

# PARENT/ATHLETE HANDBOOK

## 2017

PARKERS PRAIRIE

# PANTHERS



# **PANTHER Football**

The Parkers Prairie schools recognizes co-curricular activities play a role in the academic, social and emotional growth and development of students by nurturing the following attitudes and skills within program participants. :

- **Positive self image**
- **Ability to work with others**
- **Leadership qualities**
- **Goal setting and follow-through skills**
- **Physical ability**
- **Healthy habits regarding mind and body**
- **Competitive experience and understanding of the value of cooperation**
- **The joy of learning**
- **Self discipline**
- **Ethical standards**

# **POLICIES AND PROCEDURES**

## **School Attendance:**

The players should know and abide by the attendance rules of Parkers Prairie High School. If you have questions, ask the athletic director or your principal.

## **Academic Eligibility:**

The players should know and abide by the academic eligibility policies of PPHS. If you have questions, ask the athletic director or your principal.

## **School Discipline:**

Players are expected to set an example of good behavior in their classrooms. Players who do not follow this will have consequences on the field that will be determined by the coaches.

## **Injury Procedure:**

If an injury occurs on the field during practice or during a game, the coach will make an effort to contact you. If it is an emergency and we cannot contact you, we will get your son to a doctor.

## **In case of Illness:**

Please contact one of the coaches in the preseason. Coach Sieling (218-639-9325), Coach Blake (320-766-8424), Coach Felt (507-430-4293), Coach Johnson (218-579-0161). Once school begins you must call the school if you are ill and ask them to contact the coaches for an excused absence.

## **Uniform Care:**

- If possible, clean immediately after wearing or soak it in cold water overnight.
- Avoid excessive heat while washing and drying
- Please mend snags and rips after cleaning
- Use regular detergent
- Avoid Bleach!!

## **Football Equipment:**

The football equipment your son wears is the best equipment. The coaching staff individually fits each player. We teach the most up-to-date techniques in the game of football. Your son is taught to block and tackle with the shoulder. He is constantly reminded to avoid leading with the head.

## **Equipment Policy:**

Your son is responsible for the equipment issued to him. Players must pay for any unreturned or damaged equipment.

## **PRACTICE POLICIES**

1. A player must be at practice unless he is sick and not in school or if excused by the head coach.
2. A player must follow the attendance rules of the Parkers Prairie School.
3. An injured player must be at practices and dressed in practice uniform unless one of the coaches excuses him.
4. A player with an unexcused absence from practice will run at the next practice he attends. If a second absence occurs, he will run even more. Unexcused absences result in extra running and loss of playing time.

### **MSHSL POLICY:**

Minnesota State High School League will be enforced at all times during the season and during the off-season. Policies are included in the State High School League material. A player who is serving a penalty practices with the team but does not participate in any games until the penalty time is over.

## **LETTERING POLICIES**

1. A letter will be awarded to juniors and seniors that have perfect attendance throughout the season.
2. A letter will be awarded to a player who has played in 16 quarters of Varsity football. One play constitutes a quarter.

Note: A player must finish the season in good standing with the coaching staff.

### **Special Lettering Situations**

1. A letter will be awarded to a senior who has been a faithful squad member but has not met the requirements for a letter.
2. A player who is injured will be awarded a letter if he would have accumulated 16 or more quarters if the injury had not occurred. The injured player must attend all practices and games unless excused by the coaching staff.

