

# Riverbank Football Team Manual



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## **Objectives of the Football Program**

- 1) Through athletics you will become better people. It is the intent of the program to teach more than fundamentals. 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 their day, their school, their community, and their country. They will learn the influence they have on younger people and use this influence in a positive manner.
- 2) Each player will receive a diploma and an education. These are not necessarily the same. The diploma will come if you follow the plan set forth by the coaches. Education is the learning to pour yourself out, learning how to make a commitment to something higher and more rewarding than yourself. It is the learning to give and the more you give the more you will receive. To learn to give all you have and not be concerned with what others may think.
- 3) Establish excellence in athletics. You must want to play at a level that our opponents cannot endure for 48 minutes of play. Demand a higher level of 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.
- 4) We will have fun. Athletics is a game to be enjoyed. To be enjoyed it must be done correctly. Once learned how to play correctly, there is nothing more fun. A definite objective is the absence of tension or pressure. The player will know that his responsibility is to give his best physical and mental effort and once he has done that, everything else will take care of itself.
- 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 reinforced. The ultimate compliment is for someone to say of your off the field behavior, "He is too nice to be that guy I see doing what he does on the football field."

# **Riverbank Football Team Values**

## **Loyalty**

Bear true faith and allegiance to the Riverbank Football Team. Bearing true faith and allegiance is a matter of believing in and devoting yourself to something or someone. A loyal player is one who supports the leadership and stands up for fellow players. By wearing the Riverbank Bruin uniform you are expressing your loyalty. And by doing your share, you show your loyalty to your team.

## **Duty**

Fulfill your obligations. Doing your duty means more than carrying out your assigned tasks. Duty means being able to accomplish tasks as part of a team. The work of the Riverbank Football Team is a complex combination of assignments, tasks and responsibilities — all in constant motion. You fulfill your obligations as part of your team every time you resist the temptation to take “shortcuts” that might undermine the integrity of the team.

## **Respect**

Treat people as they should be treated. Respect is what allows us to appreciate the best in other people. Respect is trusting that all people have done their jobs and fulfilled their duty. And self-respect is a vital ingredient with the value of respect, which results from knowing you have put forth your best effort. We are one team and each of us has something to contribute.

## **Selfless Service**

Put the welfare of the Riverbank TEAM before your own. Selfless service is larger than just one person. In serving your team, you are doing your duty loyally without thought of recognition or gain. The basic building block of selfless service is the commitment of each team member to go a little further, endure a little longer, and look a little closer to see how they can add to the TEAM.

## **Honor**

Live up to Bruin values. Players should develop the habit of being honorable, and solidify that habit with every value choice they make. Honor is a matter of carrying out, acting, and living the values of respect, duty, loyalty, selfless service, integrity and personal courage in everything you do.

## **Integrity**

Do what’s right, legally and morally. Integrity is a quality you develop by adhering to moral principles. It requires that you do and say nothing that deceives others. As your integrity grows, so does the trust others place in you. The more choices you make based on integrity, the more this highly prized value will affect your relationships with family and friends, and, finally, the fundamental acceptance of yourself.

## **Personal Courage**

Face fear, danger or adversity. With physical courage, it is a matter of enduring physical duress and at times doing what is thought to be impossible. Facing moral fear or adversity may be a long, slow process of continuing forward on the right path, especially if taking those actions is not popular with others. You can build your personal courage daily by standing up for and acting upon the things that you know are honorable.

# **Offensive & Defensive Philosophy**

## **“Toughness, Selflessness, Hard Work”**

### **Team First**

The most important key to having a successful season is to have a group of players that understands the TEAM first approach. Football is the ultimate TEAM sport. There are only 11 starting spots on offense and 11 starting spots on defense. This means that there will be a lot of players that need to accept roles other than starting. To be successful at the highest level we will need to put the needs of the individual aside for the needs of the TEAM. This means that you may be asked to play a position or perform a task that will put the success of the TEAM in front of the success of the individual. Players that fit the TEAM first philosophy will have the best chance of playing.

### **Do Everything To The Best Of Your Ability**

The coaches will ask you to give us your best effort during every drill, rep, or play in practice and in games. It is very important that you give your best effort on every play as it will help us be successful on Friday nights. Success is not determined by winning or losing. There will be nights that we play to the best of our ability and lose. There will also be nights that we do not play at the highest level and win. Success is measured by how many times we successfully accomplish each play. If we focus on playing to the best of our ability winning will come. When the game is over and each team member knows they left everything on the field and played to the best of their ability, we will be successful. The score doesn't matter.

