NORTH BRUNSWICK HIGH SCHOOL FOOTBALL RULES AND EXPECTATIONS

To me, no coach in America asks any man to make a sacrifice.

He requests that he do the opposite,

Think clean, live clean, and be honest.

He requests that he stop doing all the things that destroy him physically, mentally, and morally, and begin doing all the things that make him finer, keener, and more confident. You have two choices: surround yourself with DREAM KEEPERS or DREAM STEALERS.

Athletics is a privilege, a luxury, but never a sacrifice.
Fielding Yost

Fielding Yost was a legendary coach at Michigan who wrote these words long before studies concerning harmful effects of alcohol, tobacco, and drugs were common knowledge. Our way of thinking has to change—**you do not pay a price to be an athlete – the non-athletes pay the price for not participating.**

The Supreme Court has ruled that Athletics is a privilege and not a right. Those who choose to participate must adhere to the policies set forth or be eliminated.

Please read the policies in this book before you begin.

Playing Football for North Brunswick High School is a Great Privilege, Not a Sacrifice.

"Together, we all can get it done."

NORTH BRUNSWICK HIGH SCHOOL FOOTBALL PROGRAM PHILOSOPHY

Everything that we do in this football program will be based on these five points:

1. **Preparation.** We will be as prepared as we can be for every situation that will occur in this program. From game preparation to practice preparation to fundraising, we will make sure that we have done everything we can do to be successful. Preparation is the one part of the game that we have total control over. There will be no excuses for not being prepared in any situation.
   "The only part of a game that a coach has complete control over is the preparation."
   ---Dick Vermeil, Head Coach, Kansas City Chiefs

2. **Organization.** There will be a very complete and detailed plan to everything that we do. Everything that we do will be for a reason and in a rational order. We will not do things to just pass the time, but each action will be set forth to accomplish something very specific that will make us better. It is important for each person in this program, player and coach alike, to understand where they fit in the organization and fulfill their duty to the best of their ability.

3. **Discipline.** This is the very backbone of every successful football program. Nothing can be accomplished without discipline. It takes discipline to commit yourself to play and coach football. None of us can be selfish and do what we think is best for us and still be of value to the team. We must discipline ourselves to be committed to something bigger than we are. None of us is bigger than the program. All practice and game apparel must be school color. Primary shoe and glove colors must be navy, white, black, or gray.

4. **Accountability.** Each person in this program will be held accountable for his actions and accountable for his area of responsibility. The head coach is accountable for the entire program and is responsible for the quality of the product that we produce for North Brunswick High School. The assistant coaches are accountable for the players in their responsibility – how they play, how they act, etc. The players are accountable for their effort, conduct, etc. If each individual takes responsibility for their actions and accept no excuses, the team will be successful.

5. **Relationships.** Football is the ultimate team sport. It takes a team of coaches to coach the players; it would be impossible for one coach to coach the entire team as it can be done in other sports. It takes an entire team of players to play, a football game cannot be dominated by one player as it can be with other sports (even the running back that goes for 250 yards must have the offensive line). It is important that we act like and feel like a family. You can only do this through relationships. Each person in this program must make a great effort to build relationships within the program. If we are a family, we will fight to the end with each other and for each other.

Objectives of the North Brunswick High School Football Program

1. **Each player will receive a diploma and get an education.** These are not necessarily the same. The diploma will come if you follow the guidelines set forth by the counselors and teachers. Education is the learning to pour yourself out, learning how to make a commitment to something higher and more rewarding than you are. It is the learning to give and the more you give the more you will receive. To learn to give all that you have and not be concerned with what others think.

2. **Through the athletics experience, become better people.** It is the intent of this program to teach more than the fundamentals of playing football. Players will develop or improve a genuine care and concern for other people. They should be more accountable and responsible. They will learn to be positive about this day, their school, their community, and their country.

