



2016

***Player & Parent Expectations
Handbook***

Welcome to the LaGrange High School Football Family!

Enclosed in this handbook is the information that will help you prepare for your involvement with the LHS Football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program. Please refer to our www.lagrangefootball.com for any information related to the program.

This handbook is divided into two sections, the first being coach directed information for both players and parents and the second is Big Blue Nation Booster Club events that are tied directly to the football program. If you have any questions please feel free to contact (Coach Burks at burksd@troup.org).

UNITY

DEFINES OUR WILLINGNESS TO WORK AS A

TEAM

TO PUT FORTH THE EFFORT TO WIN THE

BATTLE

Dear Parents/Guardian

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the LHS Football Program in conjunction with the Big Blue Nation Booster Club, have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Lagrange football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build **UNITY** through hard work and commitment to a common goal of a successful football season. In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the **TEAM**. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "**Team Before Self**". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.

The LHS Football Program demands a lot of time from our student athletes and we do not tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games and other events such as teambuilding and fundraising.

Thank you for allowing your son to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

Coach Burks

Program Philosophy

As Vince Lombardi said, “Winning isn’t everything, but striving to win is”. This is the foundation of Lagrange High School’s football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory.

“How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. They are how we define a successful season and football program.

Being a committed member of the Lagrange High School football team translates directly to behaving as a responsible member of Lagrange High School and the community. We must always remember whom we represent. ***Each player and player’s parents/guardians must sign the Player/Parent Contract, created by the Lagrange High football program, located at the back of this handbook.***

GRANGER PRIDE

It is a privilege to be a member of this football squad and to be a Granger. The time, effort, and ~~energy~~ we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Lagrange High School Football has committed to PRIDE and EXCELLENCE. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Lagrange Football uniform. Remember you are setting the example for those who will follow in your footsteps. You are a GRANGER all the time and forever.

Program Alignment

Junior Varsity Football

Purpose: Teach players the intermediate rules of high school football and the strategies of LHS football.

Emphasis: Prepare the players, both mentally and physically, for varsity football.

The largest difference between a Junior Varsity player and a Varsity player is their aggressiveness. Junior Varsity players tend to be more timid for one of two reasons:

- (1) they do not understand the game and they play confused or,
- (2) they do not have the size, strength, and agility to play aggressively.

The focus of JV football is to overcome these shortcomings and develop players that are ready for Varsity.

Weight room: Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed, and agility of the JV players will improve their ability to prepare for varsity.

Varsity Football

Purpose: Teach players the advanced rules of high school football and the strategies of LHS football.

Emphasis: Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.

Weight room: Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

Cut Policy

With the consolidation of Freshmen and JV football players, it will be LHS High Football procedure not to cut players that might help the program. While the coaching staff would like to keep all athletes interested, players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike, when a player is cut. Whenever possible, coaches will not cut players. Team selection for the Lagrange High School Football team will take place in May and the beginning of August. All current Lagrange high students are required to tryout during this time. Only students who are new to Lagrange High School are exempt from spring workouts. When determining what players make the team, coaches will look at the following:

- Attitude
- Effort and Coachability
- Commitment, including attendance during off-season and summer workouts

Leadership Council

A leadership council will be implemented for the first time this season, and much like its collegiate and professional counterparts, this council will help Lagrange High's football program grow from within by putting the student-athletes at the forefront of many team decisions. It gives the players a chance to lead by example and help shape the overall culture of the program. Their feedback is truly valued by the coaching staff. Students will be taught how to deal with issues concerning their fellow teammates while also developing a strong working relationship with their coaches. This dual investment, made by the coaches and the players, creates greater trust and accountability on both ends, and fosters a better working environment overall. Through the leadership council, the head coach will give the most committed players on the team, as selected by the coaching staff, the right to determine how issues pertaining to player interaction, from uniform selection to disciplinary procedures, are handled. The leadership council will consist of players from all grades regardless of position or location on the depth chart.

Physical and Health Insurance Paperwork

All players must have an updated physical exam in order to participate in workouts, practices, and games. All players are also required to have health insurance. If you have personal insurance through your parents, you must also purchase a policy through the school. This is a Troup County School System policy.

