

# SHILOH CHRISTIAN

S A I N T S F O O T B A L L



**PLAYERS MANUAL**

**2015**

# SHILOH CHRISTIAN

S A I N T S F O O T B A L L

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# **SHILOH CHRISTIAN** **S A I N T S F O O T B A L L**

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## **7<sup>TH</sup> GRADE COACHING POSITIONS**

**ANDREW JORDAN - HEAD COACH**  
**KEITH MCDANIEL - ASSISTANT**  
**TYLER WEDDLE - ASSISTANT**

## **JR. HIGH COACHING POSITIONS**

**CROSBY TUCK - OC**  
**MOE HENRY - DC/DB'S**  
**GREG TIBBITT - OL**  
**PHILIP TWEEDY - LB'S**  
**JOSH SALSURY - DL**

## **SR. HIGH COACHING POSITIONS**

**JEFF CONAWAY - QB'S**  
**CHRIS BERUS - DC/SAFETIES**  
**CROSBY TUCK - OC/WR'S**  
**GREG TIBBITT - OL**  
**ANDREW JORDAN - RB'S, SPECIAL TEAMS, ASST. STRENGTH**  
**PHILIP TWEEDY - LB'S**  
**MOE HENRY - CORNERS**  
**JOSH SALSURY - DL**  
**KEITH MCDANIEL - OFFENSIVE ASSISTANT**  
**CHAD DAVIS - QB'S**

## 2015 HIGH SCHOOL FOOTBALL SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
FRIDAY	AUG 21	BLUE GOLD	HOME	6:30 PM
TUESDAY	AUG 25	SHILOH/SPRINGDALE/RUSSELLVILLE	HOME	5:30 PM
TUESDAY	SEPT 1	CHARLESTON (HOOTEN'S CLASSIC)	RAZORBACK STADIUM	
FRIDAY	SEPT 11	BASTROP, LA	HOME	7:00 PM
FRIDAY	SEPT 18	VICTORY CHRISTIAN (TULSA, OK)	AWAY	7:00 PM
FRIDAY	SEPT 25	*BERRYVILLE	AWAY	7:00 PM
FRIDAY	OCT 2	*HUNTSVILLE	HOME	7:00 PM
FRIDAY	OCT 9	*PRAIRIE GROVE	AWAY	7:00 PM
FRIDAY	OCT 16	*GENTRY	AWAY	7:00 PM
FRIDAY	OCT 23	*LINCOLN	HOME	7:00 PM
FRIDAY	OCT 30	*GRAVETTE	AWAY	7:00 PM
FRIDAY	NOV 6	*PEA RIDGE (SR. NIGHT)	HOME	7:00 PM
FRIDAY	NOV 13	1ST ROUND PLAYOFFS	TBA	7:00 PM
FRIDAY	NOV 20	2ND ROUND PLAYOFFS	TBA	7:00 PM
FRIDAY	NOV 27	QUARTER-FINALS PLAYOFFS	TBA	7:00 PM
FRIDAY	DEC 4	SEMI-FINALS PLAYOFFS	TBA	7:00 PM
SATURDAY	DEC 12	4A STATE CHAMPIONSHIP GAME	WAR MEMORIAL - LITTLE ROCK	TBA

## 8TH GRADE AND JV SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
MONDAY	29-SEP	BERRYVILLE	HOME	5:30 PM
MONDAY	5-OCT	HUNTSVILLE	AWAY	5:30 PM
MONDAY	12-OCT	PRAIRIE GROVE	HOME	5:30 PM
MONDAY	19-OCT	GENTRY	HOME	5:30 PM
MONDAY	26-OCT	LINCOLN	AWAY	5:30 PM
MONDAY	2-NOV	GRAVETTE	HOME	5:30 PM

## 7TH GRADE AND JUNIOR HIGH SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
MONDAY	24-AUG	BENTONVILLE SCRIMMAGE	AWAY	5:30 PM
THURSDAY	3-SEP	HARRISON	AWAY	5:30 PM
THURSDAY	10-SEP	GREENWOOD (JR. HIGH ONLY)	HOME	7:00 PM
THURSDAY	17-SEP	OPEN		
THURSDAY	24-SEP	BERRYVILLE	HOME	5:30 PM
THURSDAY	1-OCT	HUNTSVILLE	AWAY	5:30 PM
THURSDAY	8-OCT	PRAIRIE GROVE	HOME	5:30 PM
THURSDAY	15-OCT	GENTRY	HOME	5:30 PM
THURSDAY	22-OCT	LINCOLN	AWAY	5:30 PM
THURSDAY	29-OCT	GRAVETTE	HOME	5:30 PM
THURSDAY	5-NOV	PEA RIDGE	AWAY	5:30 PM

**DEVELOPING**

***CHAMPIONS***

**SPIRITUALLY,**

**ACADEMICALLY,**

**AND ATHLETICALLY**

## **FOOTBALL COACHING STANDARDS**

- 1. PUNCTUAL**
- 2. PREPARED**
- 3. PROPERLY DRESSED**
- 4. PROFESSIONAL**
- 5. PASSIONATE**

## **FOOTBALL COACHING PHILOSOPHY**

- 1. BUILD RELATIONSHIPS**
- 2. ACADEMIC ACCOUNTABILITY**
- 3. DEVELOP ATHLETES**
- 4. TEACH FUNDAMENTALS**
- 5. MAKE MEMORIES**

## **PHILOSOPHY OF THE SHILOH CHRISTIAN FOOTBALL PROGRAM**

### **GENERAL PHILOSOPHY:**

**THE CONCEPT OF TOGETHERNESS FORMS THE FOUNDATION OF OUR FOOTBALL PROGRAM. TO DEVELOP THE UNSELFISH ATTITUDE THAT IS NEEDED IN A SUCCESSFUL PROGRAM, A CLOSE, MEANINGFUL RELATIONSHIP MUST EXIST BETWEEN COACHES AND PLAYERS, PLAYERS AND PLAYERS, AND COACHES AND COACHES.**

