

# SANDWICH INDIANS FOOTBALL 2023

## PRACTICE

### PURPOSE AND EXPECTATIONS

*"The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor."*

*– Vince Lombardi*

#### PURPOSE

1. Individual Skill Improvement
2. Players learn to blend their talents in an effort to meet the overall needs of the team.
3. Build Team Unity

#### EXPECTATIONS

1. Attendance
  - Attendance is expected and required at all practices.
  - Any absence other than illness or family emergency will be considered unexcused.
  - If you are ill and not in school, tell the secretary to notify your coach. If you get ill during the school day and have to leave, notify your coach or have the secretary notify your coach.
  - **REMEMBER: *There is a difference between being ill and not feeling well.***
  - **REMEMBER: *Any time missed at practice may affect playing time.***
2. The head coach will determine the penalty for the first unexcused absence. The penalty for the **second unexcused absence** will be to **sit out the next game**. **Three unexcused absences** will result in **dismissal** from the team.
3. Practice will begin according to the schedule.
4. Any player late for practice will have extra work to make up afterwards.
5. If an athlete requires help from a teacher, the player should try to arrange a time that doesn't conflict with football. A written pass from the teacher will excuse the tardy if another time can't be arranged.
6. When any coach is speaking---your eyes must be on the coach and there will be no talking.
7. Report all injuries to the trainer, your coach, and your parents.
8. Spikes are not to be worn in the building or on any bus. They should be cleaned away from any entrances before bringing them into the locker room.
9. Jewelry is not to be worn at practice.
10. Football is a game of emotion, intensity, concentration, and repetition. Work hard in practice at all times.

## GAME PREPARATION & PROCEDURES

### PREPARATION:

***An Indian football player must have respect for every opponent but fear none.***

Preparation for a game begins with the player having the proper frame of mind to execute to the best of their ability. We want players to have confidence based on the fact that we have prepared physically and mentally. We would rather have our players feel overconfident than afraid or lacking confidence. Our main concern is not what the opposition will do to us.

Our main concern is that we execute with skill and intensity.

**Your physical and mental preparation must peak at game time.**

***If this takes place, then we will go into every game with an excellent chance to win.***

### PROCEDURES FOR GAMES:

1. Jewelry is not allowed by the IHSA.
2. Be prepared to play in all weather conditions.
3. Game uniforms are not to be modified in any way. Black socks are a required part of the game uniform.
4. Any player late for a game may lose his chance of playing that day.
5. Arrive early to catch a bus for an away game.
6. **REMEMBER:**  
**If You're Early, You're On-Time**  
**If You're On-Time, You're Late**  
**If You're Late, You're Being Selfish.**
7. As a rule, arrive 15 minutes before any scheduled time. This will help avoid any time conflicts.

## THE SIDELINE... A RESERVE AND THEIR ROLE

A coach must decide on personnel and each player's role. The problem is obvious: football is a game played by 11 at a time. The team may consist of many more players. If any of these players didn't think they were good enough to play then they would not be out for football. So, the problem is this: all players want to play because they think they are good enough, but **only 11 can play at a time.**

A great deal of time goes into deciding who will play. There is "no class system." If a younger athlete is better than an upperclassman they are going to play. Players must be given adequate time to jell as a unit. Some athletes are bigger, faster, stronger, but don't have a corner on dreams, ambition, or desire.

### RESERVES PLAY VITAL ROLES

These roles can be broken into the following areas:

- The reserve must provide competition in practice so that all players are challenged.
- A reserve must be prepared to enter a game at any moment. This means they must know every phase of the game and watch the game intently.
- The reserve must constantly work to improve as a player. The player who doesn't work hard to improve will keep themselves on the sideline.
- The reserve has a job to contribute to the **TEAM'S UNITY**. They are not expected to be overjoyed with not playing, but they are expected to refrain from criticizing teammates and coaches. They are expected to participate in the game by cheering and encouraging others, rather than sitting with a bored disinterested attitude. They are expected to be a team member in the fullest sense of the word. **We win as a team and we lose as a team.**

Being a reserve is difficult. The reserve, whether they see a play of action or not, is an essential part of a team's success. **It takes a person of real character to be a reserve.**

## COMMUNICATION COACHES, PLAYERS, AND PARENTS

I believe that Sandwich football program involves a partnership between the school, coaches, players, and parents. We are all in this together. Everybody wants to see the team succeed, each player to contribute, and each player valued as part of the team. I want parent involvement and I believe it is necessary for our success. The involvement needed is built on support, trust, and enthusiasm.

### ADDRESSING CONCERNS

There will be times during the season where questions may come up concerning your son and the football team. The following procedure should be used to help promote a resolution of the concern.

#### **Please follow these steps in order**

1. You and your son talk about the situation.
2. Your son expresses his concern to the head coach.
3. Your son and you discuss the concern with the coaching staff.
4. Your son, you, and the AD discuss the concern with the coaching staff.

#### **Appropriate items to discuss**

1. Notification of scheduling conflicts
2. Ways to help your son improve
3. Concerns about your son's behavior
4. Specific concerns about the expectations or philosophy of the coaching staff
5. Any area in which you believe I can assist you in your son's growth or happiness

#### **Inappropriate Concerns**

1. Playing Time
2. Team Strategy
3. Other Team Members

**Please do not attempt to discuss a concern with a coach before or after a practice or a game. These are usually emotional times, and not much will get accomplished. Please call to set up a time to meet with the staff.**

## SANDWICH FOOTBALL PLAYER CONTRACT

I agree to place the welfare of the team as my top priority. I will be attentive and cooperative at all meetings, practices, and games. I will be in attendance and on time for all meetings, practices, games, and other functions related to the football team. I will conform to all policies and rules set forth by Sandwich School District #430, as well as team rules and regulations.

I understand that should I fail to honor these commitments, I will be subject to disciplinary action, which may include the loss of my award, suspension from team, and/or dismissal from the team.

\_\_\_\_\_  
Player Name (Printed)

\_\_\_\_\_  
Player Signature

I have read the football team rules and regulations with my son. We understand he will have to follow these rules while participating in the football program.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Name (Printed)