



**PLAYER/PARENT
TEAM POLICY
HANDBOOK**



HELMET SAFETY, CONCUSSION, GENERAL POLICY & STAFF ACTION PLAN

A. SPECIAL EMPHASIS

The **Lander Tiger** coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. The techniques taught to you by the coaching staff are designed to minimize the risk of injury to you, your teammate, and to your opponent.

B. EQUIPMENT AND HEAD GEAR (HELMETS)

The protective equipment issued is the finest available. Helmets are for protection and should not be used in any manner as a weapon against an opponent or teammate. Of particular importance is the football helmet. When used properly, it protects players from head injuries. When used improperly, it no longer serves to protect. The helmet should never be used to deliberately strike or hurt an opponent or teammate.

HELMET WARNING:

Do not strike an opponent with any part of the helmet or facemask. This is a violation of football rules (spearing) and may cause you to suffer severe brain or neck injury, including paralysis or death.

Severe brain or neck injury may also occur accidentally while playing football.

Rule: No player shall deliberately use his helmet to butt or ram an opponent.

Rule: There shall be no spearing or using the helmet as a weapon.

Rule: No player shall intentionally strike an opponent with the crown or top of his helmet.

C. Concussion Action Plan

What we as coaches will do when a concussion is suspected.

- Remove the athlete from play.
- Ensure the athlete is evaluated immediately by an appropriate health care professional.
- Inform the athlete's parents or guardians of the possible concussion.
- Only allow the athlete to return to participation after he or she is cleared by an appropriate health care professional and completes district return-to-play policy.

D. FOOTBALL SAFETY ACTION PLAN

HELMET USE EDUCATION

- CORRECT FITTING AND SECURING HELMET ON HEAD
- CORRECT TACKLING TECHNIQUE
- TEACH IN SEQUENCE
- DRILLS – LIVE & CONTROLLED
 - DEFINITIONS: SPEARING, BUTTING, RAMMING
- HELMET MAINTAINENCE

PRACTICE PROTOCOL

1. PROPER TACKLING TECHNIQUE
 - EYES UP & HIPS LOW
 - LOCK NECK INTO TRAPS
 - KEEP HEAD OUT OF TACKLE – ABSORB CONTACT TO CHEST AND SHOULDER PADS
 - WRAP ARMS AND CHESTPLATE AROUND BALL CARRIER
 - DRIVE FEET, LEGS, AND UPWARD MOVEMENT OF HIPS
2. OTHER POSITION TECHNIQUES
 - RUNNING & GATHERING BEFORE CONTACT
 - BLOCKING ENGAGE
 - LINE CHARGE – LEAD WITH HANDS
3. CONDITIONING
 - CARDIO
 - WEIGHT TRAINING

EQUIPMENT CARE

- NO SITTING ON, DROPPING, OR THROWING HELMET (DAILY SELF CHECK)
- NO TAPING EQUIPMENT – FITS OR FIX IT
- KEEP EQUIPMENT CLEAN

INJURY POLICY

THE HEAD COACH & CERTIFIED TRAINER IS IN CHARGE OF:

- PRACTICE AND PLAYING STATUS OF ALL INJURIES
- ALL MEDICAL EQUIPMENT ISSUED

EMERGENCY PROCEDURES

- DIRECT 911 CALL AND CARRY OUT DISTRICT PREPARED PROCEDURES.
- USE CELL PHONE OR PHONE IN STADIUM BOOTH
 1. HEAD COACH (JOHN SCOTT) OR CERTIFIED TRAINER IS IN CHARGE
 2. IN HC ABSENCE – TRAINER & ASSISTANT COACHES
 3. SUB VARSITY CONTESTS – DESIGNATED COACH

WE HAVE A SHARED RESPONSIBILITY TO TEACH AND CONSTANTLY CORRECT OUR PLAYERS. NEVER ALLOW A PLAYER TO DO ANYTHING THAT IS ILLEGAL OR IN CONFLICT WITH THIS PLAN.

G. TIGER FOOTBALL LETTERING POLICY

- Varsity Letters are awarded for participation in Varsity Contests. Participation must come from scrimmage participation (position player) and/or participation on at least two special teams as a starter. Participants must compete in a minimum of 24 Quarters.
- If a Senior is injured prior to the minimum quarter rule – the number of quarters will be adjusted by coach’s discretion. Any Senior who has not met the minimum quarters, but has remained in good status and contributed throughout the season.
- State Championship Game – all active roster members will be awarded a Varsity Letter.
- All the conditions set forth in the above items are contingent on the player finishing the season in Good Standing.

H. PRACTICE & GAME NEEDS

- T-Shirts or moisture dry compression shirt for under shoulder pads or practice jersey.
- Football cleats – molded or replaceable.
- Towel – we shower after practice and games – hygiene is expected of all.
- Toiletries – Shampoo, Deodorant, Lotion, etc
- White or black crew socks (No Ankle Socks) – clean and dry socks protect the feet from blisters.
- Spandex shorts (underwear and boxers are not sufficient)
- Athletic shorts – preferably team issued shorts – (black).
- Court shoes for lifting and inside activities
- Locks will be issued to secure all team and personal items.