### **Practice & Play Full Speed**

You practice like you play. Therefore we must practice full speed and with high intensity on every snap. It is very difficult to play full speed on Friday nights when we don't practice full speed during the week. Practicing full speed will help us be successful on Friday nights.

### **WIN: What's Important Now**

Focus on the small components each practice. Winning will come with doing the little things right every time in practice and games.

### **Don't Whine, Don't Complain, Don't make Excuses**

We are here to help you succeed. It is difficult to do this if you have a negative attitude. Whining, complaining, and excuses will not be tolerated. Talk to the coaches when you have a question or concern and listen when the coaches are giving you advice.

### **Never Be Late**

When you are late you miss out on learning the key aspects of the offense/defense that will help us be successful on Friday nights. Make it a priority to get to films, meetings, and practice early. It makes a good impression on coaches and teammates. Leaders arrive early and leave late.

### **Never Criticize a Teammate**

Nobody is perfect and we will all make mistakes. We need to depend on each other when the game isn't going our way. Complement each other and pick each other up when things go wrong so we can turn the game in our favor.

## **Offensive Strategy & Goals**

1. Run first game plan to set up the passing game
2. Keep it simple
3. Teach players how to attack every defensive front
4. Play physical and fast
5. 300 yards rushing, 100 yards passing, 0 turnovers, 0 penalties

## **Defensive Strategy & Goals**

1. Aggressive, attacking defense
2. Fundamentally sound tacklers
3. Relentless pursuit to the ball
4. Create takeaways
5. Limit the offense to 75 yards passing, 100 yards rushing, and 14 points per game

## **Special Teams Strategy & Goals**

### **Kickoff Cover Team**

- Objectives:
  - To give the defense good field position by keeping the receiving team inside the 25 yard line
  - To create turnovers

### **Punt Return Team**

- Objectives:
  - To return each punt a minimum of 10 yards
  - To always give the offense good field position
  - To handle each punt properly

### **Kickoff Return Team**

- Objective:
  - To return every kickoff to the opponents 30 yard line

### **Punt Team**

- Objectives:
  - To gain good field position
  - To allow fewer than three yards per return
  - To force a fair catch
  - To cause a fumble and recover it
  - To down the ball inside the 10 yard line

## **Freshman Expectations**

- **Purpose** - Teaching players the basic rules and strategies of football. Build the players' knowledge of football to a level that will allow them to progress to the junior varsity level, depending on ability.
- **Emphasis** - Learn the basic techniques, schemes, and thinking habits to develop mentally into the player prepared for high school football. The difference between middle school football and high school football is a huge jump for most players. They must learn about the mental aspect of the game that is often absent in middle school football.
- **Weight Room** - Learn the proper technique for lifts and the necessary work-habits to develop physically into a player prepared for high school football. Usually the greater the weight room commitment the greater the team.

## **Junior Varsity Football Expectations**

- **Purpose** - Teach players the intermediate rules and strategies of 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 timid for one of two reasons: they do not understand the game and play confused or they do not have the size, strength, and agility to play aggressively. The focus of junior varsity football is to overcome those shortcomings and develop players ready for varsity.
  - Winning junior varsity games **IS NOT** and emphasis.
  - Emphasize preparing players for the varsity level.
- **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 so they can handle the physical demands of playing high school football.

## **Varsity Football Expectations**

- **Purpose** - Teach players the advanced rules and strategies of 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 college level.
- **Weight Room** - Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

# **Players**

## **Assumptions-Roles of Players**

It is important that you understand that we are making four assumptions. 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. If you are trying to go in a different direction than the program then you and the coaches will never be able to work together.

- 1) We assume 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. Our coaches understand that “Permissiveness is neglect of duty.” You will never be allowed to settle for less than your best.
- 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 made are made with the priority being the team and the individual must come second. Players must understand the positions they play are where they help the team the most and sometimes cannot be where they or their parents want them to play.
- 3) We assume 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 that you are capable of making. You will be responsible to the team to turn in all assigned work on time.
- 4) We assume you want to become a better person. You understand that you represent our team. You may very well be the only athlete some people ever know. Your character is a direct reflection of our program. We assume that you understand that you will always be a member of our athletic program. You will understand that there are many benefits that go along with being part of the program and you will be held accountable for your actions. We will help you become all you can be on and off the field.



