



Objectives of the Hughes Huskies Athletics Program

1. **The program will be an encourager and motivator for all players to excel in the classroom.** Academics and Athletics are not separate, they go hand in hand. Our coaching staff will strive to encourage all players to give their best effort in the classroom. We will take on the role of reminder to turn in work promptly and make that work a quality product. We will adhere to a policy of “No Zeros Allowed”. If students turn in their work on time and stay organized, the Strong Grades will take care of themselves.
2. **Play at a level of intensity, effort, aggression and perseverance that our opponents cannot endure.**
3. **Develop R.E.A.L Men:**
 - Reject Passivity
 - Empathize with others
 - Accept Responsibility
 - Lead Courageously
4. **Have fun. Sports and Athletics are meant to be enjoyed.** To be enjoyed it must be done correctly. Once learned correctly, there is nothing more fun. The player will give his best physical and mental effort, and once he has done that, everything else will take care of itself.
5. **Learn the schizophrenic nature of sports.** Between the lines, we expect the most intense, physically aggressive people on the court/field. We expect perfect gentlemen off the field.

Role of Players:

Assumption: *That which is taken for granted.*

1. **We assume that you want to be the best athlete you can be.** This is important because when our coaches look at you, they see what you could and should be and will push you to achieve your maximum.

2. **We assume that you want to play on a championship team.** Our practices, our off-season, and our summer program are designed to produce a champion. You understand that decisions are made with the priority being the team, and the individual must be second. Players must understand that the position they play is where they help the team the most, and cannot always be where they want to play.
3. **We assume that you expect to make the highest grades that you are capable of making.** You are responsible to the team to turn in your work on time.
4. **We assume you want to become a better person.** You understand that you represent our Athletic Program 24 hours a day, not just at school. You may be the only player from our program some people ever know. Your character is a reflection of our program.

Player Expectation:

I. General

A. Attendance

B. Attitude

A. Attendance

1. Be here every day on time.
2. If you cannot practice (per our Athletic Trainer), come dressed out and encourage your teammates.
3. If you cannot come to practice, email and let a coach know ahead of time. Do not send messages from other players.
4. Irregular attendance makes it difficult or impossible for you to be a part of the team.

Consequences-*If you do not come to practice and do not "call in", there is a strong possibility that you will not be allowed to play in the game that week. It is based on individuals and not on a general team. It has a great deal to do with attitude. A person who missed once with what turns out to be an acceptable reason will be judged less harshly than the chronic absentee or tardy.*

General Rule: 4 Gassers for an unexcused absence
2 Gassers for an unexcused tardy

There is no punishment for excused absence or tardy. Only the head coach can excuse absences or tardies.

B. Attitude

1. Come every day with the expectation of something great happening.
2. Be an encourager every day.
3. Losers view the player/coach relationship as a competition (i.e. the player is trying to do as little as possible – the coach is trying to get much more).
4. Winners view the player/coach relationship as a cooperative effort to make the player the best he can be.
5. Don't be Cool – We have no room for cool players – Be passionate about the TEAM.

Cool gets you beat!

Consequences- *If you have an attitude detrimental to practice or the team, you will be eliminated from practice. When this happens you may not compete in the contest that week.*

Attendance & Attitude – choices you make.

II. On Field (Practice – Game – Off Season)

A. Effort

1. You are expected to give effort every play.
2. You decide on each play, each drill exactly how much effort you will give.
3. Effort is simply a habit.
4. A player who gives 100% every play with less ability is often more productive than a player who gives 100% only under ideal conditions.
5. If you cannot give 100% effort – tell your coach.
6. **We don't want 90% – all or nothing.**
7. During practice – get in a habit of giving 100%; take each play, each drill one at a time.

Consequences: *Not giving effort will result in one gasser for every time you don't give 100%. The team that gives 100% effort every play takes care of their conditioning during practice.*

B. Compete

What you are watching when you see two teams competing is a contest of wills rather than skills. Skill will only come into play if one team is so superior in skill that their wills are never tested. Compete means to expect, prepare, practice, and play to win. It is higher than participation. It is to empty yourself physically, emotionally and mentally to achieve victory. It is to sacrifice individualism to be a part of something bigger. Compete means to not be afraid to make mistakes. Compete means to not fear failure. Compete means to always encourage your teammates.

Consequences of not competing – one gasser each

Consequences of not competing habitually- removal from program

We will compete year round

1. It is the expectation that all HMS student-athletes will run track
2. When basketball season is over, it is the expectation that HMS student-athletes will report to track.

These expectations are choices you make. You choose whether to go 100% physically (effort) and 100% mentally (compete). With every choice there is a consequence – the negative is punishment sure enough to help you understand that the positive choice not only is better, but easier.

III. Classroom – School Building

A. Accountability

You will be held responsible for all work your teachers ask you to complete. Being a winner in the classroom is giving 100% effort which means turning in assigned work.

