

# **Trojan Football**

## ***HANDBOOK***



**TROJAN  
PRIDE**



# TROJAN WAY

***“Do the right thing, not the easy thing”***

- Family, School, Football
- Be a good student
- Hardwork
- Hustle
- Disciplined
- Prepared
- High Expectations (Accountable)
- Be a good teammate
  - Inspire
  - Care
  - Lead
- Have a love and passion for the game and each other
- Have fun
- Demonstrate good sportsmanship
- Show respect to all
- Act like a winner
  - Class
  - Pride



# Coach Expectations

Our focus as a coaching staff is to make you a better football player and person. We want you to have fun. We want you to be successful. We want you to learn life lessons from the great game of football. To help ensure this the coaching staff will:

## **Be positive**

- Use positive reinforcement
- Never speak negatively of players, coaches, administration, officials, parents, or other teams

## **Coach and Care about all athletes**

- Build relationships – they will last a lifetime

## **Communicate with staff, players, and parents**

- Be honest
- Cautious use of Social Media – Think before hitting Send!

## **Commitment**

- Be on time
- Know assignment and gameplan
- Get to know the players
- Work hard
- Study film and prepare

## **Be aware of injuries**

## **Demonstrate good sportsmanship**

## **Respect**

- Game
- Parents
- Administration
- Players
- Officials
- Opponents

## **Control what I can control**

- Attitude - Choices - Effort

## **You are a Role Model**

- Good Person
- Good Teacher
- Make good choices
  - Do the right thing – Not the easy thing
- ALWAYS Represent WHS in a positive manner



# Player Expectations

Focus on becoming a better football player and person. Have fun and be successful. Learn life lessons from the great game of football. To help ensure this the players will:

## Follow all MSHSL rules

### Be positive

- Have a great attitude
- Never speak negatively of players, coaches, administration, officials, parents, or other teams

### Be a good student

- Attend class, be on time, complete assignments, and no detentions

### Communicate with coaches, teachers, and parents

- Be honest
- Cautious use of Social Media – Think before hitting Send!

### Commitment

- Work hard in/off season
- Know assignment and gameplan
- Hustle at all times
- Have a purpose
- Study film and prepare

### Attendance

- Be early to practice and games
- Attempt to schedule around football
  - Work - Vacations - Appointments

### Healthy Lifestyle

- Take care of injuries - Eat healthy - Proper sleep and rest

## Demonstrate good sportsmanship

### Respect

- Game
- Parents
- Administration
- Teammates
- Officials
- Opponents

### Control what I can control

- Attitude – Choices - Effort

### You are a Role Model

- Teammates and young athletes
- Make good choices
  - Do the right thing – Not the easy thing
- Surround yourself with good people
- ALWAYS Represent WHS in a positive manner



# Parent Expectations

Focus on helping your athlete to become a better football player and person. Have fun, encourage and enjoy watching your athlete. Stress the life lessons that can be learned from the great game of football. To help ensure this the parents will:

## **Be positive**

- Never speak negatively of players, coaches, administration, officials, parents, or other teams

## **Be supportive and encourage**

- Athletes
- Coaches
- Team

## **Communicate with coaches, teachers, and parents**

- Direct all communication to the head coach
- Please wait 24 hours to contact coach after games
  - cooling off time – this will be best for all
- Please do not ask about playing time rather ask what you athlete can do to improve
- Cautious use of Social Media – Think before hitting Send!

## **Attendance**

- Attempt to schedule around football
  - Work - Vacations - Appointments

## **Demonstrate good sportsmanship**

### **Respect**

- |                  |             |
|------------------|-------------|
| - Game           | - Teammates |
| - Parents        | - Officials |
| - Administration | - Opponents |

## **Control what you can control**

- Attitude - Choices - Effort

## **You are a Role Model**

- Athletes
- Friends
- ALWAYS Represent WHS in a positive manner



# Team Policies

## **Follow all MSHSL Rules**

MSHSL determines consequences

## **Conduct Detrimental to WHS and/or Trojan Football Team**

(illegal acts, school violations, misuse of social media, etc.)

Consequences include, but are not limited to:

- Reduction in playing time
- Sitting out a quarter/half or remainder of game
- Will not play in next game
- Removal from team
- Penalties will increase with each infraction

\*All penalties will be at the discretion of the coaching staff

## **Unexcused Absence (Practice is very important)**

Consequences include, but are not limited to:

- Sitting out a quarter/half of next game
- Will not play in next game
- Penalties will increase with each infraction

\*All penalties will be at the discretion of the coaching staff

## **Excused Absence (Practice is very important)**

Consequences include, but are not limited to:

- Reduction in playing time
- Sitting out a quarter/half of next game
- Will not play in next game
- Penalties will increase with each infraction

\*All penalties will be at the discretion of the coaching staff

## **Tardies (Practice is very important)**

Consequences include, but are not limited to:

- Additional conditioning
- Reduction in playing time
- Sitting out a quarter/half of next game
- Will not play in next game
- Penalties will increase with each infraction

\*All penalties will be at the discretion of the coaching staff



# Trojan Player/Parent/Coach Contract

(please return to coach)



We have read the Trojan Football Player, Parent & Coach Expectations Packet. By signing below, we acknowledge that we understand its contents and agree to the terms of the packet.

We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Worthington High School Football Program and are aware that all decisions that are made are for the betterment of the TEAM.

It is a privilege to coach and play football at Worthington High School! Remember everything we do reflects upon us as football team and WHS.

\_\_\_\_\_  
Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Coach

\_\_\_\_\_  
Date

"Athletics is an extension of the classroom. Everyday the athlete should become a better player and more importantly a better person."