Expectations of Our Coaching Staff

Be a positive role model. Carry yourself in a professional manner at all times, on the field and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the field reflect how you would want your own child to be treated.

Coach every player. They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his skills.

Communicate. A football program consists of many parts, it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

Commitment. We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

Communication to Parents

The LHS coaching staff in conjunction with the Big Blue Nation will make every attempt to keep our players and their parents/guardians up to date on football program issues and events.

We have a variety of ways of communicating with parents and players. They are phone, email, website, and Facebook

- Please be sure that your email is updated with the Big Blue Nation secretary
- Please refer to the website regularly. Significant information is available including game schedules, rosters, meetings, training schedules etc. The web address is www.lagrangefootball.com
- Facebook can be accessed from our website.

Player Expectations

We will operate the LHS Football Program in accordance with the rules, regulations, and policies as outlined by the GHSA and the administrative policies of LHS. Within that framework we will provide a football program of the highest quality that meets the needs of our students, alumni, school and community.

As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from Pride Reminders (PR) to dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

Attendance

All players are expected to be present and on time to practice.

1. Any player who is late to practice will be held after practice to make up for the time they missed – PR (Granger Pride Reminders).
2. Any player who misses practice without notifying Coach Burks in person or by email ahead of time will be dealt with accordingly.
 - a. 1st Unexcused absence = miss game time at Coach's discretion (i.e. miss 1st quarter of the game)
 - b. 2nd Unexcused absence = 1 game suspension
 - c. 3rd Unexcused absence = possible removal from team
3. In the case of an unforeseen emergency, parent or guardian must contact Coach Burks.
4. All illness and sickness absences need to have a prior approval or doctor's excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)
6. The LHS Athletic Dept. policy states that an athlete must be at school for the entirety of 4 class periods to be eligible for practice or games on that day.
7. Any circumstances (Dr. visit, Dentist, etc.) that would be excused may ONLY be excused through the LHS administration.

Inclement Weather

When a practice is scheduled we will do something as a team regardless of the weather (obviously, extreme occurrences such as tornadoes are exceptions) so practice will always be on.

When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:

1. Move practice to the gymnasium
2. Watch film and wait out the weather for an opportunity to go back outside
3. Go to weight room and wait out the weather

In a situation where we go inside to wait out the weather practice will end at the scheduled time.

Academics

You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team, you must attend class regularly, and achieve a minimum GPA of 2.3 or pass 5 out of 7 classes. If a player has a grade of 75 or lower, he will be assigned to study hall twice a week. If a player is failing 2 or more classes, he will be assigned to study hall 4 days a week with a mandatory tutor. He will also be removed from all football activities until classes are brought to a satisfactory level. Poor behavior and low achievement make all of us look bad.

The academic progress of all team members will be monitored throughout the school year.

School Suspensions

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school-sponsored activities for a prescribed number of days and shall be declared ineligible (practices or contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

A second suspension within a competitive season will result in ineligibility for the remainder of the season in the case of athletics.

Any player suspended from school will receive the following consequences.

1. 1st Suspension = Coach's discretion based on the infraction (i.e. 1 game suspension)
2. 2nd Suspension (different incidents of being suspended from school) = Removal from the team

Hazing

No player will ever be ridiculed by another player either in the locker room, training rooms or on the field. The Junior Varsity players will be respected by the Varsity team, and vice versa.

Locker Room

The locker room floor will be free of trash and equipment that does not belong there. All players are responsible for keeping it clean.

Drugs and Alcohol Use

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in dismissal from the team. **(If there is suspicion of a player doing illegal drugs or drinking alcohol, at the coach's discretion, parents will be contacted immediately and a meeting will be scheduled with the head coach and athletic director).** Until there is a resolution, the player will be withheld from all football related activities.

Equipment Care

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the LHS football team. The average cost of outfitting you with essential and proper fitting safety gear is around \$700.00 per student/athlete.