Consequences – *For every assignment not turned in, it will be two gassers after practice.*

B. Responsibility

You are responsible for your actions. Breaking school and classroom rules are choices and must have consequences. You are a member of something great, and being suspended for breaking school rules hurts our team. Use good judgment in the classroom and on school grounds, always keeping the team in mind. Remember, you are a member of this football team 24 hours a day.

Consequences of Poor Choices:

Selfishness – *You will be eliminated from the team. There is no cure except removal when you consistently put yourself above the team. You must be eliminated.*

Symptoms of Selfishness

1. Chronic Tardy
2. Absent
3. **Stealing**
4. Fighting
5. Violation of Dress / Appearance Code (Slides/Crocs/etc.)
6. Class Misconduct
7. Chronic Complaining
8. Derogatory posts about the athletic program on Social Media
9. **Insubordination**
10. Lying

Immediate removal from the program will happen for the following:

1. Theft
2. Insubordination
 - a. i.e. Telling a coach “no”
3. Chronic unexcused absences from practice:
 - a. Chronic will be defined as 5 or more times within a calendar year.
 - b. Missing other sports will be considered in the total
4. Not competing
5. Chronic derogatory posts on Social Media
 - a. (Chronic will be defined as no change in Social Media activity after warning from Coaches and/or administrators)
 - i. About the football program
 - ii. About the athletic program
 - iii. About Hughes Middle/Burleson High
 - iv. About teammates
 - v. Anything deemed “inappropriate” by administration

If there are problems in the community, consequences are severe. You may be the only representative of our program that people see. You represent us-it is imperative that you keep this in mind.

Player Placement:

Every player would like to be a starter on our Football Team. Unfortunately, not all of you will. The coaching staff will determine who will start. Consequently, I feel it is important for you to understand how we will determine depth charts as practice progresses.

1. Knowledge of Assignment – We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and should know their assignments.
2. Hustle & Effort – Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect you to also. Extra effort wins the games.
3. Hitting & Mental Toughness – We will discover during fall training who has a strong desire to be physical. Football is a contact sport and must be played with a great deal of toughness. Everyone can hit.
4. Contribution to the Overall Team – The individual who motivates his teammates to do better is always enthusiastic and ready and will make a greater contribution than one who does not have this quality.
5. Talent – If the above four characteristics are equal – ***and they should be*** – then the young man who produces on the field in the way of making plays will start.

Locker Room/Meeting Rooms:

1. These are your athletic homes. You are responsible for keeping your individual area clean and as a team keep the area neat. You are not required to have everything in your locker in one exact manner. You are trusted to keep it orderly and neat. If this should be a problem, your position coach and you can work on this together.
2. I will try to always pick up the locker room and meeting rooms after practice. Since I am paid only as head coach, I feel it is only fair that guys pay me to pick up after them. Each article is one gasser.
3. Only players are allowed in locker/meeting rooms. Do not have or invite anyone in without permission.

Parent Expectations:

We would expect our parents to be positive about our program. If a parent makes negative comments about our program it prevents success and hurts others who are participating. When an athlete hears

his parents speaking negatively, he learns to be negative not only about our program but about others too. Parents are the most important teachers in their children's lives. They teach by example. If there are problems, direct them to the coaches and try to make positive suggestions

What we ask of you as a parent

1. If you MUST be a critic, only of your own son.
2. If you have any questions or opinions, please communicate with coaches rather than players.
3. Never hesitate to call or visit with coaches about any concerns that you might have.
4. The only problem we cannot solve is the one we do not know about. Communicate with us.
5. Help your child attend every function on time.

What parents can expect from coaches. We coach our players like they are our sons.

1. Football is a loud, tough, disciplined, emotional game. We coach the same way.
2. We work very hard to teach and stress our philosophy. We require your child's undivided attention when we are teaching. The team always comes first. We have no stars.
3. We may require your child to be more disciplined than you do.
4. **Race, religion, or parent's occupation will make no difference in determining playing time.**
5. Players will play the position that is most beneficial to the team, not the position they may play later.
6. We evaluate your child 24/7.
7. Coaches will not be your buddy, but there must be mutual respect between us.
8. **Players need to work out with the team in the summer.**

My door is always open: however, I do have 4 policies regarding conferences.

1. I will only meet with you if your son and I have already talked. Your son must also be with you, and I may have his position coach there as well.
2. Your son will know when you contact me.
3. I will only speak to you about your son. I will not talk about anyone else.
4. Schedule conferences in advance. Immediately before or after a game is not the time.

Acknowledgement of Rules and Expectations

I have read the football handbook and understand the program's goals and policies.

Player's name _____

Player's signature _____

Parent/Guardian Name _____

Parent/Guardian Signature _____

Date _____