Macklin Sabres Football

2015

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**Player Handbook**

Welcome to Sabres Football!

*Thank you for choosing to be a member of the Macklin Sabres Football family. We hope that you are as excited as we are about this upcoming season. We are looking forward to a successful season and are glad that you will be a part of it.*

*I have put together this Player/Parent Handbook to assist the player and the parents as to the overall goals, philosophy, rules and expectations of all Sabres players, coaches and parents. Should you have any questions regarding this handbook, please do not hesitate to contact your head coach*

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# Section 1: Team

**2015 Theme: “Pride – Hustle - Desire”**

**P.H.D.**

## Idea behind the Theme:

Pride:

The ultimate goal of any coach is to see his players take complete **PRIDE** in what they are doing. In order for this to be realized, players must dedicate themselves to the sacrifices required to achieve both individual and team goals. Many of these sacrifices require players to push themselves physically and mentally.

Hustle:

**HUSTLE** beats talent when talent doesn’t hustle.

Desire:

There’s a difference between interest and commitment. When you are interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses; only results. Commitment is required to achieve what you **DESIRE**.

## Team Goals:

1. Build trust and loyalty with everyone involved.
2. Continue and build upon individual and team successes of last season.
3. Hold academics at high regard.
4. Build on base Offense and Defense.
   1. Solid fundamentals and techniques.
   2. Every player knows their responsibility.
5. Have players gain experience and confidence.
6. Help to create confident, contributing members to society.
7. Make playoffs. Win Provincials.
8. Be thankful to everyone who has made sacrifices to present this opportunity to us.

## Philosophy:

1. Fundamental Beliefs
   1. Each player on the team is a student-athlete, so academics come first.
   2. Individual/Team discipline is our top priority.
   3. Attendance, organization and time management are key points at practice.
   4. A focus on fundamentals and player development will bring us desired results.
   5. Everyone has something to contribute to the team.
   6. The TEAM comes BEFORE the INDIVIDUAL.
   7. A positive attitude is necessary for team success.
   8. Safety is a priority.
2. How is success measured?

The success of a football program is a whole lot more than winning games and championships, it involves the development of the student athlete and how he/she contributes to the community they live in.

A player on the football team will leave with a great level of confidence within themselves and an idea of the advantages of being a positive person. Success is measures by what the players do and the type of lives they live after leaving the program.

# Section 2: Individual

## The Sabres Football Player

Being a member of the Macklin Sabres Football Team is a special privilege for those individuals who show a willingness to dedicate themselves, stay determined to attain goals and have a desire to be better as a team.

YOU ARE A STUDENT FIRST. Your desire to learn is a priority both on the field and in the classroom. This is a special opportunity for you to use leisure in life to help you attain success at work/school. Many skills developed and characteristics revealed will help you both on the field and in the classroom. You have the responsibility to show dedication, determination and desire to bettering yourself as an individual, this means applying this team motto to the classroom.

Get better. Every practice, every game, every meeting, every season, every off season, do something to better yourself. There are many opportunities provided by the team, provincially and nationally to push yourself. For example, in grades 9-11, the coaches will take players to Unity for the annual Football Saskatchewan ID Camp, and in grade 12 players have the opportunity to try out for the Football Saskatchewan Senior Bowl(All-star 12-man, North vs. South Sask.), and the CAN-AM Bowl (All-star 6-man, Sask. Vs. USA)

Responsibility to your family is a requirement for all football players. You should be the role model at home. Help and listen to your parents at home. Look after your siblings. Show your love and appreciation by your actions. Be respectful of you family, your team and yourself.

### Players Role

1. Always have a positive attitude – We are who we think we are.
2. Loyalty is a must; there is no room for doubters.
3. Complaining takes too much energy, if you have a concern, see you position coach, coordinator and finally, the head coach.
4. Learn, work hard and have fun. Hustling is totally free and requires no skill.

### SHSAA CODE OF ETHICS FOR PLAYERS

THE SCHOOL REQUIRES THE ATHLETES TO

\* Conduct themselves at all times with honor and dignity.

\* Treat visiting teams, spectators, and officials as honored guests.

\* Faithfully complete schoolwork as practical evidence of their loyalty to school and team.