**LEARNING HOW TO CARE AND TO ACCEPT CARING WITHIN THE TOTAL TEAM STRUCTURE IS OF PRIMARY CONCERN. IT IS ABSOLUTELY NECESSARY TO BE A CARING PERSON. IT IS OUR BELIEF THAT ONLY TRULY CARING PEOPLE CAN FUNCTION TO THEIR BEST ABILITY IN THE ATMOSPHERE WE CREATE. WE WILL CARE ABOUT OUR PLAYERS AS IF THEY WERE OUR CHILDREN. WE WILL ENCOURAGE ALL OF THEM, CORRECT ALL OF THEM, COACH ALL OF THEM, AND DISCIPLINE ALL OF THEM WITH THAT THOUGHT IN MIND. WE WILL TREAT EVERYONE WITH THE UTMOST RESPECT. THE "GOLDEN RULE" WILL APPLY TO OUR DEALINGS BOTH INSIDE AND OUTSIDE THE FOOTBALL PROGRAM.**

**A BELIEF THAT ONE CAN BE "FIRST CLASS" IN ALL THAT HE DOES IS ANOTHER CORNERSTONE OF OUR PHILOSOPHY. THE FOOTBALL PROGRAM, WHILE TEACHING THE ATHLETE TO PUT HIS BEST EFFORT INTO EVERY ENDEAVOR, HELPS THE ATHLETE TO BUILD THE POSITIVE SELF-IMAGE NEEDED TO REACH HIS OWN GOALS AND THOSE OF THE PROGRAM. WE BELIEVE THAT ATHLETES SHOULD SIMPLY "DO THEIR BEST" IN EVERY ASPECT OF THEIR LIFE, ON AND OFF THE FIELD.**

**ATHLETIC COMPETITION DEMANDS THE DEVELOPMENT OF SELF-DISCIPLINE, TRUST, PRIDE, COMMITMENT, AND TEAMWORK. AS OUR PLAYERS LEARN TO ACCEPT THE RESPONSIBILITIES OF BEING A CARING, SELF-DISCIPLINED, FIRST-CLASS INDIVIDUAL, HE THEN TRULY BECOMES A "WINNER" IN LIFE.**



## CRITICAL AREAS

**SPIRITUAL**-EVERY ATHLETE HEARS & SEES THE GOSPEL LIVED OUT THROUGH OUR COACHING STAFF

**ACADEMIC**-EVERY ATHLETE IS HELD ACCOUNTABLE TO PERFORM AT A VERY HIGH LEVEL ACADEMICALLY

**LEADERSHIP**-EVERY ATHLETE WILL BE GIVEN TOOLS THAT WILL ENHANCE THEIR ABILITIES TO LEAD AS A HUSBAND, FATHER, AND CITIZEN

**TOUGHNESS**-EVERY ATHLETE WILL LEARN & DEMONSTRATE MENTAL, PHYSICAL, & EMOTIONAL TOUGHNESS

**STRENGTH**-EVERY ATHLETE WILL EAT, REST, & WORKOUT TO MAXIMIZE THEIR STRENGTH & POWER CAPACITIES

**SPEED**-EVERY ATHLETE WILL DEVELOP SPEED & QUICKNESS IN ORDER TO PERFORM AT A VERY HIGH LEVEL

**OUR GOAL: TO BUILD LEADERS OF CHARACTER**

## COACHING CRITICAL AREAS

- **COACH JORDAN: SPIRITUAL-EVERY ATHLETE HEARS & SEES THE GOSPEL LIVED OUT THROUGH OUR COACHING STAFF**
- **COACHES TIBBITT, TUCK, & BERUS: ACADEMIC-EVERY ATHLETE IS HELD ACCOUNTABLE TO PERFORM AT A VERY HIGH LEVEL ACADEMICALLY**
- **COACHES CONAWAY, HENRY & SALSURY: LEADERSHIP-EVERY ATHLETE WILL BE GIVEN TOOLS THAT WILL ENHANCE THEIR ABILITIES TO LEAD AS A HUSBAND, FATHER, AND CITIZEN**
- **COACH BERUS: TOUGHNESS-EVERY ATHLETE WILL LEARN & DEMONSTRATE MENTAL, PHYSICAL, & EMOTIONAL TOUGHNESS**
- **COACHES WEDDLE, JORDAN, & TWEEDY: STRENGTH-EVERY ATHLETE WILL EAT, REST, & WORKOUT TO MAXIMIZE THEIR STRENGTH & POWER CAPACITIES**
- **COACHES WEDDLE, JORDAN, & TWEEDY: SPEED-EVERY ATHLETE WILL DEVELOP SPEED & QUICKNESS IN ORDER TO PERFORM AT A VERY HIGH LEVEL**

## THE SAINT “1 1”

- ON A SCALE OF 1 – 10, BE AN “11”!
- E. A. T. EVERY DAY FOR VICTORY! (EFFORT, ATTITUDE, AND TOGETHERNESS)
- APPRECIATE AND RESPECT YOUR PARENTS.
- BE HUMBLE IN VICTORY AND GRACIOUS IN DEFEAT.
- SAY “YES MA’AM” AND “NO MA’AM” AND “YES SIR” AND “NO SIR”.
- ALWAYS LEAVE A PLACE BETTER THAN YOU FOUND IT.
- FEAR NO OPPONENT. RESPECT EVERY OPPONENT.
- PREPARE TO WIN!
- DO NOT WORRY ABOUT THINGS THAT YOU CANNOT CONTROL.
- SHOW RESPECT TO CUSTODIANS, CAFETERIA WORKERS, BUS DRIVERS, AND TEACHERS.
- ALWAYS BE EARLY. NEVER BE LATE!
- ATTEND WORSHIP REGULARLY.
- MAKE YOUR PARENTS PROUD!
- NEVER ACCEPT LOSING!
- GET RESPECT BY EARNING IT!
- HAVE A FIRM HANDSHAKE.
- SPEAK INTELLIGENTLY, WITHOUT PROFANITY.
- LOOK OTHERS IN THE EYE WHEN TALKING TO THEM.
- DO NOT PROCRASTINATE, DO IT NOW!
- SAY “PLEASE” A LOT.
- SAY “THANK YOU” A LOT.
- BE THE FIRST TO SAY “HELLO”.
- SIT TOWARDS THE FRONT OF THE CLASS.
- ADMIT YOUR MISTAKES. DO NOT MAKE THE SAME MISTAKES AGAIN.
- TREAT EVERYONE LIKE YOU WANT TO BE TREATED.
- USE SEAT BELTS.
- DEMAND EXCELLENCE AND BE WILLING TO PAY FOR IT.
- SMILE A LOT; IT COSTS NOTHING AND IS BEYOND PRICE.
- PRAY NOT FOR THINGS, BUT FOR WISDOM AND COURAGE.
- BE A MAN OF YOUR WORD.
- BE WISE WITH SOCIAL MEDIA
- BECOME SOMEONE’S HERO!

