

H I G H L A N D FOOTBALL



Player Expectations

In order for us to be successful, players should expect the following from themselves and their teammates.

Offseason

- Be Accountable. Be Honest.
- Follow guidelines of Player Code of Conduct
- No Failing grades (this includes D's)
- Attend all classes
- No Drug or Alcohol use
- Respect for Authority (Parents, Coaches, Teachers, Administration, etc.)
- Complete five days of lifting per week
- Attend Position Group workouts
- Play a winter/spring sport (Wrestling, Basketball, Baseball, Track, etc.)
- Participate in fundraisers
- Participate in summer workouts
- Always work HARD! (you will get out of next season what you put into this offseason)

In-Season

- Be Accountable. Be Honest.
- Follow guidelines of Player Code of Conduct
- No Failing grades (this includes D's)
- Attend all classes
- No Drug or Alcohol use
- Attend all practices, film sessions, team meetings, etc.
- Be on time to all practices, meetings, film, etc.
- Be a good teammate!
- ***Don't do anything to embarrass yourself, your family, or your team.***

Parent Expectations

- Be committed to the whole program. Do not openly criticize coaches or other players.
- Be realistic about your athletes abilities. If we have 50 players on the roster, then there's a best player and 50th best player and we are equally committed to each and every one. We will make your athlete a better player and a better person.
- Help your athlete reach all above expectations (giving rides to practice, study hall, scheduling vacations around practices, stay on top of grades, etc.) But you cannot help them once they step on the field. It is up to our coaching staff to make them a better player. You cannot do it for them.
- As a staff we have a open door policy, but we do not want parents trying to fight their athletes battles. Players should come to position coaches first to express concerns. Making sure your voice is heard is an important part of growing up. Don't make excuses for them either. It is not your fault if they are late. If there late they are late.
- Coaches will not discuss other athletes in the program. Do not ask.
- Do not coach your athlete at home, leave that to the coaches. Parents may know the game, but we are very specific on technique. We know what we want.
- Football is a violent sport, which will cause your athlete to be sore and tired. There is a difference between normal bumps and bruises and injuries. When injuries happen, position coaches need to be told and the training staff needs to be notified.