\* Show that it is a privilege to represent their schools.

\* Remember that there is no place in school athletics before, during, or after competition for the use of drugs, tobacco or alcohol of any kind.

THE GAME REQUIRES THE ATHLETES TO

\* Maintain a high degree of physical fitness.

\* Be fair at all times, no matter what the cost.\* Believe in the honesty and integrity of opponents and officials.

\* Play the game for the game’s sake.

\* Accept gracefully and without question the decision of the official.

SPORTSMANSHIP DEMANDS THAT ATHLETES

\* Recognize and applaud honestly and whole-heartedly the efforts of their teams or opponents, regardless of color, creed or race.

\* Give opponents full credit when they win and learn to correct their own faults through failures.

\* Play hard and to the limit of their abilities regardless of discouragement. True athletes do not give up, nor do they quarrel, cheat, bet, or show off.

\* Accept both victory and defeat with pride and compassion, being never boastful nor bitter

### Rules and Guidelines

1. Communication: Players will address coaches with terms of respect. I.e. Coach Germann or Mr. Germann. If a player does not understand what is being told to him/her by a coach, he/she needs to ask questions.
2. Swearing: Swearing is not allowed at any time.
3. Practice: Attendance at practice is mandatory.
   1. If a player needs to miss a practice, he/she needs to notify a coach in advance and not after the fact.
   2. Missing practice for academic reasons is acceptable for one reason only. A student who needs extra assistance from a teacher to understand a certain concept or learn new information is an acceptable reason. Since we practice in the morning this is extremely rare and it is an expectation that students will exhaust every other possible meeting time.
   3. The player who cannot physically practice but is still able to attend practice (due to injury or illness) will be recognized as attending practice. The player will still be able to learn by observation, and therefore non-practicing players are expected to stay with their position coach unless otherwise instructed.
   4. We work under the rule of “miss a practice miss a quarter”.
      1. One unexcused missed practice in a week: sit during first quarter.
      2. Two unexcused missed practices in a week: sit during first half.
      3. Three unexcused missed practices in a week: do not play that week.
   5. Any player missing a game from disciplinary actions (ie. See iii., behavior, etc.) will not be travelling with the team.
   6. If lack of attendance or tardiness is a habit, players may be cut from the team.
4. Unsportsmanlike/Personal Fouls: These penalties will not be tolerated. Any player receiving one of these penalties will be removed from the game immediately and may not return that game. We do not want our kids to retaliate regardless of our opponent and what was said or done.
5. Staying Positive: We all make mistakes. It is a part of the game, it is a part of life. Don’t get down on yourself. Believe in your abilities and make up for it during the next play.
6. Equipment: Equipment is owned by the Macklin Sabres Football Program and rented to players. Equipment is to be treated with respect. Never sit on or throw your helmet. Do not take equipment home without permission from the head coach.
7. Team comes first: Do not draw attention to yourself. Always put the team first. Display good sportsmanship. Showing off, taunting, over-celebrating, or drawing attention to yourself is unacceptable. Violation of this rule will be treated as if you had committed an unsportsmanlike foul.
8. Playing time will be determined via; safety, ability, and dedication. We strive to play all players that dedicate themselves to the team, whether it be in the game, rookie quarters or during rookie jamborees.
9. Physicians Instructions: Follow directions given by your physician, regardless. The more you follow his/her advice, the quicker you will return to the playing field after an injury.
10. Enjoy: Football is a game. Enjoy the game of football. It is fun and exciting. If you have concerns, approach the head coach.
11. School Policy: All school and SHSAA policies are in affect at all practices, games and other events.
12. Learning attitude: Come to every practice ready to learn. Hard work pays off! Make it a point to improve at least one skill area daily. The better you get, the better we get.

## The Sabres Football Parent

Thank you for allowing your child the opportunity to be a part of our program. Being a part of this organization and this team is a special privilege for those individuals who show a willingness to dedicate themselves, stay determined to attain goals and have a desire to be better as a team.

