



# Enumclaw High School

## Player Handbook

### 1. INTRODUCTION

The purpose of this handbook is to inform you of what will be expected of you as a member of this team. You are responsible to read, know and understand the complete contents of this handbook. If you do not understand any part of this book, you need to communicate with a member of this coaching staff as soon as possible.

At Enumclaw High School you have a great opportunity to be a part of a Championship team. Our policies have been designed to help us achieve this goal. You should keep this folder handy in case you need to refer to it during the spring or fall season.

This information is not meant to replace the line of communication between your coaches, but rather to give you some guidelines and also encourage you to communicate with your coaches. If you disagree with any part of our guidelines, please feel free to contact any member of the coaching staff.

It is a great honor and privilege to be a member of our football program and to be a champion. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education provide us some of our greatest values and most rewarding moments. Take pride in everything you do as a part of our program; for football, as in life, the success you enjoy will result from the effort you are willing to give to be a winner.

**If you have a problem or a concern with the team or with someone within the team, the first step that you need to make is towards the Head Coach's office.**

### 2. WHAT WE EXPECT FROM YOU

1. To do your best (academically, athletically and socially).
2. To do the **RIGHT** thing.
3. To be honest.
4. To be totally committed and loyal to the Enumclaw Football Program.
5. Take great **PRIDE** in your performance and our **TEAM** performance.



### **3. RULES & REGULATIONS**

#### **A. EXPECTATIONS:**

We will not have a lot of rules and regulations. However, you must adhere to all School District rules and regulations. The following general rules are for your benefit. Since it is impossible to cover every point or event in a statement of team policy such as this, you are expected to conduct yourself at all times in a manner that will reflect credit upon you, your teammates, the school, and the Enumclaw Football Program

1. Do things right.
2. We do not tolerate:
  - a. Drugs (you will be suspended from the team immediately)
  - b. Underage drinking
  - d. Stealing
  - h. Racial Statements
  - i. Harassment of any kind
  - j. Dishonesty

Swearing – Eliminate obscene words
3. You will look neat and well groomed.
4. Be on time for meetings.
5. ALL SCHOOL RULES, POLICIES, AND GUIDELINES apply during any Football function.
6. Be truthful. If I can count on you I will always stand by you.

#### **B. ACADEMICS**

1. Progress Reports will be done weekly. We are students FIRST.
2. All players will be a part of study table on a daily basis.
3. Any class that you are getting a grade less than a C in, you will be encouraged to seek extra help from the specific teacher.

#### **C. STRETCHING & PRACTICE**

1. We expect you to practice with enthusiasm. We will enjoy the price of hard work and preparation. You must exhibit a positive attitude at all times!
2. We expect you to improve your flexibility during stretching. Flexibility increases speed.
3. Having an Enumclaw helmet is a privilege – helmets are to stay on at **all** times during practice. Helmet will remain on unless instructed otherwise.



4. Stretch looks sharp – We will have a psychological advantage. We focus on details!
  - a. When standing, toes are behind the lines – lines are straight!
  - b. When sitting, butts are on the lines – everybody is facing the same direction (the front).
  - c. This is not a time to have social conversations – it's a time to mentally prepare.
  - d. You must be part of the team – if a team is expected to count or respond aloud, you do so with **great** enthusiasm & authority.
5. You must run through lines at all times – we will finish drills!
7. We expect to be a great practice team. I do not believe in just turning it on come Friday.
8. We expect you to compete in practice – make it obvious that you are working harder than everyone else in your position group.

#### **D. GENERAL**

1. Understand you are always being evaluated – act accordingly.
2. Training rules:
  - a. Live clean, think clean. Tobacco, abuse of alcohol, and drugs are prohibited.
  - b. Treat service personnel with respect. Make their job a pleasant experience.
  - c. Do not leave equipment laying around in the hall ways or locker room.
  - d. Cleats are to be taken off outside – no cleats in the building!
3. Always check the bulletin board in the locker room (Half Pack etc).

#### **E. LOCKER ROOM**

1. Lock valuables up.
2. Garbage goes in the trash. (Fitness Club)
3. Absolutely no horseplay in the locker room.
4. Hornet Athletes only in the locker room.
5. The locker room is checked each night. Fitness Club will be issued accordingly.

#### **F. EQUIPMENT GUIDELINES**

1. Tardiness because of equipment is never tolerated. BE READY.
2. Wear all equipment issued (unless instructed otherwise).
3. Do not alter equipment. Player safety is our #1 priority.
4. You will be financially responsible for all equipment issued to you.



## **G. DRESS CODE:**

### **1. PRACTICE**

- a. Only issued equipment and uniforms.
- b. Buckled-up chin straps during drill sessions.
- c. NO JEWELRY. - leave jewelry in the locker room.
- d. Helmets are worn at all times on the field unless given permission to take them off.