# **SHILOH CHRISTIAN**

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## **S A I N T S F O O T B A L L**

### **WHAT IS EXPECTED OF SHILOH FOOTBALL PLAYERS**

#### **PARTICIPATION CRITERIA**

**COMPETITIVE ATHLETICS AT SHILOH REQUIRES THAT ALL PARTICIPANTS DEVELOP AND MAINTAIN THE HIGHEST POSSIBLE SKILL LEVEL AND PHYSICAL DEVELOPMENT IN ORDER TO PRESERVE THE SAFETY AND WELL-BEING OF EACH PARTICIPANT DURING ATHLETIC COMPETITION. WITH THIS IN MIND, CERTAIN CRITERIA OR PRE-REQUISITES CAN AND MUST BE ESTABLISHED BY THE HEAD COACH.**

- 1. ALL PLAYERS SHOULD HAVE PARTICIPATED IN FOOTBALL IN THE PRIOR YEAR. AN ATHLETE THAT DID NOT PARTICIPATE IN FOOTBALL IN THE PRIOR YEAR MUST:
  - A. ENROLL IN THE WINTER, SPRING, SUMMER STRENGTH AND CONDITIONING PROGRAM PRIOR TO NEXT YEAR.**
  - B. ALL FOOTBALL TWO-SPORT ATHLETES ARE TO COMPLETE A MINIMUM OF TWO (2) STRENGTH WORKOUTS PER WEEK DURING DECEMBER-JUNE. CONTACT-SPORT ATHLETES MUST TRAIN YEAR ROUND.**
  - C. ATTEND SPRING PRACTICE AND JUNE TEAM CAMP.**
  - D. MEET THE ATTENDANCE GOALS DURING SAINTS TRAINING.**
  - E. PASS ALL PRE-SEASON CONDITIONING TESTS. (SHILOH SPEED DAY)**
  - F. BE 100% ELIGIBLE AT THE START OF THE FOOTBALL SEASON****
- 2. ATHLETES THAT HAVE BEEN IN THE PROGRAM MUST HAVE FINISHED THE SEASON AND THE OFF-SEASON PROGRAM IN GOOD STANDING.**
- 3. ALL ATHLETES IN THE OFF-SEASON PROGRAM ARE EXPECTED TO MAINTAIN A MINIMUM GPA OF 2.0 DURING THE OFF-SEASON SEMESTER. SUMMER SCHOOL, NIGHT SCHOOL, AND CORRESPONDENCE COURSES CAN BE USED TO ACHIEVE THESE REQUIREMENTS.**
- 4. ALL ATHLETES ARE EXPECTED TO ATTEND SPRING PRACTICE, SUMMER CAMPS, 7ON7 TOURNAMENTS, LEAGUE NIGHTS, AND SHILOH SPEED.**
- 5. ATHLETES THAT DO NOT ATTEND THE REQUIRED AMOUNT OF SHILOH SPEED WILL:
  - A. NOT BE ALLOWED TO PARTICIPATE**
  - B. BE REQUIRED TO MAKE-UP RUNNING MISSED****
- 6. ALL ATHLETES WILL BE EXPECTED TO ADHERE TO THE SHILOH CHRISTIAN FOOTBALL TEAM POLICY AND OTHER REQUIREMENTS SET FORTH BY THE AAA AND SHILOH CHRISTIAN SCHOOL.**
- 7. ALL ATHLETES MUST HAVE AN AAA APPROVED PHYSICAL PRIOR TO PARTICIPATION. PHYSICALS ARE GOOD FOR 365 DAYS. TEAM PHYSICALS WILL BE PROVIDED IN MAY. ALL PHYSICALS MUST BE TURNED IN ON PHYSICAL DAY.**

#### **EXCEPTIONS:**

- 1. A NEW STUDENT IN SHILOH CHRISTIAN SCHOOL MAY BE ALLOWED TO PARTICIPATE UPON THE PROOF OF PHYSICAL FITNESS.**
- 2. IF THE HEAD COACH BELIEVES THAT EXTENUATING CIRCUMSTANCES PREVENTED AND ATHLETE FROM FULFILLING ANY OF THE ABOVE CRITERIA, THE STUDENT MAY BE ALLOWED TO PARTICIPATE UPON THE PROOF OF PHYSICAL FITNESS.**

# SHILOH CHRISTIAN

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## ATTENDANCE POLICY

OUR ATTENDANCE POLICY BEGINS WITH OUR TEAM PRIORITIES:

1. GOD
2. FAMILY
3. ACADEMICS
4. FOOTBALL
5. EVERYTHING ELSE

OUR GOAL IS TO HAVE TOTAL COMMITMENT TO THE TEAM BY EVERY PLAYER INVOLVED.

ABSENCES WILL BE CHARACTERIZED IN EITHER **EXCUSED** OR **UNEXCUSED**. EACH EXCUSED ABSENCE WILL REQUIRE A MAKE-UP WORKOUT. WE WILL TREAT OUR PRACTICES JUST LIKE WE TREAT THE CLASSROOM. ANY WORK MISSED WILL BE MADE-UP WHEN THE STUDENT RETURNS. ALSO, BECAUSE FOOTBALL IS A TEAM SPORT EACH PLATOON GROUP MEMBER WILL BE REQUIRED TO “PICK UP THE SLACK” IF/WHEN A TEAMMATE MISSES. EACH UNEXCUSED ABSENCE WILL REQUIRE A MUCH MORE INTENSE MAKE-UP WORKOUT BY THE PLAYER THAT IS ABSENT AND THAT PLAYER’S PLATOON GROUP.

THE VALUE IN OUR ATTENDANCE POLICY SETS A STANDARD THAT BEING AT PRACTICES IS VERY IMPORTANT. IT ALSO ALLOWS US TO TRAIN OUR STUDENT-ATHLETES FOR CONSISTENCY IN FUTURE EVENTS, I.E. COLLEGE, MARRIAGE, PARENTHOOD, AND CAREER. THERE WILL BE DAYS IN WHICH IT WILL BE TEMPTING TO MISS PRACTICE. THERE WILL ALSO BE DAYS, LATER IN LIFE, WHEN IT WILL BE TEMPTING TO MISS CLASS OR WORK. WE WANT TO DEVELOP RESPONSIBILITY, CONSISTENCY, AND TOUGHNESS WITH OUR ATTENDANCE AS A MEMBER OF THE SHILOH CHRISTIAN FOOTBALL TEAM. NEVER FORGET THAT BEING A MEMBER OF THE SHILOH CHRISTIAN FOOTBALL TEAM IS A PRIVILEGE, NOT A RIGHT. THOSE THAT DO NOT FOLLOW THIS ATTENDANCE POLICY WILL BE EVALUATED AND A DECISION TO REMAIN ON THE TEAM WILL BE MADE.

