

TIMBER CREEK FOOTBALL POLICY MANUAL

Coach Rob Hinson

We want your high school football experience to be one of the high points in your life. This experience will undoubtedly be filled with exhilarating victories and emotional highs and in all likelihood some difficult frustrations. Have the personal strength and faith in those around you to keep balance and perspective at both ends of the emotional spectrum. Remain focused and directed on the seven objectives that are important to the Charger family:

1. Earning a diploma.
2. Making the right choices. Doing what has to be done to the best of your ability, when and where you are supposed to be doing it.
3. Learning to help others while helping yourself.
4. Being the very best player you can be.
5. Being an unselfish part of a proud football program.
6. Living a fulfilling high school life.
7. Continuing your academic career after high school.

PLAYER RELATIONS AND EXPECTATIONS

We believe that there is a right way to do everything that we do in our football program. As such, we have developed a series of guidelines to help each of you become familiar with the procedures that you will be expected to follow. Always keep in mind that you are now a part of something greater than yourself individually and that no one of us is as important as all of us. You are a member of a respected high school and a proud football tradition. At all times, you should endeavor to do 'the right thing' and, in doing so, to avoid doing anything that could potentially embarrass you, your family, Timber Creek High School or the Charger Football Team. Individual and collective discipline is at the heart of every great thing we expect to accomplish and is the very basis of being a sound team and a solid person. Discipline can be defined as **"doing the right thing, even when no one is looking."** *For us, that means being able to be trusted in the dark!!!*

A disciplined athlete:

1. Is considerate of others.
2. Knows what is expected of him and does his best to do it.
3. Does not make excuses for his failure. '(No medals for trying')
4. Leads by example.
5. Completes the 'invisible' preparation.
6. Is dependable and can be counted on by his teammates and coaches.

A disciplined football team:

1. Does not commit foolish penalties.
2. Does the little things right.
3. Gives great effort.
4. Maintains its poise in stressful situations.
5. Makes very few mistakes.
6. Rises above adversity.
7. Is very difficult to defeat.
8. Is usually successful.

PERSONAL CONDUCT RULES

We are a team; we will not do anything that brings "personal attention" to the individual. Consequently, no one will wear earrings, hats, bandanas, skull caps, etc... any football meeting areas: study hall, locker rooms, trainer, walk-throughs, practices, games, school, meetings, etc...

1. You are expected to be a student first and an athlete second; work as hard in the classroom as you do on the field.
2. Your success in life, high school, football and in the realm of day-to-day living will depend on how you deal with adversity and problems you encounter. Life is 10% what happens to you and 90% how you react to it. Be a positive person - remain upbeat and concern yourself with finding a way to succeed instead of focusing on all the reasons you cannot. Try to react positively when something negative happens. Come to see anyone in our program with whom you feel comfortable - do not keep something that bothers you inside - we want to help. If we cannot or are not equipped to help you personally, we will help you to get in touch with someone else who can help.
3. Because you are an athlete, you are looked up to by many people (especially non-athletes: "these students are watching you to see what you do"). Justify the pedestal on which they place you.
4. We are all working for the same thing - to have a great football team and to contribute to that team. Have pride in yourself, what you do and what you say. Be dependable and responsible. If you cannot keep a commitment, call or inform the person involved.
5. Use good manners and be courteous to all persons who are trying to assist you - especially support personnel (secretaries, custodial and maintenance workers, etc.) Remember that the true measure of a person is how they treat people who can neither help nor hurt them.
6. The use of alcohol or any type of drugs will not be tolerated. Alcohol and drug offenses will be dealt with in accordance with the policy of the Black Horse Pike Regional School District. **Additionally, alcohol or drug use will result in suspension from team activities for a determined amount of time.**
7. Hazing or harassment in any way, shape, or form will not be tolerated.
8. Do not participate in any other recreational sports during the season.
9. We will always conduct ourselves in a manner that reflects favorably on Timber Creek High School and the Charger Football program. The Head Football Coach will determine when there is a breach of discipline regarding our Personal Conduct Rules. Everyone/offense will not be dealt with in the exact same way (a first time offender is different from a perpetual problem). In all cases, the discipline prescribed will be what I believe is best for our TEAM as a whole. Remember that we are a TEAM and no one of us is as important as all of us. We must be strong enough to do without any individual.
10. Types of Disciplinary Action (can differ with nature of offense and/or frequency):
 - A. Reprimand by:
 - 1) Assistant Coach
 - 2) Head Coach
 - B. Suspension (quarters, game, or games)
 - C. Dismissal from team

