



Dear Parents and Guardians:

We would like to thank you for allowing your student-athlete to be a member of the Lehigh Valley Football program. It is our goal to continue the tradition of success that has been established within this program. In order to accomplish that goal, your cooperation and support are necessary. Although our weekly focus will be on our opponents and how to gain an advantage, each season we work to develop a group of young men who understand the value of good character, a solid work ethic, personal accountability, overcoming adversity and sportsmanship. We take pride and ownership in being entrusted with the privilege of coaching your children. However, these goals will not be reached if all parties are not on the same page.

We understand the unconditional love and support you have for your sons and we feel it is important for parents to understand the team goals and concepts. This will allow you to reinforce the messages that are given to them within our program. Each player is expected to put forth their best effort each day, and in doing so, they will establish a role for themselves. Please continue to support and encourage your sons to work hard and remain committed regardless of their role on the team. It will be our policy that the coaching staff does not discuss any player's rate/amount of participation with parents. We take the job of evaluating each player extremely seriously and guarantee that each player will be given a fair opportunity to showcase his ability. The evaluation process begins in January, during workouts, so the players who take advantage of those opportunities are evaluated on more occasions than those who do not. If concerns arise throughout the season, we encourage the player to constructively address it with his position coach first. If the issue is not resolved, the player should then discuss it with the head coach. Any further issues will be addressed during a scheduled meeting with the parents, head coach and athletic director.

As the season approaches, we realize that not everything can be planned around our football schedule. However, we would ask that as doctor appointments and any other engagements arise, you consider your son's schedule. To help with this, our weekly schedule is listed within this packet. Also listed are some team policies and procedures we will adhere to throughout the year. Thank you once again for your support and cooperation as we move toward another successful season.

Sincerely,

Tom McCarroll and the Lehigh Valley Indian Football Staff

# **Player Priorities**

***Family***

***School/Community***

***Program***

***Team***

***Individual***

1. **In-season Weekly Schedule** (all HS Practices start at 3:15; MS practices start at 3:00pm)

- Mondays- JV/MS Games  
Varsity Lift after school  
Varsity Practice  
Varsity Film
- Tuesdays- JV Lift after school  
Practice for HS and MS teams
- Wednesdays- Team Lift after school  
Practice for HS and MS teams
- Thursdays- Practice for HS and MS teams  
Team Dinner
- Fridays- Game Night  
MS practice
- Saturdays- Some JV/MS games

**2. Academics**

We recognize that academics are at the forefront of a student-athlete's priorities. Without the ability to maintain good academic standing, a student-athlete will not have the privilege of participating in the activities associated with the Lehighon Football program. We strictly adhere to the school district's policy regarding academics and athletics. Coach McCarroll will receive a weekly email at both the high school and middle school levels, regarding any players who are failing any classes, from the Athletic Director or guidance counselor. At the high school level, there is usually a period at the end of the school day where students have time to seek out assistance from teachers or complete outstanding work. Players are expected to use this time to seek out any necessary tutoring for classes they may be struggling with. It is important that players learn the skill of managing their time wisely, and find a positive balance between academics and athletics. This is an invaluable quality that can pay dividends for our student-athletes as they pursue their dreams and goals in life.

**3. Game/Practice/Equipment**

Each player will be issued:

- \*Practice jersey
- \*Practice pants
- \*Helmet
- \*Shoulder pads
- \*Belt
- \*Knee pads
- \*Thigh pads
- \*Hip pads
- \*Tailbone pad

\*\*\* Players have the opportunity to decline any of these items and purchase their own.

However, they must communicate their intentions with Coach McCarroll, and that equipment must coincide with the program and PIAA standards.

- All players will be expected to wear these pads at each practice unless otherwise indicated by the coaching staff
- All players will be expected to wash their practice uniforms at least once per week, or more if weather or hygiene dictates
- If any piece of equipment that has been issued to a player is lost, the player will face a coaches penalty and may have to pay to replace that item
- Game uniforms will be issued the day prior to each game and will be left at the locker room immediately following each game to be cleaned. (MS may adopt an alternate method)
- At the HS level, travel game bags will be issued each week for players to transport their equipment to and from games. These bags are designated with each player's number. Bags should be left in the locker room after each away game.
- For all games, players will be expected to wear **white football cleats and white socks** as part of their uniform.
- All players will ride to, and return from, each game on the team bus

