

2018 Phillipsburg Junior High Football Player/Parent Handbook



Coaching Staff:

- Head Coach: Jon Weinman Jr.
- Assistant: Keith Sides
- Assistant: David Hindman

Contact Information:

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Physicals/Concussion Forms: Every athlete must have a physical and signed concussion form before they take part in any practice. All physical forms must be turned in to the head coach or to the Middle School office. All physical forms must be signed by the parent or guardian of the athlete.

Summer Weights: The high school weight room is open for junior high athletes every Monday through Friday from 9pm to 10pm beginning on Monday, June 4th. Attendance is not mandatory but is highly encouraged. The weight room will be closed on Wednesday, July 4th in observance of Independence Day. All athletes, regardless of their chosen sports, are encouraged to attend consistently.

Pre-Season Conditioning: Pre-season conditioning will be held on Monday, August 6th through Friday, August 10th. The junior high football team will condition with the high school team at 8:00am Monday - Thursday at the high school practice field. On Friday, we will go through conditioning tests at the junior high football field and then hand out equipment prior to practice beginning the next Monday.

Practices & Games: The first practice will be held on Monday, August 13th. Subsequent practices will be held every weekday thereafter. All practices will begin promptly at 3:30pm. Most practices will end at 5:30 pm with the following exceptions: Wednesdays prior to games and Fridays following games will end at 5:00pm. There will be practice on Labor Day.

Picking Up Your Athlete After Practices and Games: Once an athlete or manager exits the Middle School building after practice or games, they are no longer the responsibility of the coaching staff. Please be prompt in picking your athlete up so the coaching staff can enjoy what is left of their time with their families.

Travel: Athletes are expected to travel with the team both to and from games. At certain times, permission may be granted for the athletes to ride home with their own parents. This permission is given only after verbal and visual contact is made with the parent at the sporting event. Permission will be granted for athletes to ride home with another parent ONLY with written permission from the respective parents given to the Principal and the head coach, PRIOR to leaving for the event.

Equipment: At the beginning of the season the following equipment will be issued to the athlete: helmet, all pads, practice pants and jersey, game pants and jersey, game socks. The athlete is responsible for the care and maintenance of this equipment throughout the season. That athlete will pay for any school issued equipment that is lost, damaged or destroyed by the athlete.

Community Service Project: Every year the football team will undertake a community service project to make Phillipsburg a better place for everyone. Projects might include clean up and maintenance of property around town, volunteering our time at community events, or raising funds for a charity. Participation is mandatory.

Eligibility: If a student isn't passing every class when the eligibility report is ran on Friday, they will be placed on probation for the following Monday through Sunday. If a student is on probation and isn't passing every class when the next eligibility report is ran, that student becomes ineligible to compete the next Monday through Sunday. The student will remain ineligible until they are passing every class on an eligibility report. Athletes with past due make slips are also ineligible.

Athletes must be in attendance at least ½ a day of school to participate in practices or competition unless excused. To be considered a ½ day of school students must be in attendance by 11:30 am. Only under extreme circumstances can this policy be adjusted (eg. appointments, funerals,...)

Athletic Awards: To be eligible for any and all postseason athletic recognition players and managers must finish the season in good standing by ...

1. Finish the season in good standing.
2. Turning in all checked out equipment in good condition and/or paying all replacement and repair costs.

All athletes in good standing will receive a Certificate of Participation

To letter, an athlete must meet at least one of the following conditions.

1. Start at an offensive or defensive position in ⅔ of all varsity games that season.
2. Be on the field for 10 or more offensive or defensive plays in ⅔ of all varsity games that season.
3. Complete both their 7th and 8th grade seasons in good standing.

Goals: These basic goals will drive our overall strategy. The athletes will develop more specific goals that will drive their daily activities. The goals of the program are ...

1. The long term health of each player.
2. To have fun playing the game of football.
3. To develop the character traits of good husbands, fathers, employees, and community leaders.
4. To develop the skills necessary to play football at the next level.
5. Competitive excellence.