## **THE CHALLENGE**

**“...BE PREPARED IN SEASON  
AND OUT OF SEASON:  
CORRECT, REBUKE, AND  
ENCOURAGE WITH GREAT  
PATIENCE AND CAREFUL  
INSTRUCTION.”**

**2 TIMOTHY 4:2**

## 2 TIMOTHY 3:16 COACHING

“ALL SCRIPTURE IS GOD-BREATHED AND IS USEFUL FOR *TEACHING, REBUKING, CORRECTING,* AND *TRAINING* IN RIGHTEOUSNESS, SO THAT THE SERVANT OF GOD MAY BE THOROUGHLY EQUIPPED FOR EVERY GOOD WORK.”

**TEACHING** – TO INSTRUCT BY PRECEPT, EXAMPLE, OR EXPERIENCE.

**REBUKE** – EXPRESS SHARP DISAPPROVAL OR CRITICISM OF SOMEONE BECAUSE OF THEIR BEHAVIOR OR ACTIONS.

**CORRECTION** – TO CHANGE SOMETHING SO THAT IT IS RIGHT, TRUE, PROPER, ETC.

**TRAINING** – THE PROCESS OF BRINGING A PERSON TO AN AGREED STANDARD OF PROFICIENCY BY PRACTICE AND INSTRUCTION.

## KEYS TO SUCCESS

**SPECIAL** – READILY DISTINGUISHABLE FROM OTHERS OF THE SAME CATEGORY; BEING IN SOME WAY SUPERIOR

**ATTITUDE** – A STATE OF READINESS; MUST DEVELOP A POSITIVE, WINNING ENVIRONMENT

**CHARACTER** – MORAL EXCELLENCE AND FIRMNESS; A PERSON MARKED BY NOTABLE TRAITS

**RESILIENCE** – TO RECOVER FROM OR ADJUST EASILY TO MISFORTUNE OR CHANGE

**INTENSITY** – EXTREME DEGREE OF STRENGTH, FORCE, ENERGY, OR FELLING

**FAMILY** – A GROUP OF PEOPLE UNITED BY CERTAIN CONVICTIONS OR COMMON AFFILIATION

**INNOVATION** – HAVING THE SKILL AND IMAGINATION TO CREATE NEW THINGS

**COMMITMENT** – AN AGREEMENT OR PLEDGE TO DO SOMETHING IN THE FUTURE; TO CARRY THROUGH TO COMPLETION

**EXECUTION** – TO PERFORM WHAT IS REQUIRED TO GIVE VALIDITY TO; RESULT OF PERFORMANCE

**SACRIFICE** – DESTRUCTION OR SURRENDER OF SOMETHING FOR THE SAKE OF SOMETHING ELSE



# SHILOH CHRISTIAN SAINTS FOOTBALL

## ACADEMICS

1. NEVER FORGET THAT ACADEMICS ARE THE REASON WE ARE HERE.
2. APPLY THE SAME DEDICATION AND INTENSITY TO DO WELL IN SCHOOL AS YOU DO IN FOOTBALL.
3. HOW DO YOU DO WELL IN SCHOOL?
  - A. SIT IN THE FRONT OF THE CLASS.
  - B. LISTEN WITH YOUR EYES.
  - C. DO NOT PUT OFF WORK UNTIL "TOMORROW".
  - D. LEARN HOW TO STUDY, LEARN WHAT THE TEACHER EXPECTS OF YOU.
  - E. DO NOT JUST "GET BY"...BE THE BEST YOU CAN BE ON THE FIELD AND THE CLASSROOM.
  - F. DO NOT BE THE CLASS CLOWN...THE CLASS CLOWN IS NOT RESPECTED.
  - G. COMMUNICATE WITH THE TEACHER REGULARLY.
  - H. PEOPLE THAT CHEAT AND DO NOT DO THEIR BEST IN CLASS WILL HAVE A TENDENCY TO DO THE SAME IN FOOTBALL.
  - I. STUDY HALL WILL BE MANDATORY FOR THOSE THAT HAVE D'S AND/OR F'S.
  - J. THERE WILL ALSO BE PUNISHMENT RUNNING FOR THOSE WITH D'S AND/OR F'S.
  - K. THERE WILL BE REWARDS FOR THOSE THAT KEEP A'S AND B'S.

## RELATIONSHIPS

1. PLAYERS
  - A. LEARN TO BE A PART OF THE TEAM.
  - B. WORRY ABOUT TEAM GOALS BEFORE YOU WORRY ABOUT INDIVIDUAL GOALS.
  - C. DEVELOP FRIENDSHIPS WITH ATHLETES ON THE TEAM.
  - D. LEARN TO LAUGH AT YOURSELF BEFORE YOU LAUGH AT OTHERS.
  - E. LOVE EACH OTHER, YET COMPETE AGAINST EACH OTHER IN PRACTICE, AND FIGHT FOR EACH OTHER WHEN THE TIME COMES.
  - F. LEAVE A *LEGACY* AT SCS.
2. COACHES
  - A. YOU MUST IMPRESS YOUR POSITION COACH TO HAVE THE OPPORTUNITY TO PLAY OR START.
  - B. YOU SHOULD BE COMFORTABLE WITH THE COACHES TO BE ABLE TO VISIT WITH THEM AND TALK TO THEM ON A PERSON BASIS.
  - C. THE COACHES WANT ONLY THE BEST FOR YOU. LEARN TO TAKE COACHING. LEARN TO USE CRITICISM TO MAKE YOU BETTER.
  - D. GET TO KNOW AND BE FRIENDLY WITH ALL OF THE COACHES.
  - E. LEARN WHEN TO BE SERIOUS. LEARN WHEN TO HAVE FUN.
  - F. GOD GAVE YOU ONE MOUTH AND TWO EARS FOR A REASON.
  - G. LEARN TO DO EXACTLY WHAT THE COACHES ASK OF YOU.
  - H. ADDRESS COACHES AS "COACH" AND ALWAYS SAY "YES SIR" AND "NO SIR".