### Parent’s Role

1. Be a PARENT first. How you carry yourselves, comments you make, actions you take are not only a reflection of who you are, but also how our children perceive us to be.
2. EDUCATION IS A PRIORITY. If you make their education a priority then they will make it a priority. If your child is having trouble with school, please notify the teacher. Coaches will periodically ask how school is going for your child.
3. SPORTSMANSHIP. Sportsmanship and sideline behavior is a priority for our organization. SHSAA and CFOA-ACOF (SASK Officials) will enforce the Code of Ethics: Spectators Conduct. If we are truly here for all of the kids in our community, this should not be an issue.

### SHSAA Code of Ethics - SPECTATOR CONDUCT

The SHSAA accepts the following as its policy regarding spectator conduct at all SHSAA Events.

The guiding principle for all SHSAA activities is that all participants; players, coaches, game and minor officials alike deserve respect and consideration.

•Respect the players in the game. Fans must cheer showing their support “for” their team, not disrespect for their opponents. It will be unacceptable for fans to make noise of any kind during situations such as a foul shot in basketball or during the serve in volleyball.

•School supporters are asked not to applaud errors by opponents, nor heckle, jeer or distract members of the opposing team.

•Respect the officials. They are doing the best job that they can, and should not be criticized for the judgments that they make but applauded for the service they provide to high school sport.

•Refrain from taking food or drink into high school gymnasiums when posted.

•Fans must respect the property of the schools and the authority of the school officials.

•Refrain from using artificial noisemakers, drums or other musical instruments. The exception to this policy would be a school Pep Band under the direct supervision of authorized school personnel, with the understanding that nothing will be done to interfere with the performance of the opposing team.

BE A SPORT - BLEND YOUR CHEERS FOR “YOUR TEAM” WITH APPLAUSE FOR

YOUR OPPONENTS. OBSERVE THE LETTER AND SPIRIT OF THE RULES AND SHOW

CONSIDERATION FOR OTHERS.

### Parents Obligations

1. Registrations:
   1. Complete SHSAA E7 Form
   2. Ensure your child has completed and signed the equipment sign out.
2. Fundraising
   1. Burger and 50/50 Sales
      1. Each parent will be given a schedule for working the booth and 50/50 ticket sales from the parent committee. If you cannot make your shift, please find a replacement.
   2. Annual Bottle Drive
      1. Our annual bottle drive will be on Wednesday, Sept. 16th. We will begin at 6:00 pm. Destination to be announced.
      2. Parent(s) will be needed to help with sorting, bottle pick-ups, and monitoring players.
      3. Covered hauling trailers will be needed to transport the bottles, and on Sept. 17th, help may be needed to deliver bottles to the bottle depot.
3. Fees
   1. There is a $75 registration/rental fee. Please submit registration and hand in fees before our first regular season game.
      1. Players will be given a team t-shirt and an individual/team photo when completed.
4. Awards Banquet
   1. Our annual awards banquet is a small event with players, family, coaches and special guests. In conjunction with the Minor Football parents, help is delegated with the decorating, preparing and serving of the banquet. A duty sheet will be passed around by the parent committee.

*\*\* We will start the season off with a parent meeting, date and time to be announced.\*\**

## SHSAA CODE OF ETHICS FOR COACHES

THE SCHOOL EXPECTS THE COACHES TO

\* Be an integral part of the school system and its educational contribution.

\* Remember that the athletic area is a classroom with moral and education obligations required at all times.

\* Insist upon high scholarship and enforcement of all rules of eligibility.

THE ATHLETES EXPECT THE COACHES TO

\* Maintain a genuine and up-to-date knowledge of that which he/she proposes to teach.

\* Maintain fair, unprejudiced relationships with all squad members.

\* Pay careful attention to the physical condition of the players.

\* Inspire a love of the game and desire to compete fairly.

SPORTSMANSHIP DEMANDS THAT COACHES

\* Take a strong stand against profanity, unfair play and unsportsmanlike behavior of their teams.

\* Maintain self-control at all times, accepting decisions of officials without outward appearance of vexation.

\* Teach athletes to win by use of legitimate means only.

\* Believe in the honesty and integrity of opponents and officials.

\*Teach that to win is always desirable, but to win at any cost defeats the purpose of the game.

# 

# Section 3: Forms

## 

## Equipment Rental Form

Please circle or fill in required information.

