



PANTHER football

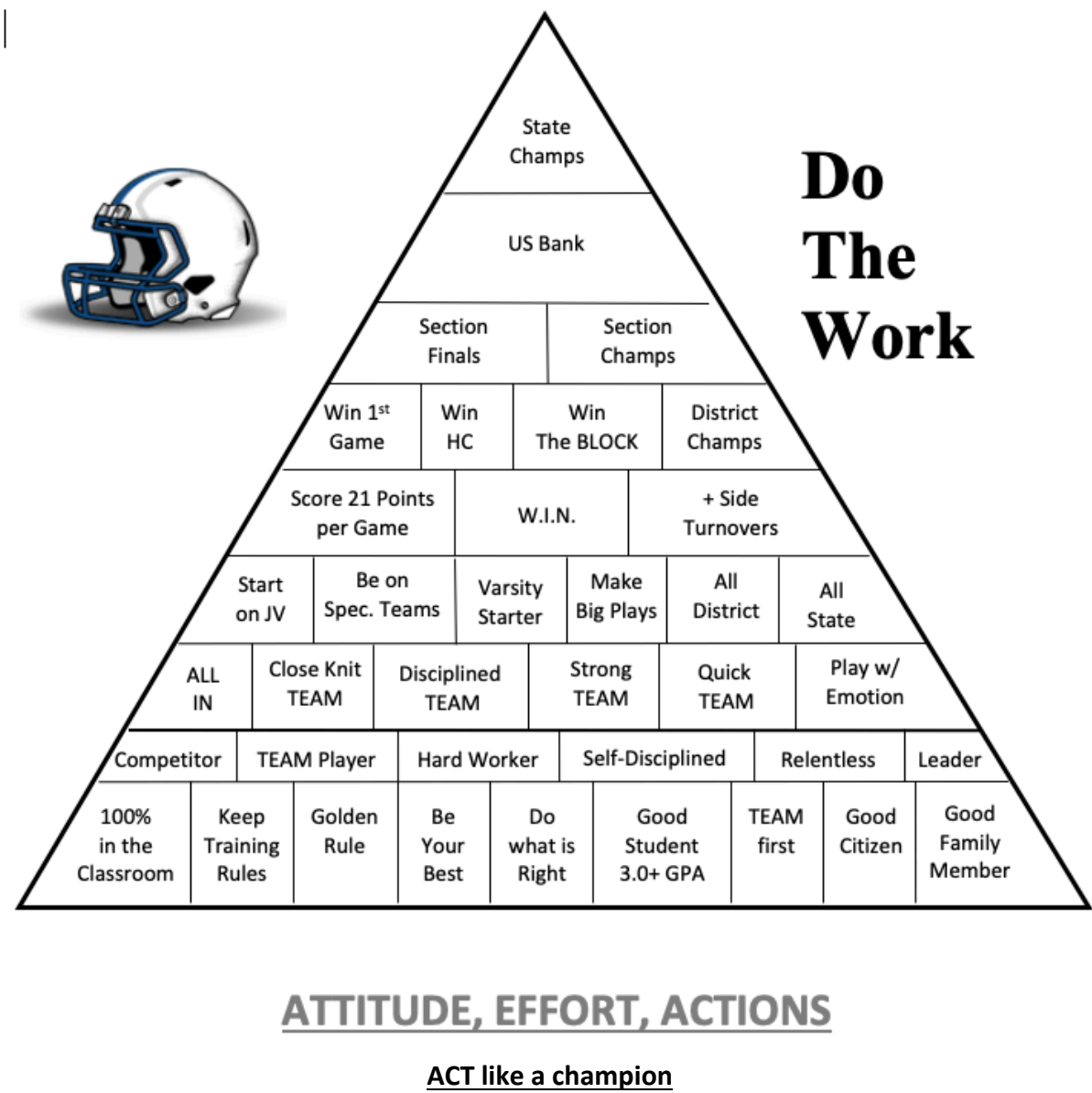
Parent Manual

ACT like a champion

Welcome to PANTHER football. Our TEAM has been preparing for the upcoming season since November. One of the strong traditions in PANTHER football is our commitment to being multi-sport athletes and using the weight room to develop into stronger and faster athletes. We had a large number of our returning players committed to that and we look forward to seeing it on the field on Friday nights.