## **I. General Player Expectations**

### **Attendance**

- a) Come every day on time. If you cannot physically practice, come dressed out and encourage your teammates.
- b) If you cannot come to practice, call and let the head coach know. Since we expect every player to be at practice, if you do not call we fear the worst. Do not send messages with other players.
- c) You must come every day to reap the benefits. Irregular attendance makes it difficult or impossible for you to be part of a team.

### Consequence:

- a) If you do not come and do not call, there is a strong possibility that you will not be allowed to play in the contest that week.
- b) A person who misses once with what turns out to be an acceptable reason will be judged less harshly than the chronic absent or tardy.
- c) There is NO punishment for excused absence or tardy. Only the head coach can excuse absences or a tardy.

### **Attitude**

- a) Have great expectations daily. Come every day with the expectation of something great happening.
- b) You cannot teach a person who does not want to learn.
- c) Losers view the player-coach relationship as a competition. (example) Player is trying to do as little as is necessary- coach trying to get more.
- d) Winners see the player-coach relationship as a cooperative-operative effort to make the player the best that they can be.

### Consequences:

- a) Attitude is a choice you must make. 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.

## **II. On Field**

### **Effort**

- a) You are expected to give a great effort on every play. 110% is not the goal. How close to 100% can you get 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% every play with less ability is often more productive than a more talented player who gives 100% only under ideal conditions.
- b) If you cannot go 100%, tell the coach. I do not want 90%-I want either 100% or 0%-all or none.
- c) During practice, get in the habit of giving 100% at all times-take each play, each drill one at a time-MAKE EFFORT A HABIT.

### Consequences:

- a) If not giving effort you will run one gasser for every time in practice you do not give 100% effort. We know you want to give 100% so obviously it is your physical conditioning that is preventing you from going 100%. Gassers at the end of practice will dramatically improve your conditioning. Those that give 100% all practice get their conditioning during practice.

### **Compete**

- a) “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.”
- b) Compete to me means to stay true to your colors. Compete means to expect and to prepare, practice, and play to win. It is higher than participation. It is to empty yourself physically and mentally to achieve victory. It is to sacrifice individualism and coolness 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, never criticizing teammates.

Both of 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 positive consequence with each is success, the negative is punishment sure enough to help you understand that the positive choice is not only better but easier. It is tough love.

## **Personnel Decisions**

### **Team Placement**

- a) Players are placed on a team in which they will help make the most positive contribution based on maturity and talent.
- b) Maturity is a major factor. Maturity is defined as “the ability to sacrifice a short term pleasure (such as sleeping in during the summer) for a long range goal (a State Championship). Chronological age is the number of years you have been alive. Mental age is the maturity level you have achieved in the years you have been alive. There are 16 year old men and there are 40 year old boys.
- c) Talent is also a major factor in placement of players. Usually the most talented players will be on the teams at the highest level.

### **Depth Charts**

Position coaches will decide depth charts for their position. Once the game begins the Head Coach has the prerogative to remove or insert players as he feels is necessary to produce the best results. This may or may not be done with the consultation of the position coach.

### **Position Placement**

Position coaches must feel good about all the players he coaches. If the coach feels he cannot work with an individual player he can put the players name on the table to be reassigned to a different position. If a player wants to change positions, he meets with the Head Coach and the Head Coach will decide what is best for the team and the individual. Remember, the team comes before the individual.

### **Captains**

Captains are elected to serve as a liaison between the team and the coaches. Be careful with your interpretation here: I always have time to talk to any player about their individual concerns. Captains are not negotiators or agents: they are not necessarily the leaders-they are elected to serve not lead. The Captains are here to interpret, translate, and explain. They are not policy makers. If you have concern, tell them to a Captain or the head coach- to take them elsewhere means you want sympathy not results.

## **Playing Time**

Every one of you wants to start on our Football Team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, I feel it is important for you to understand how we will decide on playing time as practice progresses. The following Five points will be:

### **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 do the same. Effort wins games. Everyone can give 100%.

### **3. Hitting and Mental Toughness**

We will discover during fall practice who has a strong desire to intimidate our opponents. Football is a contact sport and it must be played with mental toughness. Everyone can hit.