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number: #\_\_\_ or N/A

**Spring Camp** or **Season**

**Helmet:** #\_\_\_\_\_

**Shoulder:** #\_\_\_\_\_

**Practice Pants:** Yes / No

**Practice Jersey:** Yes / No

**Girdle:** Yes / No

**Thigh/Hip/Tail:** Yes / No

**Knee:** Yes / No

**Mouth Guard:** Yes / No

Other:

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The current cost to equip a high school student with football equipment is approximately $600. By filling out this form, you are identifying that you will be the sole individual responsible for your borrowed equipment. If any items are lost or show excessive damage, you will be charged the replacement cost.

If you agree to these terms and have had a coach approve your sizing, sign below.

Player: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## SHSAA E7 – Health Certificate and Parents’ Permission Form

**FORM E - 7**

**Saskatchewan High Schools Athletic Association**

**Health Certificate and Parents' Permission Form**

Date:

To whom it may concern:

I am satisfied that my son/daughter, , is in good health to

take part in strenuous activities. He/she has my permission to participate in those physical

activities and sports conducted by (school name). I also

agree with the need to have my son/daughter examined by a physician following an illness or injury to re-establish the bill of good health, and that this or any other medical examination is my sole responsibility.

**(Please check the category or individual sports below)**

He/she can take part in

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | All Sports | |  |  |  |
|  |  |  |  |  |  |
| or only the following: | | |  |  |  |
|  |  |  |  |  |  |
|  | BADMINTON |  |  |  | GOLF |
|  | BASKETBALL |  |  |  | SOCCER |
|  | CROSS COUNTRY |  |  |  | TRACK & FIELD |
|  | CURLING |  |  |  | VOLLEYBALL |
|  | FOOTBALL |  |  |  | WRESTLING |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**(For our reference, please complete)**

|  |  |  |
| --- | --- | --- |
| Student Name: | Family Physician: | Parents' Signature: |
|  |  |  |
| Grade: | Address: | Name: |
|  |  |  |
| Age: | Phone: | Address: |
|  |  |  |
| Birth Date: | Hospitalization No. | Phone: |
|  |  |  |
| **This form is to be returned to the school and kept on** | | M.S.I. or G.M.S.: |
| **permanent record file for future reference.** | |  |
|  |  |  |

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| (A parent or guardian must complete this side) | | | | | | | | **FORM E - 7** | |
| 1. | Past history (Check if yes, and year if possible): | | | | | | |  |  |
| TONSILLITIS | | | | |  |  |  | BRUISE EASILY |  |
|  | |  |  |  |  |  |  |  |  |
| PNEUMONIA | | | | |  |  |  | MUMPS |  |
|  | |  |  |  |  |  |  |  |  |
| SCARLET FEVER | | | | |  |  |  | INFLUENZA |  |
| EPILEPSY | | | | |  |  |  | POLIOMYELITIS |  |
|  | |  |  |  |  |  |  |  |  |
| HIGH BLOOD PRESSURE | | | | |  |  |  | TUBERCULOSIS |  |
|  | |  |  |  |  |  |  |  |  |
| KIDNEY DISEASE | | | | |  |  |  | RECURRENT BOILS |  |
|  | |  |  |  |  |  |  |  |  |
| SMALL POX | | | | |  |  |  | HERNIA |  |
|  | |  |  |  |  |  |  |  |  |
| RHEUMATISM | | | | |  |  |  | TETANUS - Year Booster |  |
|  | |  |  |  |  |  |  |  |  |
| BLEEDING DISORDER | | | | |  |  |  | Other Diseases |  |
|  |  |  |  |  |  |  |  |  |  |
| 2. |  | Previous Surgery: | | | | | |  |  |
|  |  |  |  |  | |  |  | | |
| 3. |  | Previous Injuries(Sprains, strains, fractures, torn muscles, ligament injuries, | | | | | | | |
|  |  | dislocations). If yes, check below and describe: | | | | | |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |

SKULL: Fracture

"Knock Outs"/Concussions

FACE INJURY: Eye

Ear

Nose

SPINE: Neck

Lower Back

SHOULDER

UPPER ARM

ELBOW

FOREARM

WRIST

HAND

PELVIS

HIP

UPPER LEG

KNEE

LOWER LEG

ANKLE

FOOT

CHEST and RIBS

ABDOMINAL (stomach)

1. Remarks: