

Leesville Road Football

Effort

Accountability

Toughness



2023 Player/Parent Expectations Handbook JV & VARSITY

Hello Leesville Pride Parents,

My name is Ben Kolstad and I am the Head Football Coach at Leesville Road High School. I am extremely excited about our 2023 Football TEAM. Our coaches and players are working hard in preparation for next year. We expect a Pride commitment from every player and parent in our program. This commitment includes character, academics, and football, in that order. Football is a "Process". The lessons these young men will learn from their high school TEAM experience will lead to their success as husbands, fathers, and leaders in the community. This commitment is not easy as life is not easy. It requires discipline and sacrifice. We also recognize that the success of these young men and this program requires the commitment of their parents as well.

There are many things that can compromise the integrity of our student-athletes. Making negative choices can impact the TEAM and the player's position on the TEAM. We intend to educate the players about the consequences of negative choices. Our goal is to make sure that everyone understands that the TEAM comes before self. This structure that places TEAM first is the pillar of our program and in any successful business model. WE will always come before "i". The letter i is lowercase for a reason. As a TEAM, WE must put the PRIDE before the Individual.

Character is a skill that is often expected but rarely developed. We will develop and build Character! We will also continue this Character Development during the season. Again, this will not be easy. Some may decide that the expectations of our program are too much of a sacrifice. However, these expectations will be kept and the sacrifice will result in reward. We have a PLAN and the PLAN becomes the STANDARD and STANDARD creates A WINNING CULTURE!

Parents, we want you to support your sons and the TEAM. Your involvement and support in the Leesville Pride program will be crucial to our overall success. Continuing a strong tradition in Football is not a one- person job, it will take a lot of people to help make this program successful.

The purpose of this information is to familiarize you with the philosophy, guidelines, and policies of the Leesville Road High School Football Program. It is every coach, player, and parent's responsibility to read and understand our policies. Our policies have been put in this booklet as a reference, so that you may refer to them throughout the year when you feel it necessary. Parents and players are expected to read and understand the handbook. This information was made to assure that everyone understands the expectations of the program. Before we can have a successful TEAM we must build and develop Character on and off the field. We take our position as a privilege and feel blessed to have the opportunity to work with young men of the highest caliber.

In Football,
Leesville Road Pride Football Coaching Staff

The following information includes items expected from coaches, players, and parents.

Common Expectations

Coaches

1. To be honest
2. To be leaders
3. To be loyal to the TEAM
4. To help players reach their goals
5. To help players mature and become a better person
6. To be fair to players
7. To work hard and instruct to the best of your ability
8. To communicate with all players about Team and Individual development goals
9. To be 100% committed to Leesville Road Football
10. To make all decisions based on what is best for the TEAM, and then what is best for the individual

Players

1. To be honest
2. To be a leader
3. To be loyal to the TEAM
4. To respect history and tradition
5. To always be at practice, even if injured
6. To always be on time to practices and meetings
7. To give your best in the classroom
8. To give your best in practice and games
9. To conduct yourself in a manner that will make your family, school, teammates, and coaches proud of you at all times
10. To never post anything on social media that is negative in nature about your school, teammates, opponents, or coaches. Player policy is explained in more detail later in this handbook.

Parents

1. To not undermine the coaching staff to your kids or other parents.
2. To be supportive of players, coaches, and officials.
3. To not approach a coach about playing time. The player should discuss ways to improve with his position coach.
4. To be a positive support system for your child. Monitor their academic progress and make sure their diet and rest are appropriate
5. To never post anything on social media that is negative in nature about our school, team, players, coaches or opponents. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are not a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a positive self-image. Parents who violate social media usage may be banned from practice, games, and program activities. Players will be held accountable with this same policy.
6. To participate in the program and to get involved. The best thing you can do costs nothing.
7. To show sportsmanship at all times

PARENT/COACH COMMUNICATION

- 1. Here is the order. A player who has concerns should speak to his position coach first. If that does not resolve the concern, the player should speak to Coach Kolstad. If the concern is not resolved after a meeting with Coach Kolstad, a meeting then can be scheduled with the parent/s, player, and Coach Kolstad. **Playing time, play calling, game planning, or philosophy will not be discussed with parents,**
- 2. If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent, player and Athletic Director.
- 3. At this meeting, the appropriate next step can be determined.
- 4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions. Set up an office visit with the coach and we will have a third party present, such as the AD, another coach, or Assistant Principal.
- Meeting with parents: Your son will also need to be in attendance at any meeting that you want to set up with a coach.
- Note: Coaches will not discuss player issues or concerns with parents via text, e-mail, or phone. Much can be misinterpreted in a text or an e-mail. Text or e-mail may be used to set up a meeting where the issue can be resolved.

Additional Expectations for Parents

Many of the coaches at Leesville Road High School teach and have children in the school district. We, like you, want the best for the kids. We will expect a lot from your son as a football player and person in the program. Please be aware of that fact, and attempt to hold yourself to a high standard during your son's experience in the program.