3. **They will have fun.** Football is a game to be enjoyed. To be enjoyed, it must be played correctly. Once learned how to play correctly, nothing is more fun. A definite objective is the absence of tension and pressure. The players will know that their responsibility is to give their best physical and mental effort, everything else will take care of itself.

4. **Establish an excellence in athletics.** You must want to play at a level that our opponents cannot endure for 48 minutes of play. Demand a higher intensity, aggression and perseverance than our opponents. We do not pay a price to play football; our opponents must pay a price for scheduling us. This will be established everyday in practice.

5. **Learn the competitive nature of athletics.** Between the white lines, we expect the most intense, physically aggressive people. Off the field, we expect perfect gentlemen. Do not get these confused; each has its place. These are learned traits and must be practiced and positively enforced.

Assumptions – Role of the Player

An **Assumption** is defined as **that which is taken for granted.**

It is important that you understand that we are making four assumptions about you as a football player. The program is developed with these assumptions paramount in our mind. **If you are not in complete agreement with all four of these assumptions, it is best for you not to ever begin the program because there will be constant problems.** These assumptions explain to you where the coaches are trying to go with the program. If you are trying to go in a different direction then you and the coaches will never be able to work together.

1. **We assume you want to become a better person.** You must understand that you represent our team. You may very well be the only athlete some people will ever know. Your character is a direct reflection of our program. You understand that there are many benefits that go along with being a member of our program. With those benefits, you will be held accountable for your actions. We will help you become the best you can be on and off the field.

2. **We assume that you expect to graduate with the highest grades that you are capable of making.** We will not simply try to keep you eligible; you will be pushed to make the highest grades you are capable of making. You will be responsible to the team to turn in all assigned work on time. You will be responsible to your parents to be passing all of your classes. Accountability!

3. **We assume that you want to be the best athlete that you can be.** This is important because when our coach's look at you, they see what you could be and should be and will push you to achieve your maximum. We will look at performance, not potential. While coaches can do some things to motivate you, the motivation comes from within and you will have to learn how to tap into that in order to be successful. You will never be allowed to settle for less than your best.

4. **We assume that you want to play on a Championship Team.** Our practices, off-season and pre-season programs are designed to produce a champion. You will be expected to compete in all of these to the best of your ability. You must understand that decisions are made with the team being the priority and the individual being second. You must understand that the position you play will be where you can help the team most.

TOUGHNESS

THE ABILITY TO

CONSISTENTLY PERFORM

TOWARD THE UPPER

RANGE OF YOUR TALENT

AND SKILL REGARDLESS

OF COMPETITIVE

CIRCUMSTANCES

NORTH BRUNSWICK HIGH SCHOOL FOOTBALL

Player Expectations

1. **Eligibility** – To be eligible to play football this fall, students must fulfill all obligations for attendance and academics as defined by Brunswick County Schools and the NCHSAA.

2. **The "Do Right" Principle** – The "Do Right" Principle shall be the rule of thumb. Players will not do anything to embarrass or discredit themselves, their family, their school or their team on or off the field anytime day or night. A violation of this principle will cause the coaching staff to take action from a **simple conference** to **dismissal from the team**. Coach Davis has **final say** in these decisions.

3. **Training Rules** – Players are expected to keep their bodies in proper physical condition. You should adhere to the nutritional advice given by the coaching staff and participate in the prescribed workouts. Furthermore, a player shall not be in possession of, using, or under the influence of **tobacco products, alcoholic beverages, marijuana, or any other drugs and controlled substances**. Failure to comply will lead to probable suspension to possible dismissal from the team. Stick to football during football season…you're going to work hard enough during the week. Use your weekends to recover, not risk more injury.

4. **Attendance** – Practice is Mandatory! Players are expected to come everyday to every function prepared and on time. If you cannot physically practice, come dress out and encourage your teammates. If you cannot come to practice, call and let Coach Davis know. If you check out of school early, come and see Coach Davis before you leave. Do not send messages with other players. Irregular attendance makes it difficult to impossible for you to be a part of the team.