ACADEMIC RESPONSIBILITY

1. Being a 'winner' in the classroom and in competitive athletics is totally compatible. Poor academic performance can never be blamed on participation in athletics.
2. Be prepared for class with all needed books, papers, pen/pencil, and homework completed.
3. Time management is the key to being a successful student/athlete.
4. Study Hall:
 - A. All players are expected to be in study hall by 2:10 and remain until 2:50.
 - B. Players are required to work on schoolwork or read during the entire study hall, regardless of when they arrive.
 - C. During study hall, work will be completed individually, silently, and efficiently.
 - D. No electronic devices (i-pods, cell phones, etc) will be used during study hall.
 - E. Players will sit in their assigned seats unless permitted to sit elsewhere.
 - F. Students receiving extra help:
 - 1) Players receiving extra help from a teacher must inform one of the coaches prior to 2:10.
 - 2) Players receiving extra help from a teacher must bring a pass from the teacher when they arrive at study hall.
 - G. Coaches will release those players who need to be taped. Only those players on the taping list will be released early.

GENERAL POLICIES

1. No hats, i-pods, or other electronic recreational devices in the building.
2. Report to all meetings, team functions and practices on time.
3. Do not bring electronics to any meetings or team functions.
4. Assist in setting up dummies/equipment for practice, as well as putting them away. Don't walk past any equipment lying on the field.
5. Always have sneakers and the appropriate shorts/t-shirt in your locker in case we practice indoors.
6. If injured, report to practice in full gear, even though you are not "live"; do whatever activity you can.
7. Remember: you are being evaluated at practice every day. Everything you do must be done to the best of your ability and with enthusiasm.

ATTENDANCE

1. All players are required to attend all games, practices, meetings and team functions unless excused by Coach Hinson.
2. Players are required to call or e-mail Coach Hinson-no later than 10 a.m.-if they will not be in school or at practice. (856) 313-9709 or Rhinson@bhprsd.org
3. If a player knows in advance that he will absent from practice, he must notify Coach Hinson as soon as he is aware of this absence.
4. Players must tell a coach if they will miss practice or be late; they are not to send another player/person to deliver this message. As a result of our later practice time, there should be no reason to be late to practice.
5. Missing practice without prior notification, unless an emergency, will be unexcused. **The 1st unexcused absence will result in a minimum 1 quarter benching, 2nd unexcused absence will**

result in a minimum 2 quarter benching, and a 3rd unexcused absence will result in full game benching.

6. Players late to practice as a result of extra-help or school-related business must bring a note from the teacher in charge.
7. Tardiness to practice because of equipment is not an excuse.
8. Injured players must attend practice unless excused by Coach Hinson.
9. If an emergency arises, call/e-mail school as soon as possible and leave a message at rhinson@bhprsd.org or (856) 232-9709, ext. 7651.

DAILY PRE-PRACTICE GUIDELINES

YOU MUST PRACTICE TO PLAY.

1. Check the window/board in the Locker Room each day before practice. You are responsible for its contents.
2. Be on time and ready to go for all practices/meetings.
3. Plan ahead in your personal schedule with respect to taping, training room treatments, etc. so that you are always ready to go when practice begins.
4. Practice is preparing to win. We believe in the motto "Plan your work and work your plan." We expect you to strive to improve and to demonstrate the proper demeanor on the practice field.

ON FIELD GUIDELINES

1. Learn to practice at a high tempo and to learn vicariously (via others being coached).
2. We expect a serious, business-like attitude on the field. There is no time or room for horseplay.
3. Hustle at all times and especially within the boundaries of the practice area - run or jog everywhere once you hit the field ('nobody walks but the mailman').
4. When inside the white lines always wear your helmet, buckled properly and with your mouthpiece in your mouth, unless your coaches tell you otherwise.
5. Our resting position is on one knee, helmet on or in hand.
6. The key to your individual and our team's success is the total preparation we achieve in practice. There are no limits to effort; hustle and effort require no talent.

INJURIES

1. Know and understand the difference between an injury and a bump or bruise.
2. Report all injuries to position coaches.
3. If you discover that you have an injury after getting home from a game or practice, call or email Coach Hinson to report your injury.
4. If you are injured and you see a doctor, you can not return to practice until the doctor has given you written clearance. A copy of this clearance must be given to the trainer.
5. If an injury requires treatment or rehabilitation with the trainer, you are expected to make arrangements with the trainer.