Success in athletics can be measured in multiple ways. First, there is the scoreboard and our win-loss record. Our coaching staff and players will work to give our best each week and compete to win each game. The second measure of success is harder to see but more important that our on the field success. As a program we will work to build stronger young adults through our character lessons, accountability cards and interactions with each other. By working as a TEAM I am confident that we will see great things from our players as they move forward in life and we will win our share of football games.

The Panther Football program is guided by our Pyramid of Success and our daily mission to ACT like a Champion. The Pyramid of Success is based on the coaching/teaching of John Wooden and provides building blocks for our athletes and TEAM to grow and be successful. In our effort to improve each day we will expect our players to ACT like a Champion by being Accountable, mmitted and Tough.



INTRODUCTION

The primary purpose of this manual is communication. Building a football team that the community can take pride in is an evolving and challenging task. All participants involved in the process; the parents, the players, and the coaches must acknowledge their responsibilities associated with this task. Once the expectations associated with these responsibilities have been established, we must all work together to ensure that there is a collective effort to meet these standards.

Team Website

<https://www.slppantherfootball.com/>

Preseason Requirements

All football players must have the following completed prior to the first practice session:

- Physical Exam on file in the athletic office.
- Participation fee paid.
- Participation and eligibility form read and signed by player and parent.

*Meet academic eligibility requirements for MSHSL and SLP schools.

Locker Room

Players are encouraged to store their equipment in the locker room. We do not provide locks for lockers, athletes need to purchase a lock to secure their items and our equipment. Players are expected to keep the locker room clean.

Strength and Speed

A strength and speed program is critical in the success and development of our team. We expect our players to participate in the SLP S&S program in the offseason and during the season of competition. Understanding and mastering the movements will help reduce injuries and increase overall athleticism. Hard work, mental toughness, and discipline are all great byproducts of the program. Players that participate in lifting weights and speed are more likely to have a positive contribution to their teams; they are also more likely to enjoy their season and avoid injury. Lifting as a team builds relationships between teammates and coaches.

Practices

All practices will begin on time; it is a good habit to always be at practices at least 15 minutes early. Players should come prepared with all necessary pieces of authorized equipment. Equipment that is in need of repair should be brought to the attention of a coach. Practice sessions are designed to be up-tempo, competitive, and fun. Players are expected to have a good attitude and play the right way.

Injuries

Football is a contact sport that can result in a variety of injuries to the player. The player must understand that they are risking injury by playing this sport and take the necessary precautions. Anytime an athlete is feeling pain or feels discomfort of any kind he must make the coaches and trainer aware of his situation so that necessary care can be provided. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor. Any player who is under medical care by a physician will not be allowed to participate in any practice sessions or games without written clearance by the doctor. All injured players that cannot take part in practice or in games will still be required to be at practice or games.

Athletic Training Room

The training room is a place to get taped before a practice/game. It is also a place to do preventative and rehabilitative exercises. It is not a place to meet or hangout with other athletes and socialize. If at any time a player becomes injured they must inform a coach and also get checked out by the trainer before leaving school.

Any player who does not follow through with the rehabilitation program set forth by the trainer will not participate in the upcoming game. If a player gets injured during practice, they may get checked out by the trainer. All injuries no matter how small will be handled by the training staff once reported. The trainer should be consulted before a player is taken for advanced injury by a doctor.

Absences

We have a limited amount of time to prepare for each game; attendance at practice is critical to game preparation. If possible, any absence should be communicated to a coach ahead of time. If a player misses practice, a note from the doctor or parents must be brought to the coaches to return to practice. Missing practice for any reason may change playing status.

Academics

Academics are a part of our formula for success. Schoolwork comes before football. No athlete should ever use football as an excuse for not completing obligations in school. In order to meet both obligations, athletes should try to schedule make-up work before school if possible or during academic study periods.

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Parent Expectations

- Closely monitor your child's academic progress
Notify their coaches and teachers if you think there is an issue that needs addressing.
- Make sure your child gets proper rest and nutrition
Meals before and after workouts and practices as well as proper hydration are essential to keep the body performing at top levels. Students who are participating in athletics should be getting a minimum of 7-8 hours of sleep per night.
- Be Supportive of the Program
The goal of the program is to make each of the young adults a better person and to become the best they can be. Each and every member of the program should be completely supportive of that aspect of what we are trying to do. The coaches, parents, and support staff should help each other in the positive development of the young adults in the program.
- Be Involved in the Program
A common thread in each successful program is strong parent involvement. There is much that needs to be done to run a successful program, so the more people involved in the program, the better. The larger the involvement of parents, the more meaningful experience the players have with the support staff. Make it a point to attend games in a positive way.
- Understand the Role of Parents
The role of a parent in a program is to cheer for their son or daughter and contribute to the positive development of the athlete academically, physically, mentally, and emotionally. This does not include speaking negatively about other players in the program, coaches in the program, play-calling, or game-planning.