Excused Absence – Coach Davis is notified ***ahead of time*** and accepts the reason (due to uncontrollable circumstances) – **Conditioning + Possible Quarter/Game Suspension**. Do not let this recur, and it must be communicated in advance of practice. Email Coach Davis at jodavis@bcswan.net if you cannot call directly. Just because it is excused does not mean you still have the same playing time.

Unexcused Absence – all others are unexcused. The player may be dismissed after one unexcused absence, but will definitely be removed after the second (which includes school suspensions).

We will only accept a Doctor's note for a player to be physically excused from practice for an extended period of time. Minor injuries will be dealt with on an individual basis. The coaches will take consideration, but the athlete will also be expected to display some toughness with minor injuries. See the trainer before seeing a doctor if possible.

5. **Attitude** – Come everyday with the expectation that something great will happen. You do not sing because you are happy, you are happy because you sing. Be positive, encouraging and realize that you may not be able to control all of your circumstances, but you are in control of how you respond. **Learn to respond, not react**. You cannot teach someone who does not want to learn. **Losers see the coach-player relationship as competition**: i.e. The player is trying to do as little as necessary and the coach is trying to get more. **Winners see the player-coach relationship as a cooperative effort to make the player the best he can be**. Have great expectations daily. **Players displaying an attitude detrimental to the practice or team will be eliminated from the function**. Only Coach Davis may eliminate a player from a practice or function.

6. **On the Field** – There are two expectations concerning your work on the field. The first concerns your **EFFORT**. You are expected to give a fanatical effort on every play. 110% is not the goal. How close can you get to 100% is the goal. You decide on each play, each drill exactly how much effort you will give. **Effort is simply a habit**. A player who gives 100% on every play with less ability is often more productive than a more talented player who gives 100% only under ideal conditions. **TOUGHNESS**. During practice is where you learn how to give the effort to win games. Win every rep, every day. The second expectation concerns your willingness to **COMPETE**. **"What you are watching when you see two teams competing is more a contest of wills rather than skills. Skill will only come into play if one team is so superior in skill that the wills are never tested."** To compete means to expect, prepare, practice and play to win. **Competition is higher than participation**. It is to empty yourself of everything physically and mentally to achieve victory. To compete means to be able to play **without being afraid to make mistakes**. To compete means to **not fear failure**. To compete means to **display mental, physical and emotional toughness**. **BODY LANGUAGE IS IMPORTANT AT ALL TIMES!!! NO PLAYER CAN CHANGE A COACH'S PLAY CALL WITHOUT BEING EQUIPPED WITH THAT CAPABILITY FROM THE COACHES…COULD RESULT IN SUSPENSION OR DISMISSAL.**

7. **In the Classroom** – We see the football program as a tool to help motivate our players to do well in the classroom. Football helps players stay eligible and could possibly provide an avenue to a college education if the grades are good enough. There are two expectations concerning your work in the classroom. The first concerns **ACCOUNTABILITY**. You will be responsible for the work that your teachers ask you to complete. The second expectation concerns your **RESPONSIBILITY** for how you conduct yourself in the classroom. You are responsible for your own actions. If you break school or classroom rules, you must accept the school or teacher punishment. If you are assigned ISS or OSS, you must accept the punishment as decided by the school's policies. We, as coaches, will uphold to that punishment as well.

8. **Fundraising** – We are going to attempt to provide you with an opportunity to be involved in football with little or no cost to you. However, we will ask you to do your fair share in any fundraising that we do. We will make sure that our fundraisers are the very best and we will keep them to a minimum. With the rising costs of maintaining a football program, extra funds are needed for you to enjoy the program, as you should. This is as important as any other part of our program.