### **4. Contribution to the Overall Team**

Football is one of the few team sports left. The individual who motivates his Teammates to be enthusiastic and ready will make a greater contribution than one who does not possess this quality. One man who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing.

### **5. Talent**

If the above four characteristics are equal and they should be, then the young man who has the most talent, makes the most big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are injured it will be difficult for us to evaluate you.

My main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach. In the event you are still not satisfied then see the head coach, I am here for the same reasons you are:

1. See you get an education and a diploma. There is a difference between them.
2. See that you mature and grow as a man.
3. See that we have the best football team possible.

Consequently, the best football players, according to the criteria previously mentioned, will start. In closing, let me reiterate that our starters will be determined on the field by their performance and not by me. I have great respect for you and believe that you will know your assignment, give 100%, hit, and be a team player. I will continue to believe this until you prove me different.

## **Game Day Expectations**

1. Every game will be tough to win. No team wants or has a burning desire to lose. Some teams desire to win is greater than others; hence some teams are more difficult to defeat. When two teams are competing, what you are watching is more a contest of wills rather than of skills, with the stronger will usually overcoming the skill. The skill will not prevail unless it is so superior to the other team's skill that the will is not tested.

2. Force your opponent to play full speed 6 seconds every play, knowing that when the game is on the line in the 4<sup>th</sup> quarter there is a high probability that fatigue should destroy his will. Force him into fatigue by making him give more effort longer than he is normally accustomed. Know in your mind if we are close going into the 4<sup>th</sup> quarter, the advantage is ours.

3. Mentally prepare to play the game. Visualize the game before you ever play. See yourself being successful. Remember, the body cannot tell the difference between a real experience and a vividly imagined experience. See the results. Have respect for your teammates as they prepare.

4. No one will risk not playing by being late. You will be expected to eat together and prepare together. As soon as school is out all players will be given an allotted amount of time to get their food and report back to the school. Players will remain at the school until game time.

5. Know and believe every close game will be decided by Special Teams. It has to be our advantage. The coaches will devise a good plan and we will work on it more than any of our opponents. The players must be committed to winning in this area.

6. Stay true. No team will win every game it ever plays. No player will ever play a perfect game. Every player can stay true to its colors, true to his school, to his parents, and to their community. To give up, to quit, to cut back, to feign injury, is being disloyal to your school, heritage, and those who trusted in you. Not every person can be great but every person can stay true to their colors.

7. Be result oriented. Each player must realize he is responsible to get results. No coach will call a perfect game. Our coaches will spend the time in preparing a game plan to give you the best chance to win but you must perform. Understand that you have never lost until you give up. The greatest comeback in football could be this year. You are never too far ahead to celebrate until the game is over. They can't come back unless you let down.

8. What you do is so loud I cannot hear what you say. Football is a physical game, it is not a debate. You need to let your playing do your talking.

9. Never criticize, always encourage. Your teammate needs you when he has made a mistake. Always be there to pick your teammates up.

10. The contest begins with pre-game.

11. At the conclusion of each game we will shake the hands of our opponents and then gather on the field before you are released to your family and friends.

### **III. Classroom-School Building**

Vince Lombardi-“Winning is not a sometime thing.”

This is simply a habit. Be a winner in the classroom and in the school building.

#### **1) Accountability**

- a) You will be held responsible for all work that your teachers ask you to complete. It is most important being a winner in the classroom by giving 100% effort which means turning in assigned work.

#### Consequences:

- a) For every assignment not turned in there will be a gasser for the whole team at the end of practice on Mondays. Teammates help each other when needed. That means on the field and in the classroom.

#### **2) Responsibility**

- a) You are responsible for your actions. Breaking school or classroom rules are choices and must have consequences. You are a member of something great-being suspended for breaking school rules hurts our team. You have chosen to be selfish instead of selfless. Use good judgment in the classroom and on school grounds, always keeping team in mind.
- b) Locker rooms are your athletic homes. You are responsible to keep your individual area clean and as a team keep that area neat. You are not required to have everything in your locker in one exact manner. You are trusted to keep it orderly, neat, and clean. If this should be a problem- your position coach and you can work on this together.
- c) The players will be given a place to store valuables. If the coach does not furnish the athlete with a safe place to store valuable items, the athletic department/coach assumes responsibility. If the player does not store valuable items in a safe place, the athlete assumes all responsibility.
- d) I will try to always pick up locker rooms after practices. Since I am paid only as the Head Coach, I feel it is fair that guys pay me to pick up after you. Each article is one gasser.