# SHILOH CHRISTIAN

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## GRADE REPORT

PLAYER'S NAME: \_\_\_\_\_ GRADE: \_\_\_\_\_

PERIOD	CLASS NAME	PERCENTAGE IN CLASS	BEHAVIOR (1 = BAD / 5 = GREAT)	TEACHER SIGNATURE
PER 1			1 2 3 4 5	
PER 2			1 2 3 4 5	
PER 3			1 2 3 4 5	
PER 4			1 2 3 4 5	
PER 5			1 2 3 4 5	
PER 6			1 2 3 4 5	
PER 7			1 2 3 4 5	

**THE STUDENT WILL FILL IN EVERYTHING BELOW THIS LINE.**

TOTAL NUMBER OF C'S: \_\_\_\_\_

TOTAL NUMBER OF D'S: \_\_\_\_\_

TOTAL NUMBER OF F'S: \_\_\_\_\_

I DID NOT FORGE ANY SIGNATURES OR GRADES ON THIS DOCUMENT.

PLAYER SIGNATURE: \_\_\_\_\_

**“WE WANT GREAT  
MEN WHO, WHEN  
FORTUNE FROWNS,  
WILL NOT BE  
DISCOURAGED.”**

**COLONEL HENRY KNOX  
CONTINENTAL ARMY**

# SHILOH CHRISTIAN

## S A I N T S F O O T B A L L

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### QUOTES FOR SUCCESS

“COACHES WHO CAN OUTLINE PLAYS ON A BOARD ARE A DIME A DOZEN. THE ONES WHO WIN GET INSIDE THEIR PLAYERS AND MOTIVATE.”

VINGE LOMBARDI

“WE STRESS THE POINT THAT COACHING IS TEACHING OF THE HIGHEST DEGREE, AND A GOOD COACH IS A GOOD TEACHER.”

PAUL BEAR BRYANT

“ON EVERY TEAM, THERE IS A CORE GROUP THAT SETS THE TONE FOR EVERYONE ELSE. IF THE TONE IS POSITIVE, YOU HAVE HALF THE BATTLE WON. IF IT IS NEGATIVE, YOU ARE BEATEN BEFORE YOU EVER WALK ON THE FIELD.”

CHUCK NOLL

“THE GREATEST LEADER IN THE WORLD COULD NEVER WIN A CAMPAIGN UNLESS HE UNDERSTOOD THE MEN HE HAD TO LEAD.”

GENERAL OMAR N. BRADLEY  
5 STAR GENERAL WWII

“IT IS OUR JOB AS COACHES TO TAKE OUR LEADERS BEYOND WHERE THEY CAN LEAD THEMSELVES; THEREFORE, THE OTHERS WILL FOLLOW AT A FASTER PACE AND ACCOMPLISH MORE.”

CLINIC

“COMPLACENCY IS THE LAST HURDLE ANY WINNER, ANY TEAM, MUST OVERCOME BEFORE ATTAINING POTENTIAL GREATNESS. COMPLACENCY IS THE SUCCESS DISEASE: IT TAKES ROOT WHEN YOU'RE FEELING GOOD ABOUT WHO YOU ARE AND WHAT YOU'VE ACCOMPLISHED.”

PAT RILEY, MIAMI HEAT

“WITHOUT ORGANIZATION AND LEADERSHIP TOWARDS A REALISTIC GOAL, THERE IS NO CHANCE OF REALIZING MORE THAN A SMALL PERCENTAGE OF YOUR POTENTIAL.”

JOHN WOODEN

“WITHOUT CONSISTENCY THERE IS NO MORAL STRENGTH. THE SECRET TO SUCCESS IS CONSTANCY OF PURPOSE...IT IS NOT USE SAYING, “WE ARE DOING OUR BEST.” YOU HAVE GOT TO SUCCEED IN DOING WHAT IS NECESSARY.”

SIR WINSTON CHURCHILL  
PRIME MINISTER

“SUCCESS IS NEVER FINAL: FAILURE IS NEVER FATAL.”

JOE PATERNO

“REMEMBER THE “DIME THEORY”, IF WE CAN WIN 10 GAMES IN ANY GIVEN YEAR, I IS A SUCCESSFUL SEASON.”

AUTHOR UNKNOWN

**“LOSERS ASSEMBLE IN  
LITTLE GROUPS AND  
COMPLAIN ABOUT THE  
COACHES AND PLAYERS  
IN OTHER LITTLE  
GROUPS. WINNERS  
ASSEMBLE AS A TEAM.”**

**BILL PARCELLS  
NFL HALL OF FAME**

**COMPLAINTS ARE ONLY  
ACCEPTED WITH A GREAT  
SOLUTION OR IN WRITING WITH A  
SIGNATURE!**

**IF YOU DO NOT HAVE A GREAT  
SOLUTION OR YOU DO NOT HAVE  
IT IN WRITING WITH YOUR NAME  
ON IT...KEEP IT TO YOURSELF!**

**SPEAK POSITIVES REGARDLESS  
OF HOW YOU FEEL, THINK, OR  
BELIEVE!**

## TRIANGLE OF LEARNING BRAIN BASED LEARNING

### HOW DO WE LEARN?

- LECTURE 5%
- AUDITORY/VISUAL 10%
- READING 20%
- DISCUSSION 30%
- DEMONSTRATION 50%
- TEACH OTHERS 75%
- PRACTICE BY DOING 90%

## INJURIES

1. ALWAYS COMMUNICATE INJURIES ***FIRST*** WITH YOUR COACHES AND THE TRAINER.
2. ANY INJURY NOT PROPERLY COMMUNICATED MAY NOT BE COVERED WITH THE SCHOOL INSURANCE.
3. IF INJURED, ONE SHOULD PLAN TO BE AT PRACTICE FOR **THERAPY** AND/OR MENTAL REPS AND SUPPORT.
4. IT IS YOUR RESPONSIBILITY TO PROPERLY HYDRATE YOURSELF. DRINK YOUR BODY WEIGHT IN OUNCES TO STAY HYDRATED.
5. IF YOU NEED TO BE TAPED OR PADDED BEFORE PRACTICE, IT IS YOUR RESPONSIBILITY TO COMMUNICATE WITH THE TRAINER. NEVER BE LATE FOR PRACTICE BECAUSE YOU FAILED TO PLAN.
6. USE ICE BARRELS WHEN PROVIDED. THIS WILL ENHANCE THE RECOVERY OF YOUR LOWER BODY.
7. TRAIN PROPERLY THROUGHOUT THE SEASON. THIS WILL ENHANCE THE DURABILITY OF YOUR BODY.