9. **Locker Room, Meeting Rooms, and Weight Room** – These are your athletic homes. You are responsible for keeping your individual area clean and as a team to keep the locker room clean. You must keep your locker in an orderly fashion. This is what may be in your locker:
    1. **Issued Football Equipment** – Shoulder pads, helmet, and other gear hung up.
    2. **One pair of cleats and one pair of tennis shoes**.
    3. **Practice or PE clothes** – must be clean.
    4. **Apparel Colors** – All practice and game apparel must be school color. Primary shoe, shirt, sock, glove, and mouthpiece colors must be navy, white, black, or gray.

At the end of the day, there should not be any dirty clothes (wash practice clothes daily), books or trash (that is what a trashcan is for) in your locker. We will randomly check lockers weekly with a physical consequence for those who do not adhere to the set standards.

A lack of discipline will offer us an opportunity to work on our conditioning**. Discipline starts here.**

10. **A lack of participation in the program in and off season will result in removal from Hudl and all other platforms associated with the program.**

“Winning is not a sometime thing.” Vince Lombardi

No one, except players, is allowed in the locker rooms or weight room. Do not invite anyone in (friend or family) without permission.

LOCKERS – FOOTBALL SECURITY

There always seems to be a problem with items that come up “missing” in locker rooms. No matter what the cause, we have a solution.

FOOTBALL SOLUTION

1. **Coach – provide players with a secure place to store items. A locker will be provided.**
2. **Player – purchase a lock and use the provided locker to store your valuables.**
3. **Team – eliminate the selfish acts of stealing.**

The athlete assumes responsibility for all items brought to school. Lock up valuables or don’t bring to school. Too many people have access to our facilities.

Don’t bring valuable items to school. If you must, put them in your locker and lock your locker. Do not give your locker combination/key to anyone for any reason.

NORTH BRUNSWICK SCORPIONS
FOOTBALL

When you call upon a Thoroughbred, he gives you all the speed, heart and desire in him. When you call upon a Donkey, all he does is squawk and kick.

WHICH ONE ARE YOU?

MAKE SOMETHING HAPPEN

Personnel Decisions

Depth Charts

Every player wants to start for our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. It is important for players to understand how we will decide on the depth charts as practice progresses. The following five points will help determine the depth chart:

1. **Knowledge of Assignment** – Those players with knowledge of assignment will always be in position to be successful. Everyone is capable of learning his assignments.

2. **Hustle & Effort – You play like you practice.** Each player will be asked to give 100% at all times. Hustle and effort are choices. Everyone is capable of giving his best at all times.

3. **Contact and Mental Toughness –** We will discover in August those who are willing to be physical. Football is a collision sport and you have to be able to protect yourself. Everyone will learn how to block and tackle safely and forcefully.

4. **Contribution to the Overall Team** – Football is one of the true team sports. Each player must understand their role and where they fit in. The coaching staff will effectively communicate this. Players must be willing to play where they will benefit the team the most. This is not always where the player initially wants to play. Everyone can learn to accept his role and excel in it. **TEAM before me**.

5. **Talent** – If the above four things are equal, and they should be; the young man with the most talent and that make the most plays will likely start and play the most.

6. **Special Teams –** One out of every three plays in a game is a special teams play. Those who embrace their role on special teams end up being trusted to do more as the season moves forward. Every play matters!!!

Returning from Injuries

When an injured player returns, he must demonstrate that he is capable of returning to the playing field that week in practice. He will be given every opportunity to regain his position, whatever it may be. If the player who replaced him when he was injured is performing to a higher standard, the backup will remain the starter.

Team Placement

The philosophy of our football program is that each player's goal is to be a **Varsity Football Player.** We also see the Varsity and Junior Varsity Teams as being one program. We will start the best players on Friday Night, regardless of grade. Finally, all students who come out for the team and remain in good standing will not be cut. However, there are certain considerations as to whether the player will be on the **Varsity Team or Junior Varsity Team.**

1. **Varsity** – All **11th and 12th grade players** will participate on and be members of the Varsity Team. Any **9th or 10th grade player** who is capable of considerable playing time will also participate on and be members of the Varsity Team. Some 9th and 10th grade players who are the 2nd or 3rd players in the Varsity depth chart will start and play on the Junior Varsity team.