#### Consequences:

- a) For poor choices you will always have to accept teacher or school punishment. This could affect our team. If it is selfishness, you could be eliminated from the team; otherwise it will be handled on an individual player basis and always by the Head Coach.

### **3) Academics are a Priority**

This philosophy is supported by a study conducted by the University of Washington. This study projected the likelihood of a high school varsity athlete receiving an athletic scholarship to a higher educational institution and later moving on to the professional ranks.

1. 59% of all high school varsity athletes believe they will receive a college scholarship upon graduation.
2. In actuality, 98.6 out of 100 varsity high school athletes involved in all sports will never play in college.
3. 11,999 out of 12,000 college student athletes will never have the opportunity to become a professional athlete in any sport.

Education is more important than academics. What is interesting is that of all the “Top 10” ranked academic students at the high school level, 98% of both boys and girls are involved in 2 or more extra-curricular school activities, annually this points to the importance of extracurricular activities being in support of positive academic success.

## **IV. Off-Campus**

High School athletes emulate College and Professional athletes, Elementary and Middle School emulate you. Make sure what they are imitating is positive.

### Consequences:

- a) Selfishness: You will be eliminated from the team. There is no cure except removal when you constantly put yourself above the team, you must be eliminated.
  - i) Symptoms of selfishness: Chronic Tardy/Absent, Stealing, Fighting, Violation of Dress/Appearance Code, Class Misconduct, Chronic Complaining, improper use of Social Media, putting your own interests before the good of the team.
- b) 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.
- c) If you are arrested - you will be removed. You all have phones-if you get in a situation that may cause embarrassment and you need help-call immediately-someone will help you. Do not wait until it is over, that is too late.

### Substance Abuse

Abuse of alcohol and drugs is not a new problem, it has been around forever, and I do not have a solution. There are things you should think about before you use alcohol or drugs!!

- a) If you use alcohol or drugs to have courage-you are a coward-alcohol and drugs cannot change that.
- b) If you use alcohol/drugs to run away from a problem-you do not solve the problem-you create a second problem.
- c) You must understand that you represent some great entities: school, your family, athletic family, coaches, and your community. You risk hurting every one of these by using alcohol or drugs. This is a very selfish act. Selfishness can cause you to be dismissed. The ordinary will do it. I can assure you-it takes an extraordinary person to abstain. I hope we do not have ordinary selfish people on our team.
- d) If you break the substance policy at RHS you will suffer the consequences per school policy. You will also need to complete character development training with Coach Pirillo in order to be able to participate as an active member of the team. The character development will be set up around Coach Pirillo's availability.

### Social Media

- a) Staying connected with friends and family is a high priority in today's society. One good way to do that is through the use of social media. While everything has its pros and cons, using social media needs to be done properly. In order to ensure PLAYERS & PARENTS are making positive decisions during the season the following is expected of you regarding social media:
  - i) All posts, tweets, messages, ect. will be positive.
  - ii) Comments about the football team will be about "we" and "us" and WILL NOT address or be directed at our opponents.
  - iii) Obscene, inappropriate, or rude comments will cause the player to miss game time and possibly lead to dismissal from the program.



## V. Weight Room/Off-Season Training

- a) Being part of a successful program means working hard year round. If we want to be competitive it's important for players to continue with our workout program throughout the year. Below are the weight room expectations:
  - i) Come prepared (Shorts, athletic shoes)
  - ii) Lift at Riverbank High School. You play for Riverbank not the Town gym. Train with the team.
  - iii) Lift at 7 a.m. with your teammates. If you want to be great you have to make sacrifices. That may mean going to bed earlier to get enough sleep. It's easy to say you want to be great. Showing up proves it.
  - iv) Lift every day, all year. Again, making a commitment to being great is not always easy. If we want Riverbank Football to be great we need dedicated athletes. There are hundreds of excuses you can use to get out of lifting. We are looking for players that find a reason to show up.
  - v) Be productive, don't just show up and sit around. Actions speak louder than words. Saying you lifted and actually lifting are two different things. You can't get better if you don't push yourself. Your teammates and coaches will be there to support you.
- b) We encourage players to be **multi-sport athletes**. It is our belief that being a well-rounded athlete will help us achieve success in the fall.
- c) Compete for Riverbank athletics. It's great that you want to be part of other athletic programs but it's important that we make Riverbank athletics great. To do so we need athletes to commit to playing sports that are run through the Riverbank Unified School District.