#### **4. Attendance/Discipline**

By being a part of this football program, a player will be held to a standard where responsibility, accountability and reliability are not only encouraged but expected. Although we anticipate that all players will be focused on achieving our team goals while placing selfish decisions aside, history shows that young student-athletes may, at times, need to be reminded of the appropriate steps to take. With that in mind, our staff will have a plan in place to address some of the more common issues that may arise through the course of a season. Please understand that we cannot know everything that each player does outside of football activities. Knowing that, I ask that if your child is involved in any situation that our staff should know about, it is important to be proactive and let us know as soon as possible. It will be communicated to all players what their behavioral expectations are in all school facilities. It will also be made clear to all players that they are expected to communicate with their coaches if they see or experience anything considered negative, illegal or counter to the characteristics that we emphasize, within the football facilities. Once practice begins, all players are required to attend all team functions throughout the course of the season.

The following consequences will apply as necessary:

- 1 unexcused late to a Team Function= Coaches' penalty
- 3 unexcused lates to Team Function= 1 game suspension
- 5 unexcused lates to Team Function= Dismissal
- Detention during the season= Coaches' penalty
- 1 ISS during the season= Coaches' penalty
- 2nd ISS or 1st OSS during the season= 1 game suspension
- 3rd ISS or 2nd OSS during the season= Dismissal
- Drug/alcohol incident= 28 day suspension from team activities
- 2nd Drug/alcohol incident= Dismissal
- Hazing allegation= immediate suspension from the team until investigation is complete
- Sexual misconduct allegation= consequence same as "hazing allegation"
- 1 unexcused absence from Team Function= Coaches' penalty
- 2nd unexcused absence from Team Function= 1 game suspension
- 3rd unexcused absence from Team Function= Dismissal

\*\*\*The head coach will determine what constitutes "excused" and "unexcused" \*\*\*

##Communication is vital within the program. If a player will be late or miss a Team Function, he/she must communicate that to the coach as soon as the player knows he/she will be late or absent. If a player waits until after the infraction to communicate with the coach, it will be deemed unexcused.

!!! Knowing how difficult doctor appointments are to schedule, and many need to be made far in advance, the staff would request that you provide them with the dates during the football season that your child has an appointment(s). Please provide these dates within the first week of practice. If any appointments are made once the season begins, please inform the coach as soon as possible after the appointment is made. Not communicating these dates would result in an unexcused absence.

^^^Family issues/emergencies: If a player is to miss a team event/practice due to a family issue or emergency, a parent/guardian is expected to communicate with the staff within a reasonable amount of time following the emergency.

\* If a player is not participating in a game or practice for injury, academic or disciplinary reasons, he will be expected to be with the team unless otherwise instructed.

# Any act during the season, deemed to be detrimental to the team and its goals, is subject to discipline by the coaching staff and school administration.

## **5. Service Hours**

Another component to the Lehighon Football Program will be the completion of service hours. Players will be encouraged to participate in community based activities on a volunteer basis. We feel it is important to give back to the community that provides so much support for us. The number of hours will be based on their grade in school

- Seniors= 4 hours
- Juniors= 3 hours
- Sophomores= 2 hours
- Freshmen= 1 hour

The football program offers opportunities throughout the year, such as our annual youth camp, and the Booster Club “Moving Up” day. Since we are encouraging players to branch out into the community, players will receive one half hour of service for every hour donated for a team-related event such as the ones mentioned above. A full hour will be given for all non-football related activities. Players will have until the end of the regular season to complete this portion of our program. Forms can be obtained from Coach McCarroll.

## **6. Injuries/Trainer**

It is extremely important that players report all injuries to the trainer we have on staff. It is her job to assess any injury that occurs due to football activities. In doing so, she will advise the parents and players of the best course of action. It is important not to wait to report any injury a player may incur.

## **7. Social Media**

Please be advised that social media outlets can be viewed publicly by many sources. That being said, it is recommended that players and parents carefully decide what they post on those social media outlets.

\*Note: The above set of team rules coincides with the school district's Athletic Code of Conduct. Anything not specified within these team rules, are addressed in the A.C.C., and will be referenced as any situation arises.

I have read and agree to the Lehighon Football Team Rules listed in the above pages.

Printed Parent Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Parent Phone Number \_\_\_\_\_

Parent Email \_\_\_\_\_

Printed Student Name \_\_\_\_\_

Player Signature \_\_\_\_\_

Player Cell Number \_\_\_\_\_

Player Grade \_\_\_\_\_

Date Signed \_\_\_\_\_