

***Player & Parent
Expectations
Handbook***



Welcome to the DeSana Middle School Football Family!

Program Philosophy

“Effort, Toughness, and Know What to Do” is the foundation of DeSana Middle 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 taking care of the little things. If we take care of the little things, winning will take care of itself. 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 DeSana Middle School football team translates directly to behaving as a responsible member of DeSana Middle 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 DeSana Middle School football program, located at the back of this handbook.***

Dragon Pride

It is a privilege to be a member of this football squad and to be a Dragon. 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. DeSana Middle School Football has committed to THE TIME IS NOW. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Dragon uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Dragon all the time and forever.

Program Alignment

JV Football

Purpose: Teach players the game of football and the strategies of DMS football.

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

The largest difference between a JV player and a Varsity player is their aggressiveness. JV players tend to be 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 is to overcome these challenges and develop players that are ready for Varsity Football.

Weight room: Develop proper lifting techniques, 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 middle school football. Increasing the strength, speed, and agility of the JV players will improve their ability to prepare them for Varsity football.

Varsity Football

Purpose: Teach players the advanced game of football and the strategies of DMS 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 high school athletes for the high school level.

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

Physical and Health Insurance Paperwork

To participate in games and/or practices, all players must have an updated physical exam on Forsyth County forms and uploaded to dragonfly. All players are also required to have health insurance. If a family does not have health insurance, then a policy can be purchased through DMS to cover the student-athlete. Please see Coach Williams if you are interested in purchasing this policy.

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.*

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.*

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 child'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 middle school players will make mistakes. Your support is needed during tough times.*

Promote having fun and being a team player. Very few middle 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 supporter of school activities. *Help build a solid support system for coaches and athletes.*

Help students keep perspective. *Materialistic values can detract from the commitment to the team. Pre-Teens 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*

Communication to Parents

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, athletic director, or an administrator. Meetings can be scheduled by contacting Coach Williams 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 Williams. If a meeting is requested, it should be done through Coach Williams only. Most 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 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.

To help solve your concern efficiently, you should follow these steps:

1. Player needs to visit with Coach Williams. Request a meeting if necessary. Most concerns will be worked out at this level.
2. Players need to have their Parent/Guardian Email Coach Williams with their concern. Request a meeting if necessary.
3. If you are not satisfied with what transpires at the above levels, the next step would be to speak with the Athletic Director.
4. If all else fails, the principal should be contacted.

Social Media

1. Think twice before posting. Everything you post is public information. Any text or photo placed online is completely out of your control once it is placed online—even if you limit access to your site.
2. Use caution when adding someone to your site. Be respectful. Be positive and treat others the way you would want to be treated. If mentioning an opposing team or opposing player, only do so in a positive manner.
3. Be honest. Be transparent and always tell the truth. Don't post anything you wouldn't openly say in the classroom.
4. Comments or posts that include mention of drug use, profanity, fighting, off-color or sexual humor, ethnic slurs, personal insults, or other inflammatory language should not be used.
5. Remember that the Internet is permanent. Even if you delete a post, it still exists online and can be found.
6. Limit the posting of personal information. To minimize your risk for being a victim of criminal activity, do not post your home address, local address, telephone number, birthdate, or team travel arrangements.
7. Do not post information about injuries — yours or your teammates — and never engage in gossip or share information about team-related matters.
8. Every day is a job interview. Be aware that coaches, teachers, and scholarship committees often review social media sites as part of applicant evaluation.
9. Always follow Forsyth County Schools' rules. It is your responsibility to follow FCS rules when posting content on a social media account. If you are unsure, ask.

Parents Attending Practice / Remind 101 UPDATES

All practices are open to parents unless otherwise notified. However, it is prudent for parents to stay off the field, behind the fence, 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.

Parents in an event of a time change to practice, games, events, etc.... The coaches will send out a Remind Update. You can join our DeSana Middle School Football Remind update list by using the link below to join our class.

remind.com/join/dragons625

Player Expectations

We will operate the DMS Football Program in accordance with the rules, regulations, and policies as outlined by Forsyth County Schools, and the administrative policies of DMS. Within that framework we will provide a football program of the highest quality that meets the needs of our students, school, and community. As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, 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 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 parent/guardian 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 Dragon Reminders (DR) 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.

Coaches evaluate practice every day. This is your opportunity to demonstrate that you are the best option to help the team win.

1. Any player who is late to practice will be held after practice to make up for the time they missed. DR (Dragons Reminders).
2. Any player who misses practice without notifying Coach Williams 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, parents please contact Coach Williams.
4. All illness and sickness absences need to have a doctor's/trainer excuse upon returning to practice determining excused or unexcused. Too much homework 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 DMS 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 DMS administration.

Inclement Weather

When a practice is scheduled, we will practice as a team regardless of the weather (obviously, extreme occurrences such as a tornado provide 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.

Five Day Conditioning Period

Another exciting school year is upon us and that means its football season. As you know we begin our 5 consecutive days of mandatory conditioning period on Tuesday July 18th and officially start practice on July 25th. Parents, I want to make sure we have covered some basics as we approach the beginning of the new season.

· 5 consecutive days of conditioning and acclimation days ARE MANDATORY.

Every player must go through the 5 days of acclimation before they go into full pads. This includes games and practices.

- If a player misses a day, then that player cannot go into a full pad practice, scrimmage, or a game until all 5 days of the conditioning and acclimation days are satisfied.
- Beginning July 18th, if your child misses a day of practice, they will have to make-up the days missed in helmets and shoulder pads upon their return.

2023 Player Fees

Football Dues (Mandatory)	\$
Field Painting, County Website, and County Awards	\$30.00
Equipment Fee	\$45.00
Pre-Game Meals/ DeSana Awards/ Banquet/ Port-A-Johns	\$75.00
Player Fees- Pay Officials, Pay Security, Reconditioning, Maintenance, Hudl, Lay Coaches Pay	\$350.00
Total	\$500.00

General Notes:

- ***\$1000 of our budget is allocated to pay our two lay coaches \$500 each at the end of the season for their time and efforts.***
- Fees are due by **August 1, 2023**
- **You may make monthly payments starting June 1st (\$175), July 1st (\$175), and August 1st (\$150)**
- ***100% of your egg raffle tickets sold will be deducted from player fees.***
Sell 50 tickets and your Player Fees are covered!
- **If your child quits, you will not be eligible for a REFUND. If your family moves out of the district, you will be eligible for a partial refund.**
- **Players do not get to keep their jerseys and will be assigned numbers according to size/availability**
- **Game Jerseys and Player Pack will not be handed out until Membership Fees are paid.**

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 2023 season progresses, you may at one time, or another have questions in regard to a variety of different issues. Please feel free to contact Coach Williams and every effort will be made to provide you with the information you need.

2023 Player/Parent Contract

(Submission required for participation)

I, _____ (player), and _____ (parent/guardian), have read the 2023 DeSana Middle 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 understand 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. 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 DeSana Middle School 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 DeSana Middle School.

Athlete

Date

Parent/Guardian

Date