## VI. Injury Reporting & Treatment

- a) Players are responsible for reporting any injuries immediately following practice or games.
- b) Injuries need to be reported to the coach of the level the athlete is participating at.
- c) Coaches need to fill out an injury report and parents need to be contacted.
- d) All exercises need to be completed as specified by the coaches.
- e) The coaches will notify when the player is cleared to resume practice and/or game activity.

## **VII. Awards Policy**

There is no way to designate an objective number of minutes or quarters to determine who does or does not letter. Some players reach the proper quality of quarters or minutes without actually contributing a great deal to success. Lettering by playing time also excludes practice, leadership, team dedication, and off the field attitude.

### **Lettering Criteria:**

To reward those players who were integral parts of team success by contributing the following:

- 1) Attitude....Willing to sacrifice individualism for the good of the team.
- 2) Ability....Contributed both in practice and during games.
- 3) Attendance....The athlete is the type of person that coaches, parents, faculty, and community will be proud to have as a representative of their high school. The player is a good example of a first class program on and off the field. The player must complete the entire season in good standing with the team and coaches.
- 4) Grades....Players are responsible for passing all classes. This includes midterm grades. Remember, athletes are students first.

## Coaches

### **I. Assumptions**

1. You want to be the best coach that you can be.
  - a) Assumes a willingness to work the hours necessary to improve attitude, self-image, and technical skills.
  - b) Assumes a willingness to grow, be receptive to new ideas and techniques, and be willing to read and research.
2. You want to make a positive impact on young people.
  - a) You will be a coach who will assure kids of what they can accomplish.
  - b) You will search out the good in each player.
  - c) You will criticize the performance, not the performer.
  - d) You will teach and model character, integrity, honesty, and class.
  - e) You will demonstrate, in work and action, the importance of a quality education.
  - f) You understand that each player has worth and is to be treated as such.
3. You want to coach on a Championship Team.
  - a) You understand the TEAM concept. I.E., the best offense or defense is not the goal. The team is the goal.
  - b) Do not confuse activity with accomplishment. Be result oriented.
4. You are where you want to be, which assumes you will exhibit intense loyalty to our school family.
  - a) You will only discuss team decisions with coaches.
  - b) You will speak positively about the program and the people within it.
5. You will read and understand all rules concerning football.
6. You will read the Athletic handbook and follow all policies and procedures before you ask a question of the Athletic Staff. This will make sure it is not answered in the handbook.
7. Our Athletic program will be a “Family”. We have a comprehensive athletic program in which all personnel will help and work in all assigned sports. Support and help are expected, not optional.
8. You are a mature adult. This assumes you will use irreproachable language with words such as hope, responsible, sharing, caring, and stress US, OUR, and WE. It assumes you refrain from language which is suggestive, condemning, negative, demeaning, or gossiping. Avoid personal references such as ME, MY, or MINE.
9. It is assumed that you will understand your position as a role model for the definition of maturity; willing to accept responsibility for who, where, and what you are and for your actions.
10. You understand that being late or absent is symptomatic of selfishness and can result in dismissal.
11. You are a professional.
  - a) You will separate home and career.
  - b) You understand the importance of perception and appearance. Your appearance will reflect the importance you place on your job.

12. You understand and will follow the chain of command. If you do not understand the chain, you will ask. Not following the chain is justification for termination. Many decisions are made and changed without your input or approval. It is your job to carry them out until such time that you can discuss concerns with the Head Coach.

13. You will be a great teacher. There is no greater hypocrisy than a person who professes a desire to be a great coach but fails to do a great job in the classroom.

14. You understand the harmful effects of drugs (including tobacco and alcohol) and how using these in the wrong manner could be harmful to your image as a positive role model.

15. You understand that the newspaper will print articles and quotations to sell newspapers, not to relay the truth, you must understand that words spoken, especially to the media cannot be recalled. Think of all possible repercussions BEFORE you speak to parents, players, and the media.