6. Rehabilitation/treatment sessions with the trainer are the same as practice. You are expected to attend all sessions and be on time.
7. You must wear all protective equipment the trainer or doctor prescribes (knee braces, shoulder harnesses, taping, etc) to every practice and game.
8. An injured player should be with his respective position throughout practice. Any player too injured to practice is too injured to “play games” on the sideline.
9. Any player who is unable to practice two days before a game (Wednesday for a Friday game or Thursday for a Saturday game) will not play in the game. The only person who can override or make an exception to this policy is Coach Hinson.

TRAINING ROOM CONDUCT AND PROCEDURES

1. All players are expected to follow all guidelines established by the Head Trainer.
2. Players are not to go to the Training Room during the school day unless they have received a note from the Head Trainer.
3. Only injured players are to be in the training room.

TEAM FUNCTIONS, HOME GAMES, AND TEAM TRAVEL

Any time our team travels or attends a public, school or social function, we expect everyone to dress and conduct him or herself appropriately. Our conduct on and off the field is very important - we expect each of us to take personal pride in our team and ourselves. Dress code for any team function will be outlined in advance, indicated on the BIG BOARD and will be strictly enforced.

1. UNIFORM

1) ALL under gear will be **ALL/SOLID BLACK!** We wear **BLACK Nikes** with **WHITE** striped cleats and **BLACK** crew socks on gameday. Again, all Under Armor, Dri-Fit, etc... will be **ALL/SOLID BLACK!** There will be no visors, headwear, bands, or extra accessories.

2. HOME GAMES

We will announce the team routine and provide you with an itinerary for home games. Some important points to keep in mind:

- A. Our togetherness is a source of strength for our team collectively and individually.
- B. Rest the night before the night before the game (Wednesday) as well as Thursday night.
- C. Get in the right frame of mind as you progress through the pre-game routine. There should not be any “horseplay” of any kind in the locker room between arrival and the pre-game meeting in the gym. Mentally prepare yourself for victory.
- D. We will meet as a team on the field immediately following the contest.

3. AWAY GAMES

We are on the trip with a singular purpose - to win a football game. While doing so we represent ourselves, our team and Timber Creek High School. Never do anything to bring discredit upon any of these entities.

A. You will receive an itinerary for the trip in advance. Pay careful attention to the travel dress code:

- 1). Game jersey will be on shoulder pads
- 2). Shoulder pads will be over the top of helmet
- 3). Away game travel attire:
 - a. Game Socks and Game cleats
 - b. Game pants
 - c. No baseball hats

e. No non-essential items

B. Prior to the game we will be businesslike in our approach - time will be allotted to see friends and relatives after the contest.

C. Scheduled times will be carefully followed. Be late -be left! We will not punish those who are on time by making them wait.

D. Remember that playing on the road is never a disadvantage unless:

- 1) You think it is.
- 2) You let outside distractions disrupt your focus.

4. POSTGAME

Home or away is the same. Be a gracious winner or a gentleman in defeat. Be respectful of your opponent at all times. Exhibit class, no matter the outcome of the game.

5. ALLOWED UNIFORM WEAR

Uniforms are issued to you / the player. As a result, you / the player will be the **ONLY** person authorized to wear it. Parents, friends, relatives, significant others will not be allowed to wear your jersey or any other issued items. The lone exception is Parents of Seniors on **SENIOR DAY**.

PLAYING TIME

1. As long as score is being kept, we will attempt to win as many games as possible. In order to accomplish this, there are many instances when the major burden of the contest will be carried out by the most competitive, skilled and accomplished team members.

2. Playing time will be based on:

- a. Knowledge of assignment – we can not and will not play people who do not know what to do
- b. Hustle and effort – everyone will be expected to give 100% at all times
- c. Hitting and mental toughness
- d. Contribution to the overall team talent

3. If you have a concern about your playing time:

- a. First, talk with your position coach
- b. If you are not satisfied, then talk with the head coach
- c. If you are still not satisfied, have your parents call the head coach
- d. Do not have your parents call the head coach if you have not first spoken with both your position coach and the head coach.

WEIGHT ROOM GUIDELINES

1. "Safety First" is our motto. Work hard, but be careful. Proper spotting is required at all times.

2. Proper lifting attire is required at all times. This means shorts, T-shirts, and sneakers (no flip-flops or sandals). No hats or jewelry.