2. **Junior Varsity** –All 9th, and 10th grade players who cannot start on the Varsity will participate on and be members of the Junior Varsity Team. Any Junior Varsity player can be moved up anytime that it is necessary. If a 9th or 10th grader who was originally on the Varsity is moved down, he is not automatically a Junior Varsity starter. He must earn the right to start on the JV as well.

3. **End of the Junior Varsity Season** – All JV players will be expected to come up and finish the season with the Varsity if invited unless excused by Coach Davis. Any player who does not will be dismissed from the program and ineligible for post-season awards.

NORTH BRUNSWICK HIGH SCHOOL FOOTBALL

Strength and Conditioning Program

Our strength and conditioning workouts are critical to our success. Players who are physically fit **dramatically reduce their risk for injury**. Working out together with teammates **builds team unity and morale**. Furthermore, our strength program is designed to help the player **turn their maximum level of potential into performance**. Our program will incorporate things done with **Strength & Conditioning at Wake Forest University**, **Virginia Tech**, **the University of Nebraska, and Ferrum College**.

Whether it is the preseason, in-season or off-season, these general guidelines will be followed with each workout.

1. The Coaching Staff will supervise the workout. Players must abide by the coaches' instruction and do the prescribed workout. The workout will be on your workout booklets. That is the one you are to do.
2. You must fill out your card accurately when doing a workout within the cycle.
3. Attendance and records of performance will be closely monitored.
4. Players are expected to be on time ready to work.
5. Rack weights and put away all equipment when you are done.
6. Someone is to be working in your group at all times. We do not have the time or the room for you to use this as a social hour. If you are not working, you will be eliminated from the workout.
7. You must complete the entire workout, running and lifting, to get credit for the workout.
8. Football requires year-round strength and conditioning development, and you must make every attempt to be in a strength and conditioning for 6-7 straight semesters of high school. If your goal is to play beyond high school, your improvement in all movement is a must!!!

These lifts will be the core of our strength program:

1. Bench Press
2. Hang Clean
3. Parallel Squat
4. Dead Lift

These will be taught and scheduled by percentages and you will be tested on them. **Auxiliary Lifts** will be scheduled to supplement the core lifts everyday.

The conditioning program will consist of **sprint and agility workouts** daily.

THE HOTTER THE FIRE, THE STRONGER THE STEEL
A Game Plan for Good Nutrition

1. **Variety** – Your body requires six types of nutrients available through the foods you eat: Water, Carbohydrates, Protein, Fat, Vitamins, and Minerals. A balanced diet will ensure that an athlete's body is being supplied with all of these nutrients.
2. **Moderation** – You do not need to give up "junk" food; you simply balance out refined sugars and fats with nutrient wise choices at your next meal. Avoid replacing balanced meals with refined sugars (sweets, soda, candies, cakes, etc.).
3. **Wholesomeness** – Choose natural or lightly processed foods as often as possible (baked potatoes rather than potato chips or french fries). Generally, eating foods that are as close to their original form as possible is the best way to increase nutrient density.
4. **Choose Nutrient-Dense foods** – Low-fat milk; lean meats; whole grain breads; dark, colorful vegetables (broccoli, spinach, green peppers, and tomatoes).
5. Try to avoid fast foods, as they are loaded with grease and saturated fats. For example, a burger, fries and shake = 1,100 calories, of which 55% are from fat. If you must eat fast food, better choices are grilled chicken sandwiches (without mayo), chili with beans, bean burritos, chicken soft tacos and burritos, garden salads and baked potatoes.
6. Limit other foods that are high in fat: hamburger, bacon, sausage, whole milk, butter, mayonnaise, oils, french fries, potato chips. These offer many calories, very few nutrients and can make you feel sluggish if eaten too close to practice or competition.
7. **BREAK the FAST!** For an athlete, breakfast is the most important meal of the day. Your body needs this fuel to perform so that you perform at your best both mentally and physically. You should eat breakfast whether you feel you need to lose body fat, gain weight or maintain your weight.
8. Eat 4-6 meals each day – Skipping meals is not a healthy way to alter body weight. Eating at regular intervals helps prepare the body for training and competition, and aids in recovery afterwards.