16. Our coaches should be people with “Big Minds”.

Small minded people talk about people. Big minded people talk about ideas.

17. Our coaches should be people with “Big Hearts”.

People with small hearts love only those athletes who can do things for them.

People with big hearts love all their athletes.

## **II. Varsity, and Junior Varsity Coaching Responsibilities**

### Meetings & Planning

- Attend all meetings called by the head coach and coordinators.
- Plan and organize meetings and drills to teach necessary information and skills to players.

### Practice & Equipment

- Plan, organize, and implement all aspects of practice with the head coach.
- Help with issuance, inventory, and storage of all equipment.
- Keep field equipment in good condition and help with repair and/or replacement.

### Weight Room & Locker Room Duty

- Know the weight program and lifts.
- Supervise the weight room and locker room when scheduled.

### Player Evaluation & Development

- Evaluate players each week, game, season, and year.
- Meet with position players to discuss areas of strength and weakness.
- Develop each player at their position to maximize their abilities.

## **III. Expectations - On the field:**

### **Teach sport specific skills:**

- a) If the athlete comes every day with a good attitude it is the coach's job to teach specific skills.
- b) Coaches must know techniques that will enable athletes to be successful and be able to teach those skills.

### **Be Enthusiastic:**

- 1) Teach character, use athletics to teach players about life.
- 2) Develop Group Pride 2<sup>nd</sup> only to team Pride.
- 3) Each position coach should want to make his group the most productive group on the field.
- 4) Treat every player with respect players deserve.
- 5) Never use degrading names.
- 6) Never physically touch athletes in a punitive manner.
- 7) Be a professional at all times.

## **IV. Classroom**

- 1) Players should see no difference in the classroom or on the field.

## **V. The Community**

- 1) Be a role model for young people.
- 2) Be involved in more than sports.

Consequences for poor choices by coaches are lessening of responsibility or non-renewal of contract.

## Parents

### Understand the Role of Parents

- 1) The role of a parent in a program is to cheer for their son and contribute to the positive development of the athlete academically, physically, mentally, and emotionally. This does not include speaking negatively about other players in the program, coaches in the program, play-calling, or game planning.
- 2) Use Social Media Appropriately
  - a) Please only post positive comments about the program and school.
  - b) Do not publicly discuss opinions about other teams, players, parents, or coaches. Remember you are a role model for your son.
- 3) Help your child attend every function on time. When we say on time we mean early. If you are always 5 minutes early you are never late.
- 4) Never hesitate to call or visit with the Head Coach about any concerns that you might have. The only problem we cannot solve is the one we do not know about. In doing so please use the proper protocol for discussing concerns with the program. Administration, school board members, and the superintendent are usually not actively involved in decision making for the program. Below are the proper steps to take:
  - a) Contact the Head Varsity Coach about your concern regardless of the level the player is at.
  - b) All meetings must be scheduled by appointment. You can reach Coach Pirillo at [jpirillo@riverbank.k12.ca.us](mailto:jpirillo@riverbank.k12.ca.us)
  - c) No meetings, conversations, or communications on game day unless it's an emergency.
  - d) All communication must be professional and respectful.
  - e) The following items may be discussed:
    - a) Treatment of their child, safety of their child, work habits of their child, improvements of their child, opportunities for their child, attitude and behavior of their child, academics of their child, and playing time.
    - b) The following items may not be discussed: Game strategy, play calling, other players playing time.
- 4) Discuss the issue and allow the Head Coach time to discuss the concerns with all involved. Please be patient as this may take time depending on the individuals involved and when a meeting can take place.
- 5) If a resolution cannot be met the Head Coach will meet with the Athletic Director to discuss further options.
- 6) If you have questions or opinions please communicate with the Head Coach rather than the players.
  - a) It's very difficult to build a successful program when negative opinions are shared with players. To build a successful program we will need positive parental involvement.
- 7) Be Involved in the Program
  - a) A common thread in each successful program is strong parent involvement. The larger the involvement of parents, the more meaningful experience the players have with the support staff.
- 8) Hold coaches accountable for everything in this handbook.

## **The Family**

I have **READ, UNDERSTAND, and AGREE** to the Riverbank Football Manual and the rules set forth to participate in the Football Program at Riverbank High School.

*(Player/Manager and ONE parent must sign)*

**[Click Here to Sign](#)**