I. FOOTBALL EQUIPMENT REPLACEMENT COSTS

(LOST EQUIPMENT IS PLAYER RESPONSIBILITY)

○ HELMET	\$250.00 - \$300.00
○ SHOULDER PADS	\$150 - \$200.00
○ PRACTICE JERSEY	\$20.00
○ PRACTICE PANTS	\$20.00
○ PADDED GIRDLE	\$30.00
○ KNEE PAD SET	\$6.00
○ GAME JERSEY	\$100.00
○ GAME PANT	\$75.00
○ LOCKS	\$8.00

J. TEAM TRAVEL

When we Travel, athletes are asked to dress in comfortable team attire purchased by the player. Normally we travel in clean (not practice) shorts or sweats, FB T-Shirts, Hoodies/Pull Overs and court shoes (no flip flops). Our goal is to be comfortable and at the same time look like a team. Practice gear is not travel gear. All athletes riding the bus home will be required to shower after the contest.

K. COACHING POLICIES

Your son will be treated fairly and with respect. Our goal is to use football as a tool in becoming a productive member of our society. We will emphasize respect, honesty, accountability, & responsibility in our working with your son. It is important to realize that the coaches are on the same side as your son. When we coach him, we will coach him professionally and very enthusiastically. When he is corrected it will never be personal or insulting, but it may be direct and with purpose. Football is a physical sport and can be a violent game. We are committed to helping your son meet the demands of the game and discover his strengths as well as confronting any weaknesses that may affect his ability to compete at the highest level possible. We do understand our unique relationship with your son and we will never violate the trust you have placed in us.

Lander Tiger Football Coaching Staff

E. TEAM POLICIES AND RULES

Each player will be informed of the Tiger Football Personal Conduct Policies (next page). Football Team Policies are posted on the football team website. These policies along with the Fremont County School Districts Rules and Regulations (posted on the district website), and Wyoming High School Activities Policies will govern the football program in terms of eligibility, rules, and regulations. Infractions will be dealt with in accordance with these policies.

LANDER TIGER FOOTBALL TEAM PERSONAL CONDUCT POLICIES

I. ACTIVITY CODE VIOLATIONS

- Drugs, Alcohol, Tobacco & Vaping Items.
- Violations will result in discipline, suspension, or dismissal from the football program as outlined in the Lander Valley High School Activity Code of Conduct. **Suspended players will not participate** in the weeks practices for games which they are suspended. Playing status or depth chart position will be determined upon return.

II. ACADEMICS

- Daily Attendance in school is Mandatory – unless illness or family issues. Notification is expected
- Missed practice due to poor academic effort will result in potential game suspensions.
- Conflicts with school personnel will result in consequences that could lead to suspensions or dismissals.

III. FIELD AND LOCKER ROOM EXPECTATIONS

- No walking on practice or game fields – we are up tempo when moving from drill to drill or on and off the field.
- Encourage, exhort, and support all your teammates.
- We will leave the practice field, locker rooms, and weight room picked up and in order.
- Hazing or initiations **will not** be tolerated in any form at any time!
- Eliminate excessive swearing, obscenities, and gestures – self-discipline.
- Treat custodial personnel with respect.

IV. PRACTICE – WEIGHT TRAINING – MORNING CONDITIONING – TEAM MEETINGS

- All absences and tardies must be CLEARED in advance through Coach Scott. **Hunting is not** an excused absence. Text Messages are the **last** form of informing, I expect personal contact or a phone call. A REASON is before and an EXCUSE is after. No Excuses are permitted.
- Unexcused tardy arrivals will participate in “TIGER REMINDERS”.
- Missed practices, meetings, or team functions that are not cleared will result in disciplinary actions; subsequent unexcused misses will result in dismissal from the program.

V. ISSUED EQUIPMENT & TIGER CARDS

- You are responsible for the proper care of all equipment that is issued to you.
- Securing Tiger Cards and the collection and turning in of money is each team member’s responsibility.
- You will be responsible for replacement costs of all lost equipment and/or lost cards or money.
- All non-issued gear must be approved by Coach Scott.

VI. SPECIAL EMPHASIS

- All coaches will be addressed as “Coach”.
- Head Jewelry is not allowed in any FB related activity (wt. room, game, practice, or travel)
- Travel attire will consist of a Team Dress Code.

VII. CARE OF INJURIES/TRAINING ROOM

- All necessary paper work must be submitted prior to team workouts.
- All injuries must be brought to the attention of Coach Scott and Trainer.
- Proper attire required in co-ed training room facility.

The aforementioned policies or any not listed here (conduct deemed detrimental to the team) and all decisions made in reference to, are ultimately made at Coach Scott’s Discretion.