1. Be positive with your son. Let them know that they are accomplishing something by being part of the team.
2. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best.
3. Encourage athletes to follow the rules. Whether they are a 1st stringer, JV, or role players, they must follow rules pertaining to school rules, drinking, smoking, and the Law.
4. As a fan, you are entitled to cheer your head off, but don't become belligerent with other fans, players, coaches or game officials. Leesville Road holds sportsmanship in the highest regard and you will be held responsible for your actions.

5. Insist that the athletes respect team rules, school rules, game officials, and sportsmanship. Self-respect begins with self-control.
6. Encourage the athletes to improve their self-image by believing in themselves.
7. Encourage your athlete to play for the love of the game.
8. Remember that the coach is involved as a coach because they are sincerely fond of kids and have experience in the profession. Coaches have different ways of dealing with people and situations. Athlete's lives are enriched by interaction with different types of leaders. If you are going to let your son participate in football at Leesville Road, you have to trust us to do our job.

Leesville Road Football Team Rules

Practice Policy: If you leave the field or are asked to leave the field for any reason....you as a player have 24 hours to make it right with the coach and your TEAM. If it is not made right in 24 hours, you have quit the team.

Quitting Policy: Any player 9th-12th grade that quits the team will have 24 hours to think about his decision and return to Leesville Road or his current season is over.

If a player wishes to return to the team the next season, the player and parents will have to set a meeting with Coach Kolstad to discuss possible parameters of the player returning to the team. Every situation is different and each situation will have different parameters. If you START the season, FINISH the season!

Lying Policy: If a player lies to any coach then that player could be removed from the team after the incident is investigated. Extreme Ownership is what we teach our players and if you make a mistake (OWN IT), you may be disciplined but you will still be a part of the team. We have to be able to trust our players and they have to be able to trust the coaching staff.

LEESVILLE ROAD HIGH SCHOOL FOOTBALL ATTENDANCE POLICY

Football is a privilege and not a right. Each Leesville football player is required to attend all practices, meetings, run-throughs, and games. If we cannot practice at full strength, we cannot play at full strength. Official Practice starts July 31st. Please set up Vacations and Family trips before July 31st. If a player misses any of those practices, it will be an unexcused missed practice. Trust in a player's commitment to the success of the team starts with showing up. However, we feel it is important to have an attendance policy in place to ensure that our team collectively takes that daily step towards success.

Unexcused vs Excused Absences

Unexcused Absences

Unexcused absences from practice are defined by the following:

1. Any “Excused Absence” without DIRECTLY notifying Coach Kolstad about the absence.
 - Coach Kolstad must be notified one hour before practice starts if you are to be excused from practice that day.
 - Having a teammate tell a coach for you will NOT count
 - Texts, tweets, facebook messages, emails, notes, etc. will NOT count
 - Telling the trainer will NOT count
2. Any doctor/medical appointment without a note from the doctor.
3. At practice, but not participating due to missing clothes, shoes, or equipment.
4. Injured (diagnosed by the trainer and/or a doctor) but not present at practice receiving appropriate treatment or watching drills. Injured players may only be restricted to stay home by a doctor’s note. A note MUST be given to Coach Kolstad.
5. Not practicing (present or not) due to “self-diagnosis” or “parent diagnosis”.
6. The following are examples of, but not limited to, unacceptable reasons for missing practice:

Hair cut	Car Repair	Friend needs ride	Shopping
Getting license	Vacation	Work	Homework
Projects	Study for test	Birthday Parties	Family in town
Homecoming	Project	Having a Head-Ache	Not feeling good

Excused Absences

The football coaching staff recognizes that sometimes there are unforeseen and unavoidable circumstances that prevent a player from attending practice. In these rare cases, please make sure to contact a Coach Kolstad **DIRECTLY** prior to practice. That means call him on his cell or come see him in person.

The following are examples of, but not limited to, acceptable reasons for missing practice:

Family emergency

Personal Illness/Sick

Family Illness

After all attempts have been made for during lunch or before school:

Making up a test (attendance required after the test is completed along with a note from the teacher stating what time you got there and what time you left)

Physical Therapy (with a note from therapist)

Doctor/Dentist appointment (with a note from the doctor/dentist)

Funeral

Injured (sitting out per Doctor or Trainer only)

- If a player goes home from school sick, he must call Coach Kolstad to let him know.
- Parents, please try to schedule doctor and dentist appointments around practice times if you can.
- Parents, please emphasize practice attendance and punctuality. It will greatly improve our TEAM and your son's future.

**REMEMBER: IT IS UNEXCUSED UNLESS
THE PLAYER CONTACTS COACH KOLSTAD**

Consequences for Missing Practice/Games

1. Unexcused Absence from Practice:

ONE	unexcused missed practice (Suspended for a half)
TWO	unexcused missed practice (Suspended for a game)
THREE	unexcused missed practice (Season is Over)

2. **Excused Absence from Practice:** **Make up conditioning.**

3. **Tardies to Practice or Meetings:** **Coaches Discretion.**

Social Media Policy

Players....Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are not a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a positive self-image. Players who violate social media usage may lose playing time, face suspension, or dismissal from the team.

