

**THE LEESVILLE ROAD HIGH SCHOOL  
2018 FOOTBALL PLAYER'S PROGRAM HANDBOOK TO  
PRIDE DISCIPLINE & VICTORY**

**COOPERATION – RESPONSIBILITY - RELIABILITY – ACCOUNTABILITY**



**A TRADITION OF EXCELLENCE**

**2006**

**2010**

**2011**

**2012**

**2013**

**CAP 8 CONFERENCE CHAMPIONS**

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**ALL DECISIONS REGARDING THESE PLAYER GUIDELINES ARE MADE AT THE  
DISCRETION OF THE HEAD FOOTBALL COACH.**

IT TAKES PRIDE, MATURITY AND COMMITMENT TO EARN THE PRIVILEGE OF BECOMING A LEESVILLE ROAD PRIDE FOOTBALL PLAYER.

**INTRODUCTION FROM COACH SMOTHERS**

The coaching staff and I would like to share our core beliefs about the benefits of our program and team camp. The success of our program is directly related to the beliefs and structure of our program. We believe that our program is second to none. This year we have a very competitive schedule. It is going to take each young man's dedication and commitment to be the best teammate and football player he can be.

The Leesville Road football tradition beckons everyone's best effort every week. The coaching staff organize team activates) OTA) which includes mini-camps, conditioning programs and Team Camp to mirror a college spring football schedule.

Team Camp is an invite Camp. All upper classmen (10-12) will be invited initially. Freshmen players with exceptional ability may be invited. Players that do not attend regular workouts, mini camps, select 7 on 7's or show a lack of commitment will not be invited to attend team camp.

The coaching staff's discretion will be used to determine if a player is disqualified from attending. The coaching staff is only interested in taking young men who are committed and dedicated.

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It is assumed by the coaching staff, that all participating players and their parents/guardians have read, acknowledged and accepted the guidelines as stated in this booklet prior to participating in the Leesville Road High School Football Program. Each player must submit a **TEAM RULES ACKNOW LEDGEMENT FORM** (included in this document), signed and dated by the player and parent/guardian. Without a signed form, the player will not be eligible to be to play for the LRHS Football Program.

## **BASIC CONCEPTS & PHILOSOPHY:**

The application of and decisions regarding these guidelines are done at the **discretion of the head football coach**. Any situation not specifically covered by these guidelines will also be handled and adjudicated **at the discretion of the head football coach**.

- ❖ The Leesville Road Athletic Department's Parent Meetings are required team functions. Dates and times for these events will be listed in your football calendar. A player who fails to attend the Parent Meetings with at least one parent will not be able to participate in the football program, practice or game day activities. A parent or guardian(s) that do not attend meetings are not exempt from signing and understanding the player parent documents.
- ❖ Football players participating in a spring season interscholastic sport will be excused from Spring Football workouts until the spring sport season has concluded.

## **TEAM CAMP:**

- ❖ Team Camp is limited to returning upper classmen and others as designated by the Head Coach. A list of attendees will be posted in the men's locker room.

## **7 on 7 RULES:**

- ❖ This activity is by invitation only at the discretion of the Head Coach. A list of attendees will be posted in the men's locker room one week prior to the event.

**All decisions for team membership are at the discretion of the head coach of the LRHS football program and the decisions are final.**

## **GENERAL DISCIPLINE:**

- ❖ Maintain a clean wholesome appearance.
- ❖ Do not use alcohol and refrain from association.
- ❖ Do not smoke and avoid smokers.
- ❖ Have a personal conduct that is above reproach at all times.
- ❖ Observe all WCPSS rules and policies.
- ❖ Observe all football rules.
- ❖ Never wear jewelry, hats or du-rags in near or on the practice field, game field or locker room during football sessions.

## **DRUGS, ALCHOL AND VAPING USE**

The use of drugs, alcohol, tobacco and vaping **WILL NOT** be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in **IMMEDIATE** dismissal from the team. This includes all football related activities after the season and for the remainder of the school year.

### **COACHES OFFICE:**

- ❖ Knock on the door and wait for acknowledgment to enter.
- ❖ Athletes are not allowed in coaches' offices unless a coach is with you.
- ❖ Athletes are not allowed to use the phone without a coach's permission.
- ❖ Do not sit at a coach's desk or in their office.

### **TEAM PREGAME MEALS**

- ❖ Team Meals Pre-game meals are a privilege and a tradition at Leesville Road High School. It is an honor to attend and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful.
- ❖ All players will go to the multipurpose room at the same time You may speak in a low voice while at the team meal.
- ❖ If your actions take away from our team's focus, you will be asked to leave.
- ❖ The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash property.
- ❖ Thank our supporters as you leave.
- ❖ All players will remain in the multipurpose room until their teammates are finished eating.
- ❖ When everyone has finished eating all players will then go to the locker room to proceed to get dress for that evening's game.
- ❖ A game day itinerary will be posted each game day by Coach Smothers.

### **LOCKER ROOM RULES:**

- ❖ Only LRHS football players are allowed in the locker room. Friends and family are not permitted.
- ❖ Seniors are responsible for the locker room care and condition.
- ❖ Keep your locker orderly.
- ❖ Keep all tape and other debris off the floor.
- ❖ Handle all equipment in an orderly fashion.
- ❖ Remove and clean your cleats off outside before entering the locker room.
- ❖ Wearing of football cleats in the locker room or school hallways is prohibited.
- ❖ Keep bottom of locker clean and neat.
- ❖ Put all trash in trash cans.
- ❖ Do not leave any valuables unlocked.
- ❖ NO HORESPLAY IN THE LOCKER ROOM AND TEAM ROOM AREAS.

### **EQUIPMENT RULES:**

- ❖ No football equipment is to be worn on campus or taken from the school premise.
- ❖ Do not alter any equipment. You will be charged for equipment you damage or lose.
- ❖ Do not trade equipment.
- ❖ A combination lock will be issued to you. Always check the area around your locker to make sure that

all of your equipment is secure.

- ❖ All players are responsible for the return of all equipment issued to them by the Leesville Road Football Program. Equipment is to be returned at the end of the season on the date designated by the head coach.
- ❖ No personal gear is allowed. This includes helmets, shoulder pads, knee pads, thigh pads, hips pads belts, pants, adornments that draw individual attention etc. For questions you may contact the Director of Football Operations CoachHess at [Coachhess94@gmail.com](mailto:Coachhess94@gmail.com).

#### **PRACTICE RULES:**

- ❖ Players are expected to attend every practice.
- ❖ If a family emergency arises that will keep the player from practice, the head coach must be notified of your absence in advance. This absence must be approved by the head coach.
- ❖ Be on time for all meetings, practices and games.
- ❖ Athletes who are injured and unable to participate physically are still expected to be at every practice.
- ❖ Jog on and off the practice field before and after practice.
- ❖ You must get treatment for all injuries as prescribed by the head trainer. You are considered ready to play or practice if you do not report for treatment.
- ❖ When observing take one knee or stand.

#### **PRACTICE RULES CONTINUED:**

- ❖ Players must be willing to improve technique and effort based on the coaching you receive.
- ❖ Never remove your helmet without permission. Never sit on your helmet.
- ❖ Any unapproved absences will be dealt with by the head coach and could result in suspension or dismissal from the JV or Varsity football program.

#### **TRIP CONDUCT:**

- ❖ Be on time. On time for our team is ten minutes ahead of schedule.
- ❖ Be neat and courteous.
- ❖ You go and return with the team.
- ❖ Be quiet on the bus. Prepare yourself mentally for the game.
- ❖ If traveling with the team and not dressing, we expect you to be quiet and well behaved.
- ❖ Absolutely no jewelry or headgear is permitted on any trips.

#### **GAME CONDUCT:**

- ❖ Sprint on and off the field before, during and after the game.
- ❖ Stay in prescribed area on bench or in the designated sideline area (box).
- ❖ When you are not in the game, be ready to go. Have your helmet on or in your hands. Follow the game (particularly your position). Be alive and alert.
- ❖ Do not yell at the officials or opponents.
- ❖ If there is a need to talk to an official be courteous.

- ❖ Do not engage opponents in discussions. Let your performance do your talking.
- ❖ When we score be enthusiastic as a team. When we stop opponents, be enthusiastic as a team. We are a team.

#### **SOCIAL MEDIA:**

**Social Media Policy: Leesville Road High football program** recognizes, encourages and supports its student-athletes', coaches' and officials' rights to freedom of speech, expression and association, including the use of social media. Social media applies, without limitation, to any web-based and mobile technologies, in use now or developed in the future, that enables individuals or entities to disseminate or receive information, communicate, or otherwise interact. Leesville Road High School and the Head Football believe that student-athletes, coaches, and officials are role models, and their use of social media should conform to standards consistent with sportsmanlike conduct. Please remember that everything you post is public information, and derogatory, defamatory and otherwise inappropriate social media commentary may result in the imposition of penalties.

#### **IMMEDIATE DISMISSAL:**

- ❖ The use or sale of illegal or other drugs, alcohol
- ❖ Missing two practices without being excused
- ❖ Continuous school or team infractions and misbehaviors
- ❖ Not respecting the coaching staff or school personnel

**PARENT STUDENT AGREEMENT OF UNDERSTANDING**

**Leesville Road High School Football Program Rules**

**By signing this document, both the athlete and the athletes' parents or guardians agree to abide by these rules before, during and after the football season. This is inclusive of all off-season activities and camps.**

Athlete \_\_\_\_\_ Date: \_\_\_\_\_ 2018

Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_ 2018

Parent or Guardian \_\_\_\_\_ Date: \_\_\_\_\_ 2018

Head Coach \_\_\_\_\_ Date: \_\_\_\_\_ 2018

**ANY PLAYER PERFORMING AN ACT NOT SPECIFICALLY OUTLINED IN THIS BOOKLET THAT CONTRADICTS THE SPIRIT AND PHILOSOPHY OF THESE DISCIPLINARY GUIDELINES, VIOLATES THE "DO RIGHT RULE" OR DETRACTS FROM THE APPROPRIATE IMAGE OF THE LEESVILLE ROAD FOOTBALL PROGRAM WILL BE HELD ACCOUNTABLE FOR THEIR DECISION. CONSEQUENCES FOR ACTIONS COULD INCLUDE, BUT ARE NOT LIMITED TO, SUSPENSION OR DISSMAL FROM THE FOOTBALL TEAM AT THE DISCRETION OF THE**

**HEAD FOOTBALL COACH.**