Transportation

Away games are viewed as a business trip. Players will only be taken on away trips if they have earned the right to go as participants. Players will be taken if they show a desire to cooperate and willingness to follow expected behavioral guidelines. Players are expected to keep the buses clean and to follow all of the normal district and state rules regarding bus travel.

Open Door

Anytime a player has a concern regarding any aspect of our program, they should first make arrangements to meet with the head coach and anyone else deemed appropriate as soon as possible. Misunderstandings and problems can be cleared up quickly and efficiently this way. We hope that if a player's parents or guardians have any concerns they will communicate first with their player to see what the problem is and ask if their child has talked first to a coach. If the coach and player meeting has not solved the problem then a meeting with the player's head coach, player, and parent may take place to resolve the situation.

Dress Code

We expect everyone representing our football team to look respectable at all times. If an individual does not look appropriate, the coach will have a personal conference with that player. Game jerseys will be worn on games days.

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FOOTBALL TEAM RULES

Team Philosophy: It is our desire to help each football player develop to their full potential; both as football players and as citizens of their community. We feel that many lessons our student athletes learn on the field will carry on with them through their adult life. We will strive to provide a safe learning environment for all players. We ask that our players and coaches work hard, follow the rules, and always do their best.

Team Membership: Any student with the desire to play football will be welcomed on the team, provided they abide by all the rules. Squad cut downs may occur entering section tournament depending on section rules.

Team Appearance: We expect everyone representing our football team to look respectable at all times. If an individual does not look appropriate, the coach will have a personal conference with that player. Game jerseys will be worn on games days.

Team Conduct: We expect our players to carefully consider their every action at practice, in games, in school, on social media, and out in the community. We represent our school and expect our players to conduct themselves in a positive manner at all times. Anyone acting inappropriately will be dealt with by the coaches; inappropriate conduct may result in reduced playing time or further disciplinary action.

Language: We expect appropriate language to be used by everyone representing Spring Lake Park Football. This includes during games, practice, school, home, social media, and in the community. During a game no one will talk to the referees but the coaches. Any talk to teammates will be in a positive manner. Anyone using inappropriate language will be reprimanded.

Attendance: We have a limited amount of time to prepare for each game; attendance at practice is critical to game preparation. If possible, any absence should be communicated to a coach ahead of time. If a player misses practice, a note from the doctor or parents must be brought to the coaches to return to practice. Missing practice for any reason may change playing status.

Academic Tutoring: If a student is having problems in a class, tutoring is encouraged.

Respect: Football players are expected to respect their teammates, coaches, teachers, and classmates. If the coaches see a problem, they will meet with that individual. If a problem continues, possible termination from the squad may result.

Team Rapport: A winning team is one in which team members are close friends on the field and off. Squads that don't stick together fall apart under pressure. Every squad member, starter or not, is equally important to the success of our team.

Variances from Minnesota State High School League/District 16 Policies: All rules on chemical use, attendance, and academics will be followed.

Availability: If you or your child has any kind of problem and I can help, please call me at school (763) 600-5995 or email jstewa@district16.org

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GAME SCHEDULE

Varsity

<u>Date</u>	<u>Opp</u>	<u>Location</u>	<u>Time</u>
8/29	@ Armstrong	Armstrong HS	7:00
9/6	@Irondale	Irondale HS	7:00
9/13	Coon Rapids (Yth Nt)	Panther Stadium	7:00
9/20	@ St. Louis Park	St. LP HS	7:00
9/27	@Hopkins	Hopkins HS	7:00
10/4	N St. Paul (HC/TC)	Panther Stadium	7:00
10/11	@Forest Lake	Forest Lake HS	7:00
10/16	Park Center (Sr Nt)	Panther Stadium	7:00
10/22 - Sect Qtr, 10/26 – Sect Semi, 11/1 – Sect Final			

JV/B Squad

<u>Date</u>	<u>Opp</u>	<u>Location</u>	<u>Time</u>
8/30	Armstrong	Panther Stadium	10:00
9/7	Irondale	Panther Stadium	10:00
9/14	@ Coon Rapids	Coon Rapids HS	10:00
9/21	St. Louis Park	Panther Stadium	10:00
9/28	Hopkins	Panther Stadium	10:00
10/5	@North St. Paul	North St. Paul HS	10:00
10/12	Forest Lake	Panther Stadium	10:00
?	@ Park Center?		