# SHILOH CHRISTIAN

S A I N T S F O O T B A L L

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## 2015 Football Emergency Action Plan

### **WHEN SEAN HUDDLESTON IS PRESENT:**

1. SEAN WILL BE WITH THE INJURED ATHLETE
2. HEAD COACH WILL CALL 911
3. PARENT WILL BE NOTIFIED BY ASSISTANT COACH (MH)
4. ADMINISTRATOR WILL BE NOTIFIED BY ASSISTANT COACH (CB)
5. ASSISTANT COACH DIRECT AMBULANCE (CT)
6. POSITION COACH RIDES ON AMBULANCE WITH INJURED ATHLETE
7. INSURANCE FORM PREPARED BY COACH CONAWAY
8. OTHER PLAYERS TAKEN TO ANOTHER AREA AWAY FROM INCIDENT BY ASSISTANT COACH (GT)
9. VISIT INJURED PLAYER AT HOSPITAL (ALL)

### **WITHOUT SEAN HUDDLESTON:**

1. HEAD COACH WILL BE WITH INJURED ATHLETE
2. ASSISTANT COACH WILL CALL 911
3. ASSISTANT COACH WILL CALL SEAN HUDDLESTON (AJ)
4. PARENT WILL BE NOTIFIED BY ASSISTANT COACH (MH)
5. SUPERINTENDENT WILL BE NOTIFIED BY ASSISTANT COACH
6. ASSISTANT COACH WILL DIRECT AMBULANCE (CT)
7. POSITION COACH RIDES ON AMBULANCE WITH INJURED ATHLETE
8. INSURANCE FORM PREPARED AND WITH COACH ON AMBULANCE
9. OTHER PLAYERS TAKEN TO ANOTHER AREA AWAY FROM INCIDENT BY ASSISTANT COACH (GT)
10. VISIT INJURED PLAYER AT HOSPITAL (ALL)

### **IF CARDIAC ARREST, BEGIN WITH THIS PLAN:**

1. CPR ASSIST BY HEAD COACH/ASSISTANT HEAD COACH
2. AED BY ASSISTANT COACH

# **SHILOH CHRISTIAN**

**S A I N T S F O O T B A L L**

## **EQUIPMENT AND EQUIPMENT ROOM**

- **ALWAYS MAINTAIN AND TAKE CARE OF YOUR EQUIPMENT.**
- **TURN IN GAME GEAR RIGHT AFTER EACH GAME FOR WASH.**
- **YOU ARE RESPONSIBLE FOR TAKING GEAR HOME AND WASHING IT. PLEASE DO THIS AT LEAST TWO TIMES EACH WEEK.**
- **NEVER GO INTO EQUIPMENT ROOM WITHOUT A COACH.**
- **ALWAYS MAKE SURE YOU ARE READY FOR PRACTICE THE DAY BEFORE. ANY LAST MINUTE FIXES WILL BE PUNISHED.**
- **COMMUNICATE EQUIPMENT AND CLOTH PROBLEMS IN PLENTY OF TIME TO ALLOW FOR REPAIRS.**
- **TREAT YOUR THINGS WITH RESPECT AND REMEMBER THAT SOMEONE ELSE WILL USE YOUR EQUIPMENT IN THE FUTURE.**
- **ALWAYS PUT UP AND STORE EQUIPMENT.**
- **ALWAYS TURN OFF LIGHTS.**
- **ALWAYS LOCK UP.**

# SHILOH CHRISTIAN

S A I N T S F O O T B A L L

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## SR FATHER-SON RETREAT 2015

### THURSDAY AUG 6<sup>TH</sup>

3:00 MEET AT LOCKER ROOM  
3:15 DRIVE TO WAR EAGLE RESORT  
4:30 SETTLE INTO RESORT  
5:00 BEGIN PREPARING DINNER  
6:00 DINNER  
7:00 COMPETITION  
9:00 MEETING WITH THE PLAYERS  
9:30 MEETING WITH THE DADS  
10:00 GROUP MEETING

### FRIDAY AUG 7<sup>TH</sup>

8:00 BREAKFAST  
9:00 TRUST WALK  
10:00 12 MILE FLOAT TRIP  
12:30 LUNCH ON THE RIVER  
5:00 BACK TO THE RESORT  
6:00 DINNER  
7:00 GROUP ACTIVITY  
8:00 COMMITMENT MEETING