3. When you are finished working out, strip bars and return all plates and dumbbells to the proper place on the plate racks.

4. Carefully follow the workout, completing every exercise. A coach will supervise every in-season workout.

5. Give your very best effort (every rep is a collision). We are committed to continually improving our physical profile.

6. Manage your time wisely in the weight room. No horseplay whatsoever in the facility.

7. We can - and will - change our size, strength, speed, quickness and explosiveness.

LOCKER ROOM GUIDELINES

1. Hang all equipment in your locker so that it may dry and be ventilated.
2. Do not throw tape on the floor. Use the trash cans provided.
3. Remove shoes outside the locker room.
4. Do not leave cups or other trash on top of lockers, on stools or on the floor.
5. Visitors are not permitted in the varsity locker room except with permission of the Head Football Coach.
6. Keep your locker and the surrounding area clean and sanitary. Do not store any type of food in your locker.
7. All players must have a lock on their locker.

EQUIPMENT GUIDELINES

There will be no individual characteristics of anyone when it comes to our game or practice attire. Let's draw attention to our team and individuals by how well we play, not how we dress. Everyone will be dressed uniformly in the Timber Creek uniform.

You are provided the very best equipment money can buy. We want you to be confident in your safety and to look first class. It is your responsibility to take proper care of the equipment issued to you. Ensure that your equipment fits properly. If you feel that a piece of equipment does not fit, needs repair or is defective, see a coach immediately.

1. Do not cut, alter or modify your equipment in any way. Equipment issues are to be handled by the coaches.
2. Wash game uniform immediately after a game. Use cold water; do not put uniform in dryer.
3. Tardiness due to an equipment problem or repair is never tolerated. Turn in equipment for repairs after the practice in which the problem occurs or is discovered, rather than 5 minutes prior to the next practice.
4. The equipment room (cage) is off-limits to all players except when specifically directed to enter by a coach.
5. All equipment must be checked out from the cage. Worn equipment may be exchanged for replacement. Equipment is your responsibility; you signed it out; you return it in good condition or you pay for it.
6. If a player borrows equipment, he is expected to return it after practice or return it laundered the next day.
7. At the end of the season, clean, laundered uniforms and all other equipment must be returned within two days of the collection date.
8. There will be a billing for excessively soiled items, altered items, or lost items.

NUTRITIONAL GUIDELINES

1. Eat a proper diet as advised by our trainers and staff, especially breakfast. This is critical in maintaining strength levels during the season. If you experience any problems or have concerns regarding this issue, see our trainer immediately.
2. Be certain to maintain hydration levels, especially in-season.
3. The New Jersey State Interscholastic Athletic Association recommends that high school avoid using any type of supplements.
4. The use of and/or possession or distribution of performance-enhancing chemicals such as EPO, HGH, Insulin (unless prescribed by a licensed physician), other synthetic anabolic agents, etc. is a felony and will seriously compromise your health.

MEDIA POLICY

1. Take your time to think clearly about the posed question, as well as your answer, before speaking. Do not answer any question with which you feel uncomfortable. Seek counsel with the Head Football Coach if you feel uncomfortable with a line of questioning or the general direction of the interview. Remember there is no such thing as "off the record." Avoid informal discussions concerning team matters.
2. Public perception of our team and Timber Creek High School is affected greatly by impressions made via the media. Take care to represent yourself, your team, and your school favorably.
3. You have a responsibility to the institution, coaches and teammates in cooperating with the media. Our fans, families and friends are interested in you and your performances. This information is relayed in a large part by interviews.

ADDITIONAL HELPFUL HINTS FOR PUBLIC RELATIONS

1. In all dealings with the public be very careful about what you say. Choose your words carefully and use discretion
2. Never criticize another player, coach or official.
3. Always try to say something positive about everyone.
4. **BE VERY MINDFUL OF THE THINGS YOU POST ON FACEBOOK OR TWITTER! YOUR STATEMENTS ARE AVAILABLE TO THE PUBLIC AND YOU WILL BE AFFECTING THE PERCEPTION PEOPLE HAVE OF YOU, YOUR TEAM, AND YOUR SCHOOL.**

08/05/2013

I have read and understand the Timber Creek Football Policy Manual.

(PARENT SIGNATURE) DATE: _____

(PLAYER SIGNATURE)

Please SIGN & RETURN this page and RETAIN the manual for future reference.