Hydration

This is a key element of winning nutrition! Your body can go much longer without food than it can water. By the same token, your performance can be adversely affected by even mild dehydration **(a loss of 1% of body weight through sweat loss can lead to a 30% decrease in performance).**

Basic Guidelines

1. Never depend on thirst as an indicator of how much fluid you need.
2. Drink at least 8-10 8-ounce glasses of fluid (preferably water) daily. Drink more if it is hot weather or your exercise is longer than an hour.
3. Drink 2 cups of fluid within 2 hours of exercise, 8-ounces every twenty minutes during exercise and an additional 2 cups within 15 minutes after exercise.
4. Weigh yourself before and after exercise. Drink 2 cups of water for every pound you lost.

How can you tell if you are drinking enough fluids?

*Your urine should be a pale yellow or clear color.

*You should urinate frequently throughout the day.

*You should never feel as though you are "dying of thirst."

FATIGUE, HEADACHES, NAUSEA AND SHORTNESS OF BREATH CAN BE A RESULT OF POOR HYDRATION

WHAT ARE THE BEST FLUIDS TO CONSUME?

WATER should make up the majority of your fluid intake.

SPORTS DRINKS (ex: Gatorade) can also be good sources of fluids. They can stimulate fluid absorption, provide carbohydrates, and are preferable to many athletes because they taste good. They are best if drank after a strenuous workout.

SODA and other high sugar drinks should be avoided. Sugar can cause a rapid rise in blood sugar that is followed by a "crash" that can cause fatigue, weakness and headaches. Carbonation may also have an undesirable effect on exercise. Drinks containing **CAFFEINE** should be consumed in limited amounts. Caffeine is a diuretic that can contribute to dehydration.

TEAM MEDICAL CARE POLICY

Our philosophy concerning injuries is two-fold. First, **the health and safety of the player is our number one concern. Second, we want to get an injured player ready to play again as quickly as possible**. In the unfortunate incident that a player becomes injured, we have established a **Team Medical Policy** designed to evaluate and treat the player as quickly as possible. Should an injury occur, we would like to follow this protocol:

1. Evaluation by the NBHS trainer, Team Doctor or Coach Davis (depending on when the injury occurs and upon who is present at the practices or games). Please notify Coach Davis if you think you need to go to the doctor. Sometimes minor injuries can be evaluated without Doctor visits. Also, Coach Davis does not need any surprises.
2. Parents will be notified in the case of any injury serious enough to be evaluated further by a physician.
3. Recommendation of the Trainer, Team Doctor to take your son to the doctor. We can refer your son to a doctor (sports-minded doctor) specifically trained to treat his specific injury.
4. A doctor's note will be required for your son to be excused from practice for an extended period of time. However, football is a collision sport and minor injuries can occur. The trainer and Coach Davis will work with each injury and each athlete on an individual basis and some practice time may be missed without a Doctor's note.

In the unlikely event of a **catastrophic injury**, our trainer will have an established **Emergency Plan** to handle such injuries.

1. A cell phone will be on the field at all times.
2. Our equipment box will contain all the necessary equipment to handle a catastrophic injury. Including a CPR mask, facemask bolt cutters, etc.
3. The coaching staff will have specific assignments concerning their role in the event of a catastrophic injury. Such as: who makes the 911 calls, which stays with the victim, who stays with the team, who calls the victim's parents, etc.

Physicals – You must have a current physical examination in order to participate in any workouts.

North Brunswick Football Parent Guidelines

The Football Program at North Brunswick exists for the benefit of our student-athlete. All decisions will be made with the best interest of **ALL** the players in mind. Varsity football is a very competitive sport, and we play in one of the strongest leagues in the state. Here are some roles to focus on for coaches, parents, and players.