### SATURDAY AUG 8<sup>TH</sup>

8:00 BREAKFAST  
9:30 BREAK CAMP AND HEAD HOME

# SHILOH CHRISTIAN

## S A I N T S F O O T B A L L

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### PARENT SEMINAR

#### **PARENTS: WHAT DO WE NEED FROM YOU?**

1. WE NEED YOU TO ENCOURAGE YOUR SONS TO BE THE BEST THEY CAN BE I.E., TRAINING RULES, DIET, REST, ACADEMICS.
2. BE THE BEST POSITIVE ROLE MODEL YOU CAN BE FOR YOUR SON, OTHER PLAYERS, AND THE COACHES.
3. BE CAREFUL WITH CRITICISM: ABOUT THE TEAM, THE COACHES, THE PLAYERS, AND ESPECIALLY YOUR SON. ALWAYS AVOID CONFRONTING COACHES AFTER AN EVENT. SCHEDULE A MEETING ON THE FOLLOWING DAY. THIS IS THE PROPER PROTOCOL IF YOU HAVE A CONCERN AND NEED TO SPEAK WITH THE COACHES.
4. UNDERSTAND THAT IT IS NOT EASY TO BE THE BEST: SACRIFICE OF TIME, ENERGY, AND MONEY.
  - A. THE PAIN IS WORTH THE GAIN. I HAVE SEEN AND EXPERIENCED IT!
  - B. THOSE THAT SACRIFICE THE MOST ARE THE LAST TO SURRENDER.
  - C. COMMITMENT: SEASON PRACTICE, OFF SEASON, SPRING, SUMMER
  - D. MAKE PRACTICE AND SCHEDULED EVENTS IMPORTANT. SEE THAT YOUR SON(S) ATTEND ALL PRACTICES. AVOID SCHEDULING APPOINTMENTS DURING PRACTICE TIMES IF AT ALL POSSIBLE.
  - E. YOU ARE WELCOME AT PRACTICE BUT NEVER BECOME A DISTRACTION TO YOUR SON(S) OR THE COACHES. AVOID COMMUNICATING WITH PLAYERS AND STAFF DURING PRACTICES.
5. SUPPORT THE STAFF:
  - A. WE WILL PLAY THE PLAYERS WE BELIEVE GIVE US THE BEST CHANCE TO BE SUCCESSFUL ON THE FIELD.
  - B. WE WILL NOT BE OUTWORKED BUT SOMETIMES WE MIGHT GET OUTCOACHED.
  - C. WE WILL CHALLENGE YOUR SONS. PROVIDE SUPPORT TO THE BEST OF YOUR ABILITY.
6. ENJOY THE RIDE:
  - A. FIND THINGS YOU CAN DO TO MAKE THIS A SPECIAL YEAR
  - B. HOT DAY TREATS AT PRACTICE
  - C. A PLACE FOR THE KIDS TO HANG OUT
    - D. AFTER PRACTICE COOKOUT
    - E. ANY SURPRISES YOU CAN COME UP WITH
7. LOOK FOR OPPORTUNITIES TO BRAG ON BOYS OTHER THAN YOUR OWN. TEAM GOALS OVER INDIVIDUAL GOALS.
  - A. SOME BOYS DO NOT HAVE DADS INVOLVED IN THEIR LIVES.
  - B. SOME BOYS DO NOT HAVE DADS INVOLVED IN THEIR FOOTBALL LIVES.
  - C. PROVIDE ENCOURAGEMENT TO YOUNGER PLAYERS AND THEIR PARENTS TO CONTINUE IN THE PROGRAM.
8. BEING A PARENT IS VERY DIFFICULT. BEING A PLAYER IS VERY DIFFICULT. BEING A COACH IS VERY DIFFICULT.
  - A. WE WILL ALL MAKE MISTAKES. WE MUST BE WILLING TO BE "GREAT FORGIVERS".
  - B. WE MUST BE WILLING TO MAKE THIS A PARTNERSHIP IN WHICH EVERYONE CAN GROW AND BECOME BETTER EQUIPPED FOR LIFE.

## *-IMPACT OF COACHES*

A COACH ONCE WROTE THE FOLLOWING:

**“I HAVE COME TO A FRIGHTENING CONCLUSION. I AM THE DECISIVE ELEMENT ON THE FIELD OR IN THE MEETING ROOM.**

**IT IS MY PERSONAL APPROACH THAT CREATES THE CLIMATE.**

**IT IS MY DAILY MOOD THAT MAKES THE WEATHER. AS A COACH, I POSSESS TREMENDOUS POWER TO MAKE AN ATHLETE’S LIFE MISERABLE OR JOYOUS. I CAN BE THE TOOL OF TORTURE OR AN INSTRUMENT OF INSPIRATION.**

**I CAN HUMILIATE OR HUMOR, HURT OR HEAL. IN ALL SITUATIONS IT MY RESPONSE THAT DECIDES WHETHER A CRISIS WILL BE ESCALATED OR DE-ESCALATED AND AN ATHLETE HUMANIZED OR DE-HUMANIZED.**

**I AM IN CONTROL OF THEM AND THEY CAN AFFECT MY PASSION FOR THE GAME. THEREFORE, LET ME NOT FORGET THAT I NEED THEM JUST AS BAD AS THEY NEED ME...AFTER ALL, WE SHOULD BE ONE.”**

## **LOCKER ROOM POLICIES**

- **LOCKER ROOMS WILL BE SUPERVISED BY A COACH!**
- **ABSOLUTELY NO BEHAVIOR UNBECOMING OF A SHILOH CHRISTIAN SAINT.**
- **ANY POOR BEHAVIOR CHOICES WILL REQUIRE CONSEQUENCES.**
- **KEEP ALL PERSONAL ITEMS LOCKED IN LOCKER AT ALL TIMES.**
- **NEVER LEAVE ANYTHING ON FLOOR.**
- **KEEP SHOWERS AND TOILETS CLEAN.**
- **LEAVE THE LOCKER ROOM AREA BETTER THAN YOU FOUND IT.**
- **REPORT ANY NEGATIVE BEHAVIOR OR ISSUES TO YOUR HEAD COACH AND/OR ATHLETIC DIRECTOR.**
- **COACHES AND PLAYERS WILL BE HELD RESPONSIBLE FOR ESTABLISHING BOTH AN ACCEPTABLE OR UNACCEPTABLE LOCKER ROOM ENVIRONMENT.**

# SHILOH CHRISTIAN

## S A I N T S F O O T B A L L

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### SHILOH CHRISTIAN FOOTBALL TEAM POLICY AND PRIORITIES

#### PRIORITIES:

1. GOD/CHURCH
2. FAMILY
3. ACADEMICS
4. FOOTBALL
5. EVERYTHING ELSE

#### SAINTS RULES:

1. I WILL NOT DO ANYTHING TO EMBARRASS MY FAMILY, MY TEAM, OR MY SCHOOL.
2. I WILL NOT LIE, CHEAT, NOR STEAL AND I WILL NOT TOLERATE ANYONE WHO DOES.
3. I WILL NOT MISS PRACTICE UNLESS I TELL COACH CONAWAY BEFORE PRACTICE BEGINS. I UNDERSTAND THAT ALL MISSED PRACTICES WILL BE MADE UP.
4. I WILL TREAT ALL PEOPLE WITH RESPECT.
5. I WILL BE ON TIME.
6. I WILL STAY ELIGIBLE. I UNDERSTAND THAT I MUST HAVE A 2.0 THE PREVIOUS SEMESTER TO PLAY FOOTBALL.
7. I WILL REPORT ALL INJURIES TO THE TRAINER BEFORE I GO HOME. ONLY THE TRAINER, A DOCTOR, PARENTS, OR COACH CONAWAY CAN DETERMINE MY STATUS FOR PRACTICE.
8. I UNDERSTAND THAT IF I AM CAUGHT DRINKING OR USING DRUGS, I WILL BE SUBJECT TO SCHOOL HANDBOOK.
9. I WILL NOT BE SELFISH: LYING, CHEATING, STEALING, POOR ATTENDANCE, DRUG AND ALCOHOL ABUSE, POUTING, TARDINESS, LACK OF EFFORT, AND NEGATIVE TALKING WILL NOT BE TOLERATED.
10. I WILL NOT BE IMMATURE: NOT GETTING ALONG WITH TEAMMATES, POOR WORK HABITS AND CHARACTER TRAITS (PRACTICE, WORK AND SCHOOL).

