

# EAST LINCOLN MIDDLE SCHOOL FOOTBALL PROGRAM MANUAL



Updated 6/6/23

## **WELCOME**

Dear players, coaches, parents and guardians,

On behalf of East Lincoln Middle School, I would like to welcome you to our football family. Our staff sincerely hopes being a part of our team will be a positive experience for everyone involved. Every decision made will be based upon what is best for the team as a whole. We will strive to make players feel that they are an important part of our team regardless of experience or athletic ability. During the season, we will work hard not only on the fundamentals of football, but on building character through discipline, dedication and determination. Effort and attitude are paramount to the success of our team. We believe that enthusiasm is contagious. If everyone stays positive, supportive, and simply believes in each other, we can reach our goals. Football is about building relationships. Coaches, players and parents must trust each other in order for our team to experience a successful season.

Throughout the season, we will try to keep the lines of communication open. Feel free to contact us if you have questions or concerns. Thank you in advance for your support and welcome to Falcons football. Enjoy the season!

Sincerely,

Coach Dugan

### **Assistant Coaches**

Brian Hamilton

Steve Huffman

Rick Sargent

Patrick Mizzell

## **Expectations**

### **Coaches:**

1. Be positive – Praise loudly and criticize softly. Clearly explain how players can improve. Let every player know they are important to our team.
2. Be knowledgeable – Continue to learn about the sport. Read books and articles, attend coaching clinics, and seek the knowledge of experienced coaches.
3. Be a role model – Be dedicated, and disciplined. Always show good character and sportsmanship.

### **Parents and guardians:**

1. Attendance - Make every possible effort to ensure your child is at EVERY practice. Football requires dedication and sacrifice.
2. Be Considerate - Please pick your child up on time after games and practices.
4. Be positive – Your child needs to believe in the team! They need to know you are willing to trust and believe in all of us.
5. Be a role model – Always show good character and sportsmanship.

### **Players:**

1. Attitude – Be positive. Support and respect your coaches and teammates.
2. Effort – Always give 100%.
3. Attendance – Be at practice every day.
4. Academics – Follow school rules and maintain passing grades.

## **Disciplinary Actions**

Not following team or school rules is a distraction. It also reflects a lack of discipline, dedication, and determination. Consequences for players are typically:

1. Warning
2. Extra conditioning drills
3. Suspension from a game or practice
4. Removal from the team

In extreme cases, players can be benched, suspended from a game, or removed from the team due to the actions of their parents or guardians. Parents can be barred from attending middle school athletic events. Lying to coaches, bullying or stealing can result in automatic dismissal from the team.

## **Philosophy**

Our philosophy is to set goals, keep a positive attitude, and work hard in order to achieve our goals. If we achieve our goals, we are successful.

## **Success**

We define success by the following criteria:

1. Being on the team is a positive experience for every player.
2. Our players leave us better people than when they arrived.
3. Our school and community are proud of our team.
4. We did everything possible to reach our goals.
5. We established positive relationships that will stand the test of time.

We believe in order for our program to be successful, **everyone** (players, coaches, and parents) involved in our program **must** follow these principles:

1. Be committed – Surround ourselves with dedicated people.
2. Be honest – Always play and coach within the rules of the game.
3. Be unselfish – Put the team ahead of ourselves.
4. Be disciplined – Do the little things right, every time.
5. Be role models – Demonstrate good character.
6. Be enthusiastic – Enthusiasm is contagious!
7. Be persistent – No matter the situation, never quit.
8. Be goal oriented – Set goals and work to achieve them.

## **Practice**

Practice is the most important component of our football program. It is where we build relationships and develop players. Players are expected to be at school every day unless they have an injury or illness requiring a doctor visit or a serious family emergency. An excused absence may result in a player not starting or playing in the next game. Unexcused absences may result in a player being suspended from a game or dismissed from the team. Attending practice but not participating due to injury requires permission from a coach or a doctor's note. **Players must be off school grounds within 15 minutes of a practice ending.** Parents can watch practice as long as their presence is not a distraction. Coaches will be available after practice to answer your questions. **Please do not call the school to ask if practice has been canceled.** Players will call parents if a practice is canceled and a message will be sent out in the Remind application.

## Games

Games are usually on Wednesday afternoons, but they are sometimes moved to other days due to weather or scheduling conflicts with the high schools. Games are played at the high school stadiums. There is an admission charge to enter the stadium. Concessions are usually available. Normally, the official game begins at 5:00 and ends about 6:30. Around 4:30, we often scrimmage using players who may not play in the actual game. We call this **5<sup>th</sup> quarter** and it is a great opportunity for players to compete in a game-like setting. 5<sup>th</sup> quarter usually lasts for about 20 minutes. **Coaches will NOT be available on game days to answer your questions or listen to your input or concerns.**

## Volunteers:

We need help from parents to do the following:

- Chains and down marker at home games
- Filming all games

## Playing Time

There is a good chance that some players will not play in an actual game. There are no rules about playing time. Our conference is competitive and the games can be intense and emotional. We hope to give every player a chance to play, but there will be times when we will only play our best athletes to remain competitive. Players who are not likely to play in the game will be given priority to compete in the 5th quarter scrimmage prior to the game. It is our belief that a player who may not get into games can still have a positive experience being part of our team. Each player will be evaluated daily by multiple coaches. Players should know exactly what they need to improve to achieve playing time.

## **Positions**

We will consider a player's interest in a particular position and allow them a chance to try out for any position. We ask our players and parents to trust the coaches to assign positions based on what is best for the entire team.

## **Safety and Risks**

Every effort will be made to properly equip, hydrate and teach your child to enjoy football safely and without injury. Safety is our first priority.

Unfortunately, participation in all sports and physical activities involves certain inherent risks and regardless of the care taken, it is impossible to guarantee the safety of the participant. Football is an activity requiring considerable coordination, agility, strength, and a high level of cardiovascular fitness. While it is a reasonably safe sport as long as safety guidelines are followed, some elements of risk cannot be eliminated from the activity. A variety of injuries may occur to a participant. Some examples include, but are not limited to: (1) Minor injuries such as scrapes, bruises, strains, and sprains; (2) Serious injuries such as fractures, dislocations, torn ligaments, tendons, and muscles, concussions, and heat illness; (3) Catastrophic injuries such as paralysis and death.

### **NC Middle School Athletic Manual regarding behavior during games:**

*Students and spectators should realize you represent the school as does a member of the team; therefore, you have an obligation to be a true sportsman, encourage through this behavior the practice of good sportsmanship by others; recognize that a good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team; remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social, and emotional well being of the players through the medium of contest; and be modest in victory and gracious in defeat respect the judgment and integrity of game officials.*