Mission: To prepare young men for their adult lives by building character through a pursuit of excellence.

Vision: To become a model junior high football program recognized for being students first, preparing athletes for high school sports, and developing men of character.

Core Values: These core values will serve as the foundation of the program's culture. All athletes are expected to uphold these values. These terms are non-negotiable.

- **Character**
 - Definition: moral excellence
 - Quote: "Character is the real foundation of all worthwhile success" John Hays Hammond
 - Action: We do the right thing, at all times, because it is the right thing to do. Being a good person is our top priority.
- **Education**
 - Definition: the knowledge, skill and understanding that you get from attending a school
 - Quote: "Education is the key to unlock the golden door of freedom" George Washington Carver
 - Action: We are model students. We set the example for others at all times while at school or during school activities. Education has priority over athletics.
- **Growth**
 - Definition: progressive development
 - Quote: "Strength and growth come only through continuous effort and struggle." Napoleon Hill
 - Action: We make learning and improvement a priority. Our skills can be enhanced by continuous, hard work. We strive to be the best we are capable of.
- **Selfless**
 - Definition: concerned more with the needs and wishes of others than with one's own
 - Quote: "Ask not what your country can do for you, ask what you can do for your country." John F. Kennedy
 - Action: We put the team's goals ahead of our own individual goals. We stand up for those who are less fortunate than us. We live to serve our teammates and our classmates.
- **Toughness**
 - Definition: physically, mentally and emotionally strong
 - Quote: "Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength." Arnold Schwarzenegger
 - Actions: We fight through obstacles and setbacks to achieve our goals. We know the difference between an injury and an owie.

Unexcused Absences: If an athlete is at school, he is expected to attend practice. On rare occasions, a player may be excused for family and/or medical events or if the coaching staff is given advance notice. Players will be expected to be at practice on Labor Day.

1. 1st unexcused absence- Suspended from the next game
2. 2nd unexcused absence- Suspended from the next 2 games
3. 3rd unexcused absence- Dismissed from the team

Classroom Discipline/Tardy to Practice: All athletes are expected to exhibit model behavior in the classroom. The penalties for detentions and misbehavior during the school day are ...

1. 1st occurrence- Reduced playing time in the next game & 1 day of extra conditioning after practice
2. 2nd occurrence- Suspended from the next game & 3 days of extra conditioning after practice
3. 3rd detention/tardy- Dismissed from the team

Forgotten/Missing Equipment at Practices: Athletes are expected to keep track of all their equipment. This includes their practice jersey, pants, belt, helmet, all pads, socks and football cleats.

1. 1st Occurrence- 1 day of extra conditioning after practice
2. 2nd Occurrence- 2 days of extra conditioning after practice
3. 3rd and All Subsequent Occurrences- 3 days of extra conditioning after practice

Forgotten/Missing Equipment at Games: Athletes are responsible for having all of their equipment at home and road games. This includes their game jersey, pants, belt, helmet, all pads, socks and football cleats.

1. Every time equipment is forgotten- The athlete will not participate in that game

Unsportsmanlike Conduct/Excessive Personal Fouls:

Unsportsmanlike conduct and excessive and repeated personal foul penalties have no place in our program.

1. 1st Occurrence- Removed from the current game.
2. 2nd Occurrence- Removed from the current game and suspended for the next game.
3. 3rd Occurrence- Dismissed from the team.

Injuries vs Owies: Any athlete who requires assistance on the field because of an injury will not be allowed to return to action for the remainder of the game.

Phillipsburg Junior High Football Player/Parent Contract-

By signing below the student and his parents or guardians accept their students participation in the junior high football program and commit themselves to the expectations and responsibilities outlined in the player/parent handbook. Players will not be allowed to participate in practices or games until all parties have signed and returned this form to Coach Weinman.

Player Name (Printed)

Signature

Date: _____

Parent/Guardian Name (Printed)

Signature

Date: _____

Parent/Guardian Name (Printed)

Signature

Date: _____

Coach Weinman's Signature

Date: _____