#### THE LAW OF THE JUNGLE

“ONE PLAY CAN WIN THE GAME. ONE GAME CAN MAKE THE SEASON, AND ONE PLAYER, ANY PLAYER, CAN MAKE THE DIFFERENCE BETWEEN WINNING AND LOSING. NO ONE KNOWS WHEN THE BIG PLAY IS COMING, SO EVERY PLAYER MUST DO HIS BEST ON EVERY PLAY.”

# SHILOH CHRISTIAN

S A I N T S F O O T B A L L

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## SAINT CONTRACT

I HAVE READ THE SAINTS FOOTBALL POLICY. I UNDERSTAND THAT AS A MEMBER OF THE SHILOH CHRISTIAN FOOTBALL TEAM I AM HELD TO A HIGH STANDARD OF BEHAVIOR BOTH ON AND OFF THE FIELD, 24 HOURS A DAY, 365 DAYS A YEAR. I UNDERSTAND THAT PLAYING FOOTBALL AT SHILOH CHRISTIAN IS A PRIVILEGE, NOT A RIGHT. I UNDERSTAND THAT I CAN BE REMOVED FROM THE TEAM FOR BEING SELFISH OR IMMATURE. I UNDERSTAND THE DRUG, ALCOHOL, AND TOBACCO POLICY. I AM PROUD TO BE A SAINT. I WILL NOT ACT IN A MANNER ON THE FIELD OR OFF THAT WILL BRING SHAME OR EMBARRASSMENT TO MY FAMILY, MY SCHOOL, MY TEAMMATES, OR MY COACHES. I WILL DO MY BEST IN EVERYTHING I DO AT SCHOOL, WORK, HOME, AND ON THE FOOTBALL FIELD.

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PLAYER SIGNATURE

DATE

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PARENT SIGNATURE

DATE

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PRINTED PLAYER'S NAME



# SHILOH CHRISTIAN

## S A I N T S F O O T B A L L

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### GAME DAY

**MEALS:** MEALS WILL BE PROVIDED BEFORE GAMES AND AT TIMES, AFTER GAMES.

**TRAVEL:** THE SR. HIGH TEAM WILL TRAVEL TO AND FROM GAMES TOGETHER AS A TEAM. OUR PHILOSOPHY IS TO CREATE TOGETHERNESS! WE WILL DO THIS AFTER A WIN ON A CELEBRATION BUS RIDE. WE WILL DO THIS AFTER A LOSS ON A HUMBLED BUT UNITED BUS RIDE.

**CONDUCT:** ALL OF OUR PREPARATION AND EFFORT ARE DONE FOR 2 PURPOSES – TO HELP BECOME THE MEN THAT GOD HAS CREATED US TO BE AND TO BE THE BEST FOOTBALL PLAYERS WE CAN BE. WE WILL EXPECT TO WIN, AND WE WILL ACT LIKE WINNERS IN THE PROCESS. YOU WILL PLAY AT ALL TIMES WITH MAXIMUM EFFORT, AND YOU WILL BEHAVE WITH CLASS AND CHARACTER TOWARD YOUR OPPONENTS AND GAME OFFICIALS.

1. CAPTAINS ALWAYS CHECK WITH THE SIDELINES ON PENALTIES.
2. NEVER LOSE YOUR POISE OR YOUR TEMPER. NEVER TAUNT YOUR OPPONENT OR SHOW-BOAT AFTER A BIG PLAY. DON NOT TRASH-TALK OR SAY ANYTHING NEGATIVE OR DEROGATORY TO OUR OPPONENTS. THE SCOREBOARD IS TO DO ALL OF OUR TALKING.
3. BE A GENTLEMAN TOWARD THE OFFICIALS. ADDRESS THEM AS “SIR” OR “MISTER OFFICIAL”. DO NOT COMPLAIN TO THEM OR TRY TO HELP THEM OFFICIATE. YOU PLAY FOOTBALL.
4. ENCOURAGE YOUR TEAMMATES AND HELP THEM COMPETE. NEVER CRITICIZE YOUR TEAMMATES. (THIS RULE SPEAKS TO PARENTS AS WELL. A PARENT SHOULD “NEVER” YELL AT SOMEONE ELSE’S CHILD DURING A CONTEST. IT’S THE PARENT’S ROLE TO CHEER AND ENCOURAGE THE TEAM DURING CONTESTS.)
5. RUN ON AND OFF THE FIELD. DO NOT SIT DOWN ON THE FIELD.
6. IF YOU ARE HURT. MAKE EVERY ATTEMPT TO SHAKE IT OFF. IF YOU CANNOT GET UP AND CONTINUE TO PLAY OR MAKE IT TO THE SIDELINE, THE OFFICIALS WILL CALL TIME OUT AND WE WILL CARRY YOU OFF THE FIELD. NEVER JUST LAY ON THE GROUND FOR ANY REASON.
7. ALWAYS PLAY WITH GREAT ENTHUSIASM. WHEN THERE IS A BAD BREAK, A BAD CALL, OR A MISTAKE BY ONE OF YOUR TEAMMATES, YOU WILL NOT THROW A FIT OR MAKE A SCENE. HUSTLE BACK TO YOUR TEAMMATES AND GET READY FOR THE NEXT PLAY.

### WEEKLY PRACTICE SCHEDULE:

**SR. HIGH:** MONDAY, TUESDAY, WEDNESDAY 2:50-5:30; THURSDAY 6:15AM; SATURDAY 9-11:00AM

**JR. HIGH:** MONDAY, WEDNESDAY, THURSDAY, FRIDAY 7:15AM; TUESDAY 3:30-5:30PM

**7<sup>TH</sup> GRADE:** MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY 12:00-1:40PM

**SATURDAY PRACTICES:** THE SR. HIGH TEAM WILL PRACTICE EVERY SATURDAY DURING THE SEASON BEGINNING AT 9:00AM AND ENDING AT 11:00AM. MY STAFF AND I MAY ADJUST THIS TIME DEPENDING ON ACT DAYS, RAZORBACK HOME GAMES, AND OTHER ACTIVITIES THAT MAY INTERFERE. HOWEVER, EVERY SR. HIGH PLAYER SHOULD COMMIT TO THESE PRACTICES AS THEY ARE EXTREMELY IMPORTANT FOR US TO RECOVER PHYSICALLY, MENTALLY, AND EMOTIONALLY BEFORE OUR NEXT GAME. OUR ATTENDANCE POLICY WILL GOVERN OUR SATURDAY PRACTICES.