### **2. GAME**

All of our hard work is with one and only one objective in mind... win the game. We will dress to win the game. Shirts tucked in, socks pulled high, and we will look GOOD. We expect to be the sharpest and classiest team in the state – from the pre-game warm-up until we leave the field after the game.

## **H. TRAVEL**

We will play as we prepare. We will review notes and our game plan from the week on our ride to the game. We will have a mental approach that includes visualization and imagery. Players will see themselves in the game, and be mentally prepared.

1. We load the bus together. Be on time.
2. Go through pregame dressing routine before you put your bag on the bus.
3. We will be prepared. Weekly notes from meetings will be reviewed.
4. There will be no ipods or radio devices. We are going to work.
5. No food on the bus (unless provided by coaching staff).
6. Everyone will return by bus, unless a special arrangement is needed.

## **I. LATE POLICY**

1. Previous arrangements must be made prior to the occurrence. The head coach must know why you will be missing or being late (meeting or practice). If proper action is not taken you will face disciplinary actions.
2. A coach will perform a locker room sweep before each practice. Anyone who is not out by the time the sweep is done will be considered late. Coach will also lock the Locker room.
3. Training room needs are not excused. You MUST be present at role call to receive announcements and important practice information. Attention to training room duties will be handled after that time.
4. Equipment issues are to be taken care of immediately after school. Do not try to get equipment right before practice.



#### **J. WEIGHT ROOM POLICY**

1. You are required and responsible for all workouts in the weight room at assigned times.
3. All injured/ill players must find out (from Head Coach) what they can do in the weight room and be sure such requirements are being met.
4. When in the weight room, we are issued sweats or shorts (Hornet Football gear)
5. Leave jewelry in your locker. No jewelry will be allowed at practice.
6. The Weight Room is a work room. We do not play in the weight room period.
7. Weights and bars should be racked when not in use. Do not leave weights on the floor.
8. Collars are used at ALL TIMES.
9. Never work without a spotter. Spotters should pay attention to lifter.
9. Coach can assign Fitness Club to members that are not following procedure.

#### **K. TRAINING ROOM POLICY**

1. The training staff determines your practice/playing status (injury or illness). NOT YOU!
2. Practice status injury report will be listed and posted daily. Trainer determined.

You are responsible for all treatment as prescribed by the training staff. If you do not know what that is, YOU must find out.

If you are not able to participate in conditioning due to an injury, we will assign a conditioning exercise you can do. You will condition.

Trainers are here to help. Disrespect will not be tolerated.

Never leave the practice field without a coach's approval.



#### **L. GAME CONDUCT**

1. Always hit our team sign before you go onto the field (Play Like a Champion Today). You only have three hours to show how hard you have worked.
2. Everything we do has a purpose. All parts of pre-game will be sharp.
3. Headgear is always on and buckled up when taking the field.
4. Do not talk to your opponents. Under no circumstances do we get involved in a verbal match.
5. Maintain your poise and play with optimism.
6. Do not talk to officials. This is not your job. Do your job.
7. Stay on the field until someone comes in for you.
8. Stay on the sidelines until a coach instructs you differently.
9. Stay within the designated player area.
10. Captains check with sideline on penalty.
11. Always have headgear on when on the field, NEVER remove it unless injured.
12. If you are injured, try to get off the field if possible.
13. Always sprint on and off the field.

#### **M. MISCELLANEOUS**

1. Fighting will not be tolerated – on or off the field
5. Do not take equipment from the locker room.
6. You are required to wear all your equipment.
7. You may have outside friends; however, they are not privileged to know what is going on with our team. What is said in team meetings & said amongst the team stays within the team – we are a family.
8. Profanity will not be permitted.
10. There are no visitors in our locker room.
12. Use common sense at all times & understand every decision you make will affect our Football team.
13. Being an Enumclaw Hornet is more than just playing football. We expect you to be involved in our community projects, team events, etc. We expect you to take action to make things better – don't wait for someone else to get the job done. If you see something that needs to be done, do it.
14. You are required to participate in our fundraisers. This allows us to improve our program. (Pride Points etc)

#### **N. LETTERING POLICY**

1. Player must play in 14 Varsity Quarters (1 QR= Back to Back Football Plays)
2. Player must complete the entire football season
3. Player must remain in good standing academically through football season



# Enumclaw High School

## Player Handbook

I have read and agree to the Enumclaw High School Player Handbook. Any questions or concerns will be addressed in the appropriate manner with the Head Coach.

Player Name \_\_\_\_\_

Player Signature \_\_\_\_\_ Date: \_\_\_\_\_

Parent/ Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_