

# ***BIXBY SPARTANS*** ***2013***



*Player/Parent Handbook*

## **Bixby Spartan Player / Parent Handbook**

### **Vision**

Bixby Spartan Football will be respected as the very best program in 6A at developing young men.

### **Bixby Spartan Football Philosophy**

1. We will be totally committed to this program.
2. We will always maintain and preserve integrity in our program. We will coach and play within the rules and confines of the game.
3. We will find players who are willing to do things the Spartan way.
4. We will run a disciplined program.
5. We will work hard and work with a purpose.
6. Coaches will be quality role models for our players.
7. We will coach with intensity and enthusiasm.
8. Coaches will always be honest with our players and let them know exactly where they stand and what we expect.
9. We will win by eliminating the bad play. We will be fundamentally sound in all that we do. (we will work a new play in, not put a new play in.)
10. We will strive to keep our priorities in order.
11. We will develop and learn the habits of dedication and sacrifices for the common good of the team.
12. Our players will leave us as better persons than when they arrived.
13. We will compete and never quit as long as there is time on the clock.
14. We will work, play and compete with a positive attitude.

15. We will always voice solutions not complaints.

## **Bixby Spartan Football Team Policy**

### **Establish Priorities:**

1. **Family-** We are a football family before all else... We put the team first.
2. **Academics-** We want to do something great with our lives and know that excelling in the classroom is the springboard.
3. **Win-** We want to become our very best by reaching our full potential as individuals and as a team.
4. **Fun-** We coach and play the game because it is fun... We must never lose sight of this.

### **Roles, Responsibilities, And Expectations:**

I do not get involved with or do anything that would ever embarrass or compromise the integrity of the players or coaches of our team. This includes non-school hours. Everything you do reflects on our team, school, and community. Any violation of this policy can result in suspension or expulsion from the team.

### **Team Core Values: (DISC)**

#### **Discipline-**

- **Do the right thing, the right way, every time**
- **A Commitment is a promise**

#### **Integrity-**

- **Who are you when no one is looking**
- **Leadership is influence**

#### **Selflessness-**

- **The warrior next to me**
- **Faith First, others second, and I'm Third**

#### **Confidence-**

- **Only the hard... Only the strong**
- **Believe in yourself**

### **Specific Areas:**

#### **Classroom:**

Conduct yourself as a gentleman and show respect to your teachers. Do not allow a poor attitude, misbehavior, or poor attendance get you into trouble. Your coaches are not here to bail you out of trouble. You are responsible for your behavior and academic performance. If the coaches get involved you will not like it. We will have 1<sup>st</sup> hour study hall and you will be introduced to the "Reminder". You will not represent the team if you have a problem in this area.

**On the Field:**

We will not tolerate behavior on the field that 1) draws attention to yourself and not the team, 2) embarrasses our team or school. We will celebrate great plays with each other; as a team. There will be no taunting, fighting, pushing off the pile, unsportsman like conduct, or profanity of any kind.

**Eligibility:**

Our team members will adhere to all OSSAA and Bixby high school eligibility rules and regulations. It is your responsibility to fulfill all of your academic and attendance obligations.

**Practice:**

1. Always be early
2. Never miss (illness/death)
3. If you must miss; call your position coach before practice
4. If you are injured and cannot practice, you still need to be at practice with your position coach to learn.
5. If you do not report to the trainer you will practice.
6. All missed practices must be made up at coaches discretion.
7. All called in absences are excused, all non-called in absences are unexcused. All tardies will result in a "reminder".

**Facility / Equipment:**

This is our home away from home. Treat our facility and equipment like it was your very own. Take pride in our facility and take care of it. You are responsible for all equipment checked out to you. You must pay for all lost or stolen gear. Equipment left out can be redeemed for one "reminder".

**Personal Conduct and Appearance:****Drugs and Alcohol**

It is impossible to be at your mental and physical best if you use drugs or alcohol. Both reduce your chances to become as physically fit as you need to be. To be the best football player you can be, you need the mental advantage of knowing you are doing everything possible to enhance your teams chances of being successful. Don't use drugs or alcohol.

**Profanity**

The Bixby Spartans are a class team. There will be no cursing. High emotions are not an excuse for the use of poor language. "Reminders" will be used if need be.