- **Helmet: Cost \$260.00 and up**

This is not a device made to use as a weapon. The use of the helmet other than a safety device is strictly prohibited:

1. Inspect & tighten facemask screws weekly.
2. Inspect & tighten chinstrap screws weekly.
3. Inspect chinstrap buckles weekly.
4. Wipe down your helmet weekly (inside & out) with a damp cloth.

- **Shoulder Pads: Cost \$200.00 and up**

1. Inspect all straps, strings, & clips weekly.
2. Tape all your straps after proper clip adjustment has been received.
3. Wash the molded plastic with a damp cloth.
4. Clean Shoulder Pads on a regular basis with boiled water and a disinfectant

- **Pants, Girdle, Knee Pads, Belt, & Practice Jersey**

1. Wash them regularly to keep them from stinking, staining and housing bacteria.

- **LOCKS on Lockers**

1. All players are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment
2. If a player loses any piece of equipment then they are responsible for the cost of replacing it new!!

Players need to report any faulty equipment to Coach Burks.

Weight Room Requirement

All Football players will be required to participate in a weight-training program during the season. The purpose of this strength training is to prevent injury, maintain muscle size, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with the team in the off-season. The coaches will be giving awards for weight room attendance and achievement.

Winter Workouts

It is cliché, but championships are won during the off-season. Your football team is built December through July, not August through November. We will have off-season workouts during the school year after our regular season. These workout schedules will be posted on the website. They will include weight training, flexibility training and speed work. Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the LHS football team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

Spring Practice

Attendance is mandatory and essential if you want to be an integral part of the team. The purpose of Spring Practice is for coaches to evaluate and condition players and introduce the upcoming season's offensive, defensive, and special team's philosophies and handout playbooks. All current LHS students are required to work out during this time. Only students who are new to LHS are exempt from spring workouts.

Summer Workouts

The summer is a time to get a jumpstart on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are mandatory; they are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% of summer workouts. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let coach know BEFORE you leave. Be responsible and communicate with him. BE COMMITTED to your team and its goals. **You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole.**

Injuries and Health Concerns

If you have an injury or health concern, please see LHS Athletic Trainer, Ms. Sherell Lewis before going to a doctor. If a player is taken to the hospital then either Coach Burks or the Athletic Trainer will notify a parent.

Players should report any updates in medical conditions or medications being taken to both Coach Burks and Sherell Lewis. Players should also report health conditions such as skin rashes or mononucleosis to Coach Burks so appropriate action can be taken to prevent spreading to teammates.

Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing physical activity and part of practice getting ‘mental reps’ by analyzing practice. Lastly, if any parent wants to go outside of the parameters we have set, you must sign a waiver with the trainer.

Team Meals

Pre-game meals are a privilege and a tradition at LHS. It is an honor to attend, and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful.

You may speak in a low voice while at the team meal. But no horseplay will be tolerated. If your actions take away from our team's focus, you will be asked to leave. The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash property. Thank our supporters as you leave.

Nutrition

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. On game days do not consume soda and 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. **“You take care of your body and your body will take care of you”.**

Parent Expectations

Be positive with your athlete. Let them know you are proud they are part of the team. *Focus on the benefits of teamwork and personal discipline.*

Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team. *Set a good example in your personal lifestyle.*

Allow your athlete to perform and progress at a level consistent with his ability. *Athletes mature at different ages; some are more gifted than others.*

Always support the coaching staff when controversial decisions are made. *The coaches need your backing to keep good morale on the team.*

Insist on positive behavior in school and a high level of performance in the classroom. *Numerous studies indicate extracurricular involvement helps enhance academic performance.*

Stay calm in injury situations. *Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your son's injury. No parent is allowed on the field unless the training staff requests it.*

Cheer for our team and players. Opponents and referees deserve respect. *Realize that high school players will make mistakes. Your support is needed during tough times.*

Promote having fun and being a team player. Very few high school athletes receive scholarships. *Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.*

An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. *Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.*

Winning is fun, but building positive team values is most important. *The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.*

Find the time to be an avid booster of school activities. *Help build a solid support system for coaches and athletes.*

