of soda pop, encourage him to drink fruit juice, milk or water.
- Because of strenuous activity, your child may be hungry after meals. Rather than permit the consumption of junk food, encourage him to increase his portions at meals and/or eat nutritious snacks, like fruit.
- A high level of carbohydrates is important. Carbs can be consumed through bread, pasta, even pizza. It is important for the athlete's energy supply that he has plenty of carb's to burn as fuel.

First Aid:

Injuries are a part of every sport. Football players are most likely to get minor cuts, sprains, bumps, and bruises. Make sure that minor cuts are cleaned with soap and water; then apply an antiseptic ointment and a band-aid. For minor bumps, bruises and sprains, elevate the area and apply ice as soon as possible. Apply the ice for 15-20 minutes, wait one hour and apply ice again. For all injuries, a sport doctor should be contacted.

Of course, preventing injuries should be of utmost importance to everyone. Athletes can avoid injury by: 1) being in good condition when the season starts, 2) having the right equipment. 3) drinking enough water before and during practices and games 4) getting the proper rest and nutrition 5) stretching properly before all practices and games, and 6) working closely with the coaches.

Equipment:

Each player will be given pants, jersey, helmet, mouth guard, and pads (shoulder, thigh, hip, and knee). Players will need to buy cleats and socks. Optional equipment is available (flak jacket for rib protection, neck role for neck protection).

Playing in College:

Young men who want to play football in college have several options. They must understand, however, that regardless of where they play, they need to have talent and a great deal of dedication.

There are approximately 230 Division I, 150 Division II, and 215 Division III colleges in the NCAA. Division I and Division II colleges can offer athletic scholarships; Division III schools (mostly small, private colleges) cannot. Division III schools are, however, often able to provide other kinds of financial aid.

Not all colleges belong to the NCAA. Over 300 small colleges belong to the NAIA, and hundreds of junior colleges (2-year colleges) belong to the NJCAA.

College Requirements:

NCAA— Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he must meet specific academic criteria as set forth by the NCAA. Athletes should meet with their counselor as early as possible to discuss NCAA requirements and to make sure they are taking the right courses. In the spring of their junior year, athletes should take the ACT. They should also pick up a NCAA Clearinghouse Student Release Form from their guidance counselor. This form should be submitted after completion of their junior year. www.ncaa.org

Game Day—Pregame:

Prior to a game your child may exhibit some or many of the following behaviors: edginess, irritability, nervousness, apprehensiveness, etc. While there is no one way to deal with these behaviors, understanding of the player's feelings by all members of the family helps to alleviate any additional stress. The game of football is mentally demanding and it becomes a very important part of a young man's heart. These players put forth a lot of time, effort, sweat and dedication.

Game Day—Postgame:

Of course the score of the game will have a great bearing on the emotions of your child after a game. A victory can produce an emotional high and conversely a loss can produce an emotional low. Really, both can be approached in the same way: encouragement.

In spite of a victory a player may be brooding about a dropped pass, a missed block or a fumble. Encourage your child to learn from the mistakes, set goals to correct error and work hard the next week in practice to improve.

On occasion an individual player may try to shoulder the entire responsibility for a loss: i.e. a missed pass in the end zone, which meant the difference between win or lose. Regretfully, fans many times reinforce that opinion as they forget that football is a team sport that is played for forty-eight minutes, not a couple of seconds on one play

Try to understand how your child feels and give encouragement. Communicate freely with your child during the season. I encourage you and your child to communicate with the coaching staff. We are here for the benefit of your child.

SEVENTEEN 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 our 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.
17. **MAKE YOUR SON ACCOUNTABLE.**

It's human nature to be tempted to "slack off" when we're not held accountable. Your son needs to know that you care and that you are monitoring his academic progress. He needs to know that success will be recognized and that poor performances will be noticed. Go over every progress report and report card with him, and contact the teacher if you son has a low grade in a class.

TEAM EXPECTATIONS

- Keep up with your schoolwork. Poor grades in school and not completing homework will result in disciplinary actions by the coaches.
- If you don't practice, you don't play. All excused absences must be coordinated with the coaches. If you don't make an effort to attend practices, we as coaches are not required to play you.
- What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions.
- Respect other players. Remember your teammates are working with you not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions.
- Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
- Learn the rules of the game.
- Arrive on time for practices and games.

Excused Absence during game week:

1st Offense - Will not start

2nd Offense – Will not start

Excused Absence during pre-season practice:

* Make arrangements with position coach to review missed practice and make up conditioning.

Unexcused Absence during game week:

1st Offense - One Game Suspension

2nd Offense - Check in Gear

Unexcused Absence during pre-season practice:

1st Offense- Hawk Reminder

2nd Offense- Check in Gear

Tardy for practice:

1st Offense - Warning

2nd Offense - Hawk Reminder

3rd Offense - One Game suspension

Profanity:

1st Offense - Team fence to fence

2nd Offense - Team fence to fence

3rd Offense - Hawk Reminder

Possession of Alcohol or Drugs and Good Conduct:

According to the West Delaware School Board Policy:

1st Offense - 30%, 3 game suspension, must be reported within 48 hours.