### **School Policies**

All policies as outlined by the Bixby student handbook as well as the Bixby athletic handbook apply to our program. We are leaders of the community as well as the student body, so we will adhere to these policies and set the standard on this campus.

### **Jewelry**

Earrings are not to be worn while representing our team. No earrings in the locker room, on the bus, or in the facility.

### **Hair**

Your hair should be neat and clean and not draw attention to yourself.

### **Cell Phones**

Cell phones will remain put away while players are in the locker room or weight room before or during practice. Keep them put away.

## **Spartan Reminder List**

(Subject to Head Coaches Discretion)

- Tardy (1 second and up)- 200 yards of bear crawls
- Absence (Excused)- 3 Timed Gassers
- Absence (Unexcused)- 3 Roller Derbies (200 yds. Each)
- F- 150 Wall Balls (10 minute time limit)
- Off the Field Incident- Coaches Discretion
- Personal Foul- 3 timed gassers (coaches discretion)

### **The little things that make a difference:**

- a. Be in the locker room early each day
- b. Look at a coach when he is talking to you
- c. Never walk on the field
- d. Always wear your helmet on the field
- e. A successful person learns to get by with less praise than he deserves
- f. Our team does not exist to help your personal statistics
- g. Personal goals will never come before team goals
- h. A team can accomplish great things if no one cares who gets the credit
- i. True winners are never content with yesterday's victories
- j. Champions focus on where they are going, not where they have been.

### **Discipline:**

It is a privilege to be a member of the Bixby Spartan football team, not a right. Each member of the team has earned their status. You and I are not more important than the team. If I ever have to choose between you or the team, I will always choose the team.

**Social Networking Policy:**

In today's modern age of technology and communication even the lives of you as high school athletes are affected in many challenging ways. Remember, you represent our school and football program 24/7 and any photographs or communications that violate any of our team or school rules you are held accountable for. Exercise good judgment and character at all times.

**The Bixby Spartan Parents**

1. We coach our players like they are our sons.
2. We coach hard, loud, and aggressive; you are welcome, but beware.
3. Football is a loud, tough, disciplined, emotional game--we coach the same way.
4. We believe, stress, and teach our priorities.
5. We require your child's undivided attention when we are teaching.
6. The team always comes first. We have no stars.
7. We may require your child to be more disciplined than you do.
8. We don't play kids to make them happy:

Athletes are played because:

1. they have a positive attitude

2. they do the things that are required plus more
3. they add the most value to the team
4. they understand their role on the team
5. their number one goal is to make the team better
6. they understand seniority is earned not granted
7. they get the job done better than someone else.

9. Parent's influence or position makes no difference.

10. Best college potential position only if it's best for our team.

11. Evaluation of your child is 24 hours a day, 7 days a week. We film and evaluate each practice and game repetition.

12. Players who attend summer workouts will have a better opportunity to gain playing time. However, this only guarantees the athlete an opportunity.

13. Publicity is used to promote our team, school, and community.

14. Schedule meetings with me in advance:

- a. Remember our philosophy when evaluating a situation. Team over self.
- b. My door is always open and so is my mind; please have the same attitude.
- c. After games please do not question our coaching staff's decisions regarding playing time, calls during the game etc. We will be happy to schedule a meeting the following day to address all questions once emotions have settled down.

15. Being simple, boring and winning is better than being complex, exciting and losing.

## **Personal Goal Sheet**

The information on this sheet has many purposes and is very important to us as a team.

1. It will allow your coaches to get to know you.
2. It will allow your coaches to assist you in achieving your personal goals.
3. It will allow your coaches to adapt and modify the curriculum of the program to meet future needs.
4. It will allow the coaching staff to become actively involved with you and your family in preparing you for your future.

Please be as open and honest with the information below as you can. This information will be kept in the strictest confidence. Only your family and your coaches will have access to this information unless you wish to share it with others on the team. The information you share with us will be taken as fact and we as coaches will assist you in any way possible to help you reach your personal goals. Should you need to modify, delete or add goals, please do so any time.

Please prioritize your goals in each area and add as many areas as you wish.

I. Religion, Faith, God:

- 1)
- 2)
- 3)

II. Parents, Siblings, Family:



1)

2)

3)

III. Academics, Grades, Curriculum:

1)

2)

3)

IV. Athletics, Football, Basketball, Etc.:

1)

2)

3)

Athlete Signature: \_\_\_\_\_ Parent Signature: \_\_\_\_\_