Help students keep jobs and cars in proper perspective. *Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.*

Athletes must attend all practices, games and team events. *Stress the necessity to make a commitment to the team.*

Emphasize the importance of well-balanced meals and regular sleep patterns. *An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.*

Persistence and being able to accept a role is extremely important for the team to be successful. *Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.*

Parent Code of Conduct

- I will enjoy my child's opportunity to experience the benefits of playing high school football.
- I will trust in my child's ability to have fun and to perform and achieve excellence on his own.
- I will help my child learn the right lessons from winning, losing, individual achievement, and mistakes.
- I will respect my child's teammates as well as fellow parents and fans.
- I will give encouragement and applaud only positive accomplishments whether from my child or his teammates.
- I will support the efforts of the coaching staff.
- I will not instruct from the sidelines.
- I will ensure that my child will attend all practices and games and will inform the coach in advance if unable to attend.
- I will respect the officials and their authority during games.
- I will never demonstrate threatening or abusive behavior.

Communication Process

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussions with coaches are discouraged. It is NEVER acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or playing time of another participant.

Head Coach, athlete, and/or parent meetings may help to resolve OTHER issues creating concern or dissatisfaction. Such meetings MUST be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer, or an administrator.

Meetings can be scheduled by contacting Coach Burks through email. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you toward contacting Coach Burks. If a meeting is requested it should be done through Coach Burks only. The vast majority of player concerns will be worked out at this level. If the player or parent were not satisfied with what transpired at the coach's level, the next step would be to involve the Athletic Director. If all else fails, the Principal will become involved.

During the season parents **WILL NOT** discuss player concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email but a response should not be expected within this time period.

Parents Attending Practice

All practices are open to parents. However, it is prudent for parents to stay off the field and not communicate with any players or coaches. The time allocated for practice is short and all attention needs to be on practice.

Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings. Also, due to limited space parents will not be able to go into the weight room when the team is lifting. However, when the team is doing drills in the gym parents are welcomed to sit in and observe.

Football: More Than Just A Game

Teamwork – The ability to work with others is extremely important in today’s world.

Commitment – Players must be at all practices and follow team rules.

Work Ethic – Peak physical condition can only be attained through hard work.

Pride in Performance – A feeling of accomplishment is realized through persistent application of effort.

Friendships – Lifetime relationships are developed through participation in sports.

Achievement – Players represent their communities, schools, and families. A feeling of togetherness is experienced.

Enthusiasm – In order to be successful, both football and life must be approached with enthusiasm.

Persistence – One learns to get up and go again after being knocked down.

Confidence – Self-esteem is enhanced through a series of achievements.

Athletic Ability – The skills essential for football are valuable in other sports.

Have Fun! – Football is fun to play and exciting to watch.

Identity – The team provides all participants with a sense of belonging.

Courage – Performance under pressure helps conquer fear.

Challenges – Participants learn how to overcome obstacles to success.

Better Grades – Numerous studies indicate students active in school activities perform better in the classroom.

Responsibility – The game of football holds individuals accountable for their actions.

Success in Life – According to the American College Testing Service, participating in high school activities is a major indicator of success later in life.

Big Blue Nation Booster Club

Who We Are

The BBN Club hosts and/or organizes all of the off field activities associated with Lagrange Football including; community service projects, team camps, weekly team meals, game day programs (advertising, players ads, etc.), merchandise sales (game night and team spirit gear), special game night activities (senior night), fundraisers, end of the season banquet and much more.

The Board of Directors for the BBN is essentially the administrative staff for the Head Coach. Our purpose is simply to provide the program with the necessary equipment, training, and activities essential to develop players and coaches both in the off-season and throughout the regular season, as well as to give back to the school and community.

Mission Statement

Lagrange High School's booster club is an all-volunteer organization that is committed to supporting coaches, athletes, and school programs in a positive way both on and off the field. The purpose of the BBN is to promote, develop, encourage and support LHS. Our goal is to enhance a more integrated relationship among the parents, administration, faculty, coaching staff, football players, and the local community. The BBN wants to foster and promote a spirit of unity and goodwill among the members.