Lettering

The following criteria applies to lettering in Football at Leesville Road High School:

- Play in 10 Varsity Quarters (1 play is a quarter)

Winter/Spring/Summer Workouts

We want to have an A Program, so we ask that your son makes 90% of all activities scheduled by the Head Coach. We will reward those who make the days with a chance to go through our Spring "PFL" Draft. PRIDE For Life draft will be a prerequisite to attending spring football. Off-season training is key to the success of any football program. Commitment to becoming as fit as possible will improve each players physical and mental development. This investment will pay dividends. Since many of these sessions include individual, group, and team events in a practice setting, along with agility and weight training, failure to attend these sessions could have a substantial impact on the development on the individual player. Missing these events (if it is requested that you go) could have a substantial impact on the development of the individual player and could make it difficult for the player to make the team in the fall.

Summer Camps/7 on 7 Events

We want to have an A Program, so we ask that your son makes 90% of all activities scheduled by the Head Coach. We will reward those who make the days with no long conditioning once the official season starts. 7 on 7 sessions and team camps are very important in the development of the TEAM. Missing these events (if it is requested that you go) could have a substantial impact on the development of the individual player and could make it difficult for the player to make the team in the fall.

9th/JV/Varsity

9th Grade: The 9th grade team will play regular season games. After that, their season is over unless some are called up to the JV/Varsity.

JV: The JV team is made up of 9th and 10th graders. The JV team will play regular season games. The JV players are not required to stay with the Varsity team when their season is over. Some players will be asked to stay with the Varsity for the remainder of the season.

Varsity: The varsity team consists of 10-12th graders (Occasionally a 9th grader or two could be pulled up for Varsity). The varsity will play regular season schedule and then a post season. We will carry a maximum of 65 players that will dress out at Home and Away Varsity football games. There may be less than 65 players, but 65 players will be the max we will dress out for all Varsity games.

Spring Practice

All players must participate in spring practice in order to ensure their position in our program for the fall season. You can make the team as a walk-on during the summer but it will be difficult to make the team during the fall if you are not at spring and summer practice.

Exception: Move ins

Spectators at Practice

All practices will be closed to spectators unless authorized by Coach Kolstad. Our practices are highly competitive and instructional in nature and we want to keep our players focused on the coaches and eliminate any distractions.



Recruiting Process

“Recruiting is not an exact science; the best advice for a high school player who would like to play college football is to; prepare, physically and academically; then enjoy the high school experience. You will only do it once.” ...Jim Wacker College Hall of Fame Coach

General Rules of Thumb

1. Don't pay for a service (everything someone offers you for money is available for free)
2. Go to College websites and compare yourself physically with the players on their roster. What is their academic requirement?
3. Take the SAT and or ACT early in your junior year. Take it as many times as you can. You need a test score to show during the spring evaluation period.
4. Unless you are a great physical tester don't go to combines. (Many times they are looking for your weaknesses and not your strengths)
5. GPA and test scores are examined first in the spring evaluation period.
6. They are looking for ability, speed, and strength.....usually in that order.
7. Be honest with yourself. How far from home are you willing to go?
8. Involve us. No one has ever been recruited without the high school coach's involvement.
9. Make a Highlight film on HUDL. Have your position coach look it over. We will do our best to get exposure for players who desire and have the ability to play at the next level.
10. Clean up your Facebook/Twitter/Snap Chat and all Social Media pages. Don't have anything on there that is not a compliment to your family. **Your best chance of being recruited is to be academically ready in the spring of your Junior year. Be physically ready your Junior and Senior years and play well enough to help your team succeed.**

*If you have aspirations to play football after high school, communicate with Coach Kolstad

*Explain College Coaches Visiting Procedures- Grades, Measurables, Film

*Questions??

The Positive Pledge for Players and Coaches

BY Jon Gordon

The Positive Pledge

I pledge to be a positive person and positive influence on my family, friends, co-workers and community.

I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.

I vow to stay positive in the face of negativity.

When I am surrounded by pessimism, I will choose optimism.

When I feel fear, I will choose faith.

When I want to hate I will choose love.

When I want to be bitter, I will choose to get better.

When I experience a challenge, I will look for opportunity to learn and grow.

When faced with adversity I will find strength.

When I experience a set-back I will be resilient.

When I meet failure, I will fail forward towards future success.

With vision, hope, and faith, I will never give up and will always move forward towards my destiny.

I believe my best days are ahead of me, not behind me.

I believe I'm here for a reason and my purpose is greater than my challenges.

I believe that being positive not only makes me better, but it also makes everyone around me better.

So today and every day I will be positive and strive to make a positive impact on the world.

2023 Player/Parent Handbook Acknowledgement

I, _____ (player), and _____ (parent),

have read the 2023 Leesville Road High School Football Player and Parent Expectations Handbook. By signing off, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, procedures, etc. 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 Leesville Road Football Program and are aware that all decisions that are made are for the betterment of the TEAM.

(Athlete)

(Date)

(Parent/Guardian)

(Date)