## TEN COMMANDMENTS OF FOOTBALL PARENTS

“As parents, encourage – do not complain; motivate  
– do not agitate; be a team parent”

1. Be positive with your son. Let him know it is a great accomplishment to be a part of Panther Football.
2. Do not offer excuses for why he is not playing. There is usually a reason for it. Encourage him to work hard and do his best.
3. Do not criticize his coaches. If you constantly criticize your son’s coaches, you cannot expect him to play for him. He is being taught to be a complainer, not a doer. Discuss problems with your son. If needed, have you son talk to his position coach. If you are still not satisfied, meet with Coach Sieling.
4. Encourage your son to follow team and school rules. If are going to truly be successful, your son must follow the MSHSL rules, and Panther football rules.
5. Insist on your son working to his ability academically. Check the hours your son spends on homework. It is the duty of the parent to see that their son is working in the classroom. No matter how good a player he may be, if he doesn’t have good grades he probably doesn’t get into college – times have changed.
6. Do not develop envy toward other players. Do not live your life through your son. Football is a game – let them play it. Do not show animosity or jealousy for any of your son’s teammates because they carry the ball more, score more touchdowns, or get more publicity. The important thing is that every player on the team does his best.
7. Do not be a know-it-all. The coaching staff at Parkers Prairie works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be “into the game,” but please be positive toward our players and coaches.
8. Insist on your son’s respect for the game of football, the officials, and our opponent’s players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have “class.” It takes years to develop a class program, but it can take seconds to destroy it.
9. Foster in your positive self-image. Do not compare and contrast your son with former family members who played. Help him in any way possible to feel good about himself and his role in Panther football.
10. Encourage your son to play the game of football for the “love of the game.” Usually, good things happen to teams and individuals who happen to be unselfish, hard working, and committed.

## When Parents Cross the Line

Bruce Brown, speaker for the National Association of Intercollegiate Athletics and its “Champions of Character” program, has great advice for the parents who have children competing in high school athletics. “Athletics is one of the best places for young people to take risks and fail,” Brown said. Brown outlines “red flags” that indicate a parent may be too involved.

1. Parents who share the credit for their child’s accomplishments.
2. An athlete who avoids a parent after the game.
3. When the game’s outcome means more to the parent than the player.
4. Parents who try to solve problems best left to the team and players.

Brown encourages parents to ask their sons or daughters these questions before the season starts.

1. Why are you playing?
2. What is a successful season?
3. What goals do you have?
4. What do you think your role will be on the team?

He encourages parents to ask themselves the same questions, plus what the parent hopes to gain from their child’s experience. “If your answers are different from theirs, you need to drop yours and accept theirs,” he advises.

The coach – parent relationship can be a delicate one, and Brown said there are “appropriate” and “inappropriate” subjects to discuss with coaches. Appropriate subjects include mental and physical treatment of a child, ways to help their child improve and any concerns about the athlete’s behavior. Inappropriate subjects include playing time, strategy, and other teammates.

Brown is quick to remind everyone that the only guarantee in a sports season is “that it won’t be perfect.”

## **What You Can Expect From Football**

1. You can expect a well-conditioned body.
2. You can expect to learn to cooperate, associate, and depend upon, and work with other people.
3. You can expect to play and enjoy fellowship with the finest grade and quality of present-day American youth.
4. You can expect to be taught the number one way of American Life-TO Win.
5. You can expect to learn discipline, sacrifice, and teamwork.
6. You can expect to be so tired, you want to quit, but instead of quitting, you somehow learn to fight a little harder.
7. You can expect to learn to believe in yourself and your teammates.
8. You can expect to be admired and envied by other students.
9. You can expect rain, mud, heat, cold, dust, dirt, bumps, bruises, blood, cheers, sweat, praise, chewing out and to WIN.

## **What Football Will Expect of You**

1. Football will expect you not to miss practice unless absolutely necessary and not without a coach knowing the reason.
2. Football will expect your complete dedication to football on and off the field.
3. Football will expect you to abide by training rules.
4. Football will expect your willingness to work hard and “pay the price” to be a Winner. Anyone who wants to win, we can teach to win.
5. Football will expect you to set a goal in football and achieve it.
6. Football will expect you to serve as an inspiration to younger players both on and off the field.
7. Football will expect your dedication to fellow players and coaches.
8. Football will expect you to be in shape when the season begins (summer running, kicking, throwing, and weights.)