If you are interested in joining the BBN Booster Club or volunteering please visit the website for more information.

www.lagrangefootball.com

Fundraising

With the high cost of outfitting a player in quality football equipment (~\$700), it is essential that we perform various fundraisers to supplement what is provided by the school's football fund allotment. In addition to the basic expenses, some other major expenses are field equipment, team building events and travel. We are also currently trying to raise funds for some long-term major improvements to the program. We have several fundraisers planned and the dates will be posted on the website's calendar of events.

Fundraising is a Team Function!

One misconception is that our game ticket sales go directly to the football program; they **do not!** The money from our ticket gate goes to the school's general athletic fund and is a tremendous source for all school athletic programs.

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can keep the fees low for our players.

Community Service

We continually ask ourselves, "What is the mission of our high school athletic programs?" For some members of our community or for some parents, the answer would center on how well the team does in terms of wins and losses. This viewpoint would evaluate the season based upon winning the district title or how far a team advances in the playoffs.

We associate educational athletics as being the intentional efforts of our coaches to teach skills, behaviors, actions and attitudes that extend far beyond the X's and O's of our sports. Some of these positive character traits are: hard work, discipline, teamwork, perseverance, sportsmanship, respect and learning how to win and lose with dignity.

In addition to these we will add community service as another character trait that can be used in our pursuit of educational athletics. We define community service as giving back to the school and surrounding community through volunteerism. Service is doing something for somebody else without any expectation of getting anything in return. It is a selfless way for our team to give back to their community.

Throughout the year, the team will participate in several community service activities. These activities will have the secondary benefit of being team building events as well as allowing the players to claim hours that they will be able to put on college or job applications.

Community Service is a Team Function!

Team Building

Team building has many key elements; the most important elements are earning trust, communication, and teamwork. These elements can be built in many different ways. Through team camps, recreational events, community service, fundraising events and standard team preparation. Throughout the year (on and off season) the team will participate in several team-building events. The team will attend at least one full contact football camp during the summer. All the team building events will be posted on the website's calendar of events. ***Team Building Events are Mandatory!***

We hope this handbook answers your questions and motivates you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and/or lack of communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team.

As the 2016 season progresses, you may at one time or another have questions in regards to a variety of different issues that may arise. Feel free to contact Coach Burks to discuss the situations.

"Individually we have responsibilities, that when executed together, will allow us to succeed as a team!"



2016 Player Fees

Lagrange High School Football Player Fee

2016 Football Player Fee is \$250 – **\$100 due June 3rd and remaining balance due July 15th**

All players are asked to contribute their “fair share” of the full cost for the LHS Football program.

Fair share costs are estimated at \$250/player. Contributions to the BBN booster club are encouraged and are tax-deductible. Alternatively, or in addition to making a contribution, all players are encouraged to participate in fundraising events to raise all or part of their fair share amount (See calendar on website).

Incoming Freshmen fee is \$200. **\$100 due July 15th and remaining balance due August 15th**. Incoming Freshmen will be required to participate in all fundraising activities.

It is critical that all players contribute to the team and/or participate in fundraisers.

What is covered by your Fair Share contribution?

- Spirit Pack (T-shirt, Shorts, Compression shirt, Sweatshirt, Sweatpants, and Game Socks)
- Post-game snacks for long distance away games
- Equipment Rental (Helmet, Pads, Game Uniforms, Practice Jerseys)
- Filming of games
- HUDL web-based video system – players will have the capability to make their own highlight videos for personal use or recruiting purposes
- Weight training equipment
- Summer Training Camp
- End of season banquet

Your fee also helps pay for field equipment, major equipment purchases, and transportation expenses.



2016 Player/Parent Contract

(Submission required for participation)

I, _____ (player), and _____ (parent/guardian), have read the 2016 Lagrange High Football Player & Parent Expectations Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Lagrange High Football Program and are aware that all decisions that are made are for the betterment of the TEAM.

It is a privilege to play football at Lagrange High School, NOT a right!

Athlete

Date

Parent/Guardian

Date