COACHES' ROLES:

1. Set a good example for players and fans to follow.
2. Be positive, fair and consistent.
3. Make playing time and strategy decisions with thought and care.
4. Establish and organize practice for the team on a daily basis.
5. Be a good communicator with players and parents.
6. Keep up with academic progress of athletes.
7. Be available to talk with players and parents.

PARENTS' ROLES:

1. Take ownership of your part in this program. Make sure your son attends every function, workouts, and practice, prepared and on time.
2. Be a fan of everyone on the team.
3. Respect the decisions made in games.
4. Respect other fans, coaches, and players.
5. Talk with your son, if he has any questions have him speak with the coaches first.
6. Keep any negative thoughts about a coach, the program, or teammates to yourself. You do not have the right to tear down this program. These kids have one chance to be high school football players…help make it special.
7. Don't talk to coaches on game day about a complaint.
8. Understand that it is the coaches' responsibility to make certain that students are safe and become better people and athletes…not necessarily to win every game.
9. Be supportive of your son. He gets coached at practice every day. Be positive in what you say, and be careful what you tell him. If you are telling him different things than he is hearing in practice, it will negatively affect him.
10. Make a deposit into your son's life and join the Booster Club. This organization's sole purpose is to benefit your son while he is a part of this program. We need your help!!!

PLAYERS' ROLES:

1. Be positive and have a team oriented attitude.
2. Support your teammates.
3. Be at practice every day – work hard.
4. If you have a question, concern, or are unhappy with something, talk with your coach before anyone else. Come directly to us and tell us.
5. Know and follow school rules.
6. Represent our program in a positive light.
7. Challenge yourself to improve as a student, an athlete and as a person.
8. Notify your coach of any scheduling conflicts in advance.
9. Be All In!!! It's a privilege to be a part of this program, so contribute. If not, you will be removed from the program!!!

If you have a question or concern, please take the time to think about what your question is. If it ultimately has to do with playing time or game strategy, keep it to yourself.

Otherwise, follow this process:

1. Talk with your son about your question. What is your son's perspective? Can he solve the problem himself?
2. Set up a meeting with me if you still have questions. This can many times be done over the phone. This should be informational, ask questions, listen and have a discussion. Remember that we make decisions for the good of the TEAM based on practice, off-season development, ability, attitude, and chemistry. Football is a competitive situation, and it's our responsibility is to put the best players on the field.
3. If questions remain, set up a meeting with the AD, you, and me.

There are four simple guidelines for these meetings:

1. ***The conversation must be in a professional manner with regard to both language and conduct.***
2. ***Everyone gets a chance to talk, but everyone must listen as well.***
3. ***Emotional control by all parties is critical.***
4. ***Meetings must NOT occur on game day. They are held only by appointment***.

What is it okay to ask about?

It is fine to ask about the treatment of your child.

You are welcome to ask about how your son can improve.

Asking about your son's attitude and behavior is also acceptable.

THINGS NOT TO ASK ABOUT:

1. Playing time.
2. Game strategies.
3. Other players.

Our goal as a coaching staff is to make this experience a great enjoyment, education and memory. We work very hard to know your son, to make him better on the field and in life, and care for him very much. There is no correlation between how much a kid plays in the games, and how much we care about him. We are striving to build better young men, and their value, as a person is completely independent of their playing time. Life teaches us lessons in many ways. We want what is best for the TEAM, and then for your son as an individual.

STANDARDS OF PERFORMANCE

Eight keys to **SUCCESS, both on and off the field.

1. ***INTEGRITY***: "Do right and be a complete person."

2. ***COMMUNICATION***: "Listen, hear, and respect."

3. ***TOGETHERNESS AND UNITY***: "Without this we will not have a chance. We believe in each other---family and family values."

4. ***EFFORT***: "Do the best you can at ALL times."

