

# **TELL CITY HIGH SCHOOL FOOTBALL**

## **2017 TEAM HANDBOOK**



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# Welcome to 2017 Tell City Football!

**It is our mission to restore the great tradition of Tell City Marksmen Football. Our program will earn the respect of every opponent we face; we will earn the support and admiration of our community and fans; we will develop young men who strive to achieve their full potential and gives relentless effort in the face of adversity.**

**We will achieve our mission by...**

- 1. Commit Ourselves to The Weight Room – We will become physically strong individuals, because...**
  - Developing physical strength helps develop mental strength and inspires belief in one's self.
  - Developing physical strength enables the ability to dominate your competition.
  - Developing physical strength prevents injury and increases the ability to recover from injury.
- 2. Develop Outstanding Young Men - We will instill leadership skills, a great work ethic, a commitment to family, and an attitude of caring in our players.**
- 3. Promote a Culture of Competitiveness - We must develop a competitive spirit; we must learn to never back down on the field or in life.**
- 4. Establish a Strong Connection to Our Youth Programs - We must be involved in, invested in, and providing support to all levels of football in our community. Our players are expected to volunteer at youth and Jr. High football events, mentoring and caring for our youngest student athletes.**

## **General Requirements for Participation**

- 1. In order to participate in organized athletics, all student-athletes must have the following fully completed and signed forms:**
  - Tell City High School Athletic Department Code of Conduct and Medical Release Form
    - <http://www.tellcity.k12.in.us/docs/code.pdf>
  - IHSAA Pre-Participation Physical Evaluation Form
    - <http://www.tellcity.k12.in.us/docs/PhysicalForm-2.pdf>
- 2. Academics: A student athlete must have received passing grades at the end of their last grading period in school in at least seventy percent (70% or 5 out of 7 classes) of the maximum number of full credit subjects (or the equivalent) that a student can take and must be currently enrolled in at least seventy percent (70%) of the maximum number of full credit subjects (or the equivalent) that a student can take. Semester grades take precedence.**

## **Commitment Guidelines**

Each member of our football program MUST:

- Commit to being present at **ALL** mandatory team activities, including practices, meetings, fundraising & community service events, work-outs, and competitions with other schools.
- Commit to becoming an excellent team member and school citizen. Who looks out for the well-being of their team mates and helps promote a family environment. The hazing, bullying, defamation or degradation of a member of the team or of the program in general will not be tolerated.
- Commit to continually improving as an athlete.
- Commit to demonstrating pride in team performance and himself as a member of the team. This includes how the player represents the team in public.

A student-athlete who elects to compete in football at Tell City Jr. Sr. High School is voluntarily making a choice of self-discipline. Failure to comply with the above commitment guidelines can mean **exclusion** from the team. There is no place in our football program for students who are not willing to discipline their minds and bodies for rigorous competition on the practice field and on game days. We are striving for excellence and do not want our athletes to compromise with mediocrity. Our ultimate goal is to develop young men who strive to achieve their full potential.

### **Game/Practice/Training/Team Meeting Sessions**

Practices are held daily during the regular season and as scheduled during the off-season and summer. Sundays are excluded from team activities. Any team member who must be late or miss a practice, meeting, or games **must confer** with the coaching staff.

### **Absence Policy**

**Unexcused Absences** from practice, meetings, and other team events may jeopardize retaining a position on the team, an opportunity to earn a varsity letter, and playing time. Playing time consequences for varsity (JV playing time will be restricted at the discretion of the coaching staff) games are outlined below:

- **1<sup>st</sup> Offense** = Next Varsity Quarter
- **2<sup>nd</sup> Offense** = Next two Varsity Quarters
- **3<sup>rd</sup> Offense** = Next Varsity Game Suspension (Must Dress or Game Doesn't Count)
- **4<sup>th</sup> Offense** = Exclusion from the Team for Remainder of the Season

**Excused Absences** from practices may impact position on the team and playing time, not as a punitive measure, but for the safety of the individual and for strategic reasons. If you are not in school, you are automatically excused from practice. It also means you cannot go to practice. Please notify the staff via phone, email, or message via *Remind* if you are ill. Make-up work may be administered depending on the reason for the excused absence. This is at the coaches' discretion.

### **Injured Players**

Pain and injuries are a part of all sports. While we do our best to avoid and prevent them, they will occur. Our coaching staff will monitor our student-athletes medical status at all times and communicate with parents/guardians and medical staff regarding the participation in practice and games. Injured players who attended school are expected to attend practice/games. Each injured player will be given practice/game day activities appropriate for their specific medical status. Injured players are still expected to work to get better in whatever way they are able, being injured is not a pass to mess around at practices or other team activities.