9th grade – games times are 4:30, this may change due to facilities and opponents schedule.

<u>Date</u>	<u>Opp</u>	<u>Location</u>	<u>Time</u>
8/28	Armstrong	Panther Stadium	4:30
9/5	Irondale	Panther Stadium	4:30
9/12	@ Coon Rapids	Panther Stadium	4:30
9/19	St. Louis Park	Hopkins HS	4:30
9/26	Hopkins	Panther Stadium	4:30
10/3	@ North St. Paul	NSP HS	4:30
10/10	Forest Lake	Panther Stadium	4:30
10/15	@ Park Center	Forest Lake HS	4:30

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Fall Camp

Fall Camp Expectations:

Be Registered – you must be registered to practice, no exceptions

Be Early – take note of start times and be early

Be Prepared – have your equipment ready, be early if you need to see Sara for taping or treatment

Lunch – bring a lunch, you will not leave campus to get lunch between practices

Hydration – bring a water bottle, staying hydrated allows you to perform at your best

Be Clean – the hallways, locker room and any other room we use need to be left better than we found them

Attendance – you are expected to attend every practice, missing practice may impact your playing status

Communicate – you are expected to attend every practice, if something comes up communicate with a coach. Do not trust your buddy to relay the message.

Equipment Needs:

School Provides: Helmet, Shoulder Pads, Knee Pads, Practice Jersey/Pants, Mouth Guard (you may use your own mouthguard), Game Jersey/Pants

Player Provides: Cleats, Girdle, Gloves (Blue, White, Grey or Black)

Uniforms: We will look like a TEAM

Wrist/Arm Bands – against MSHSL rules – don't buy them or wear them

Jewelry/Bracelets – against MSHSL rules – don't wear them

Socks – you will be given game socks, white crew length (you can wear your own if they are the correct style)

Game Uniform – if you do not have your assigned uniform for a game you will not play

- having someone “Rep” your jersey has been a past practice, if you choose to give your jersey to someone be sure that they represent the program well. That person's actions reflect on you and us (if this becomes an issue we will end this practice) **You will need your jersey the next day if you are playing JV, you need your jersey to be able to play.**

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FALL CAMP Schedule

– I have listed meeting start times, players should be early to ensure they are on time to meetings.

Week 1

8/12 – 7:30 a.m. to 3 p.m.

8/13 – 8 a.m. – 12:30 p.m., Gold Card Blitz Night 1 – 8pm

8/14 – 8 a.m. – 3 p.m.

8/15 – 8 a.m. – 2 p.m.

8/16 – 8 a.m. – 3 p.m.

Week 2

8/19 – 8 a.m. – 3 p.m.

8/20 – 8 a.m. – 2 p.m.

8/21 – 1 p.m. – 7:15 p.m.? (Picture Night and Panther Bowl, more info will go out during Fall Camp)

8/22 – 8 a.m. – 2 p.m.

8/23 – 8 a.m. – 1 p.m. (9th grade Scrimmage at MV? TBD)

8/24 – Scrimmage Saturday grades 10-12, 8 a.m.– 12 p.m.

Week 3 – Game 1 @ Armstrong

This is the start of teacher workshop, we will practice in the afternoon and the times may be adjusted a little as we do not yet know what our teacher/coach staff commitments will be that week.

8/26 – 2 p.m. – 6 p.m.

8/27 – 2 p.m. – 6 p.m.

8/28 – 2 p.m. – 6 p.m. , 9th grade Game vs Robbinsdale Armstrong, 4:00 p.m.

8/29 – Game Day, Walk Through 9 a.m., Meeting time TBD

8/30 – 8 a.m.– 12 p.m., Lift, Film, JV Game

9/2 – Varsity **will** practice in the afternoon on Labor Day, no 9th grade practice

School Schedule

Practice 3:00 – 6:00

Lifting – players who do not have Weight Training class will lift before school. M & Th 7:00am

Game Day – meeting time will vary depending on home/away and game time

Saturdays – 8:00 practice, JV games 10:00