5. ***DISCIPLINE***: "Take care of business on and off the field."

6. ***FUNDAMENTALS***: "Take pride in doing the little things. Make yourself a better player. Win on the practice field."

7. ***HAVE FUN***: "Enjoy working to be the best you can be and playing high school football."

8. ***CONSISTENCY***: "Do ALL these things ALL of the time."

NORTH BRUNSWICK CODE OF CONDUCT

I will attend practice faithfully and work as hard as I possibly can to learn the fundamentals and to develop the skills necessary for becoming a championship player. I will always conduct myself in a manner that will be a credit to my family, my school, my community and myself.

I will try to maximize the interest in sports of others, to help players younger than myself, to encourage fair play at all times, and to respect the judgment and advice of all personnel associated with the school and team.

I am proud to be an American and a participant in the school's athletic program. In appreciation of these privileges, I will strive to prove myself a worthy citizen and athlete. My goal will be to assist the team in being one of which everyone can be proud of, a team of Champions and a Championship Team.

I hereby agree to:

1. Be neat and clean.
2. Not have evening dates prior to practice or game days.
3. Be home by 10:00 p.m. and in bed early on school days.
4. Never miss a practice, unless sick. If sick, I will notify Coach Davis and one of the other coaches.
5. Not be tardy for practice.
6. Be modest in attire. Good appearance is important, since athletes are always on parade.
7. Not use profanity.
8. Display good sportsmanship at all times.
9. Be courteous to officials.
10. Never fake an injury.
11. Not smoke or use tobacco products.
12. Not drink alcoholic beverages or use any type of illegal drug.
13. Keep in top physical condition year-round (eating properly, working out in the weight room during class and in the summer, etc.)
14. Do my best in all of my classes and be respectful of the adults in the school and in our program.
15. BE A GREAT SON, STUDENT, ATHLETE, AND GENTLEMAN!!!

I understand that if I fail to keep my pledge, if I exhibit behavior inconsistent with my above declaration, or if I do not observe all of the foregoing standards, I will be disciplined and dropped from the team (at the discretion of Coach Davis).

COMMITMENT, TOUGHNESS
CHARACTER OF A
NORTH BRUNSWICK HIGH SCHOOL
FOOTBALL PLAYER

1. GOOD STUDENT – BELIEVES IN DEVELOPMENT OF MIND AND BODY.
   "There is a correlation between disciplining your mind to study and clutch football performances.

2. SELF-DISCIPLINE AND SELF DENIAL
   "Good work habits, punctuality, organization and persistence."

3. ABILITY TO SACRIFICE SELF FOR THE TEAM. MASTER YOURSELF AND YOU CAN MASTER ANYTHING.
   "Forget yourself for others and others will never forget you. This doesn't mean you won't get something out of it yourself—you will get more than you think."

4. THE GREAT PLAYER YOU TELL WHAT TO DO ONE TIME AND HE PRACTICES IT A THOUSAND TIMES.
   "He makes himself the great player. He listens."

5. NEVER MAKE EXCUSES.
   "He will get the job done. Resolute. Determined. Responsible person. Great person to be around. Great team man. Great self-confidence. Will be a Champion."

6. BLAMES HIMSELF FIRST FOR ANY OF HIS FAILURES.
   "Team player."

7. DEDICATED AND DEEP COMMITMENT TO FOOTBALL.
   "This young man will perform for you."

8. REFUSES TO SURRENDER.
   "The Stoic. He will not lose many games. He will win the impossible games."

9. LOYAL TO TEAM, PARENTS, SCHOOL, COMMUNITY, AND HIMSELF.
   "Loyal, not only when the coach favors you, but when he does not."

10. NEVER, NEVER, NEVER QUIT.
    "Quitters never win and Winners never quit."

SCORPION FOOTBALL

I have read and understand the North Brunswick High School Football Handbook

Name_____

Player Signature

_____

Date

Name_____

Parent Signature

_____

Date

TEAM

me