### **Game Days**

1. Game jerseys and khaki shorts or pants are to be worn by each player to school on the day of each game.
2. During games the focus will be on the competition and the team! No talking to friends/family during games. This applies to non-dressed/injured members of the team on the sideline.

### **Nutrition & Sleep**

Athletes should try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water (all the time). On game days, definitely, do not consume soda and large amounts of candy. Think healthy. The better you eat the more energy you will have and you will feel and play better. It is also very important to get at least eight hours sleep per night.

### **Transportation Policy**

Athletes must travel to and from contests, away from Tell City, in transportation provided by the school. The only exceptions are:

1. Injury to a participant which would require alternate transportation.
2. Prior arrangements between the participant's parent/guardian and the coach for the student to ride with the Parent/Guardian.
3. Emergency transportation situations due to vehicle malfunction or accident.

### **School Athletic Equipment Policy**

Students are responsible for and expected to maintain proper care of all equipment issued to them. Students are also responsible for payment of any lost, stolen or damaged items. Each item not returned will be assessed at a rate comparable to the current replacement cost. All equipment is to be returned at the completion of the season. The coaching staff and athletic department will work with the school front office in ensuring equipment is returned.

### **Lettering Policy**

An athlete may letter in any of the following ways:

1. Completing Senior Season as full time member of the team in good standing with the Coaching Staff.
2. Starting 2 varsity games on Offense or Defense
3. Competing in 18 varsity quarters on Offense, Defense, or Special Teams.
4. Effort, Achievement and Contributions deemed "letter worthy" by the coaching staff.

### **Remind.com – A Communications Method**

Remind is a free, safe, and simple messaging tool that helps teachers/coaches share important updates and reminders with students & parents. Subscribe by text, email or using the Remind app (see the attached "How to" pages). All personal information is kept private. This will be used to send out reminders in addition to our Facebook group "Tell City Jr. Sr. High Football" and our team website: [www.tellcityfootball.weebly.com](http://www.tellcityfootball.weebly.com).

### **Parent/Coach Communication**

As member of an interscholastic sports team, your son will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way your child wishes. This is the opportunity for your son to talk with their respective coach and discuss the situation. When your son handles the problem, it becomes part of the learning and maturation process. There may also be situations that require a conversation between the coach and the parent. These are encouraged. It's important that both parties have a clear understanding of the other's position. Please follow the following procedures to help promote a resolution.

1. If player has spoken to coach first, parent/guardian communicates with the coach to discuss the concern. (Please use email, or *Remind*) Please do not message coaches after 8:00pm, if they receive a message after 8:00pm, they will respond as soon as they are able the next morning.
2. If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent and Athletic Director.
3. At this meeting, the appropriate next step can be determined.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions.

## **9 Guidelines for Marksmen Football Parents**

1. Be positive with your son. Let them know that he is accomplishing something by being part of the Tell City Football Program. **TEAM** over "I".
2. Encourage him to work hard and commit themselves fully to their **TEAM**.
3. In order to achieve something great, we must devote our whole being to the task at hand, but when we do that, we risk breaking our hearts when we fail. Football is a great training ground for this fact of life. Encourage them to fight through failure and to persevere to accomplish their goals.
4. Parents should set the example for sportsmanship by displaying how they would want their son to act.
5. Be supportive of the coaching staff. If you have questions or concerns, please talk to the coaches. We will always speak with you when appropriate, but **NOT** about playing time or team strategy.
6. Be careful not to show animosity or jealousy toward any of your son's teammates or coaches' decisions. These emotions/actions can rub off on your son and devastate a **TEAM**. The important thing is that everyone performs their role to the best of their ability, whatever role might be. **EVERYONE** is important to the success of the **TEAM**.
7. Insist on your son's respect for **TEAM** rules, school rules, game officials, and sportsmanship.
8. Encourage your athlete to play for the love of the game/competition, not for a scholarship or something that is in the hands of college recruiters.
9. Remember that coaches are involved because they sincerely want to help kids learn skills and grow into outstanding adults. Football games are intense and emotion filled; our Coaching Staff will coach with intensity and emotion to prepare our student athletes for success on game day. Coaches have different ways of dealing with different people and different situations. While we all want the same great results for our student athletes, we will not coach all of them the same way. Each student athlete has different needs that require different methods of coaching for each athlete to maximize his ability/potential.