2nd Offense - 50%, 5 game suspension, must be reported within 48 hours.

3rd Offense - 12 month suspension from all activities (Check in Gear)

**You may be disciplined at anytime, for any inappropriate action. The punishment will fit the crime. You must behave appropriately, and like the Young Men you are! We are a coaching staff which believes football is a reference to every aspect of life. The things you learn throughout your high school football career are important in everything you do. You are expected to behave according to all rules and regulations if you want to remain a member of the Hawk Football Program.*

Equipment Care

Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the West Delaware Football Team. We want to avoid a MRSA breakout. Plus, the average cost of outfitting you with essential and proper fitting safety gear is around \$500.00 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. Unlike other sports, we do not ask you to supply or buy your own football gear so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

A) Helmet: Cost \$175.00

This is not a devise made to use as a weapon. Fully understand that you'll be taught the proper techniques of the game and the use of the helmet other than a safety devise is strictly prohibited:

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

B) Shoulder Pads: Cost \$150.00 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.

C) Pants, Girdle, Belt, & Practice Jersey

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

D) Hip Pads, Thigh Pads, Knee Pads & Tail Pads

- Wipe these down with a damp cloth.

Fundraising

With the cost of outfitting a player in very good football equipment being around \$500, it is essential that we perform various fundraisers to supplement the fee that is charged for your child to play football. Other major expenses come in the form of field equipment and travel. We are constantly trying to save/raise funds to support our program and upgrade with improvements that are necessary to success. We have one major fundraiser, which is explained below:

Discount Card

We have been using the "Discount Card" as a major fundraiser for a few years now and it is by far the easiest fundraiser, allowing for a good profit for very little work and no expense. The student athlete is asked to sell 10 tickets on "blitz night". The card offers discounts at various businesses and sells for a price of \$10. Several parents help arrange the various discounts with local businesses and produces the cards and the players sell the cards door-to-door for one night. We receive all the profits for every card sold with the exception of a few costs of producing the cards. Thank you for your support of this fundraiser.

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can keep the fees low for our players.

Sportsmanship

As defined by the dictionary, sportsmanship is treating someone in a fair or admirable manner. The football players at West Delaware High School will be required at all times to treat their opponents in a fair and admirable manner. In the past, the parents and student body have shown good sportsmanship at the football games. Athletics is a great tool for teaching us all, in the heat of the battle, win or lose, we can respect our opponents. We've always had this philosophy, "HAWK FOOTBALL- KNOCK'EM DOWN, HELP'EM BACK UP!" Officials and opponents are very impressed with our ability to play good hard nosed football, and have a high level of respect for our opponent.

We will continue to stress the importance of *Good Sportsmanship!*

Changing Negatives to Positives

I Can't— I *CAN* do it; I've done it before and I will *SUCCEED*.

I Won't be the best— I've *PREPARED* well and I will *SUCCEED*.

I'm Nervous— I've *EXPERIENCED* this before and I will *SUCCEED*.

I think I'll Fail— I must face this *CHALLENGE*, take the risk,
experience personal victory and I will *SUCCEED*.

I don't think I'm Prepared— I've *TRAINED* according to plan and
I'm prepared to take on this challenge and
I will *SUCCEED*.

I Lost again; I'll Never be a winner— I'll *LEARN* from this loss and I will
prepare with my mistakes in mind so
this won't happen again and
I will *SUCCEED*.

I'll never be as Good as _____ With intelligent and thoughtful training,
I'll keep on getting *BETTER*. In doing so,
I can and will become the best and
I will *SUCCEED*.

"SUCCESS IS YOURS THE SECOND YOU DECIDE YOU WANT IT"

How to watch the game

1. Don't always watch the ball.
2. Watch different positions (i.e. know the position of your son). What are the responsibilities of his position?
3. A successful running play is the result of good line blocking, faking and the ball carrier following his blocks.
4. A successful pass play is the result of good line blocking, back blocking, receivers running correct routes, catching the ball and the quarterback must throw the ball to the open receiver.
5. A successful defensive play is the result of the interior line, linebackers, and defensive ends protecting their area, pursuing the ball and making the tackle; defensive backs making sure no passes are completed, and making tackles from sideline to sideline.
6. A successful kick (field goal, PAT, punt) consists of a successful center snap, line blocking, kicking technique and response to the kick.
7. When watching a game be aware of field position, whether on offense or defense, because where you are on the field determines what plays will be called. The coach may be more conservative if you are deep into your own territory.
8. Be aware of the score and the time left in the game. Score and time can dictate the type of offense or defense that will be used.
9. The skills of each individual on the field will determine the type of offense, defense, and kicking game that will be used.
10. Each play is a direct reflection of whether or not all eleven players do their own responsibility.

Offense- The team that has possession of the ball. Objectives are to run, pass, kick, and score.

Defense- The team that is trying to gain possession of the ball. Objectives are to prevent forward progress of the ball and scoring by the opponent.