

# Highland Park ISD Athletic Handbook

Committed to Athletic and Academic Excellence



## Year Round Schedule

<b><u>August</u></b> Fall Camp In-Season Schedule	<b><u>September</u></b> In-Season Schedule	<b><u>October</u></b> In-Season Schedule
<b><u>November</u></b> In-Season Schedule Playoff Schedule	<b><u>December</u></b> Play-Off Schedule Offseason Training 2nd Sport	<b><u>January</u></b> Offseason Training 2nd Sport
<b><u>February</u></b> Offseason Training 2nd Sport	<b><u>March</u></b> Offseason Training Spring Training Skill Development 2nd Sport	<b><u>April</u></b> Offseason Training Spring Training Skill Development 2nd Sport
<b><u>May</u></b> Offseason Training Spring Training Skill Development 2nd Sport	<b><u>June</u></b> Summer Workouts 6am-8am / 5pm-7pm Skill Development (2 hrs per week)	<b><u>July</u></b> Summer Workouts 6am-8am / 5pm-7pm Skill Development (2 hrs per week) Football Camp (Young kids-MS age / 9th)

### Calendar

There is always something going on during the entire calendar year. There is no substitute for preparation, so we plan everything out early. We expect all kids and coaches to be busy at all times, we want all kids to play multiple sports, and we expect EVERY football player to run track. Track helps develop kids physically and mentally. Not only does this calendar keep kids working year round, it keeps them in a competitive atmosphere and holds them more academically accountable for the entire year. It is proven that if a student/athlete stays involved in an in-season sport for the entire school year, they are 97% more likely to be academically eligible all year long than a student/athlete who is not in an in-season sport. The athletes will still receive the highest quality off-season strength and conditioning training around, while they are in a second sport. ESPN gives five great reasons for multi-sport athletes.

1. Fewer Overuse Injuries - if you stay in one sport, you will over train a specific muscle group
2. Less Opportunity for Emotional Burnout - we want kids to enjoy their time playing sports
3. Exposure to Different Kids - building social skills and learning from new people is paramount
4. Exposure to Different Roles - you learn how to compete in different ways for different teams
5. Eggs Not in One Basket - gives kids a chance to find a skill they never new they had

We want every kid to have as many positive experiences as they possibly can in the short time they get to be a high school athlete, so that is why we push them as hard as we do to play as many sports as they possibly can.

# **Highland Park Athletic Policy**

## **Grooming and Dress Policy**

1. Hair shall be clean and well groomed. Hairstyles should not draw attention to an individual.
2. Jewelry- no form of jewelry shall be worn in practices, games, or in the A.C. (Exception Girls in the A.C.)
3. Dress- athletes shall be neatly dressed in clothing that adheres to school policy. No bandanas will be worn in practice or games.
4. Contacts must be clear or of natural color and not decorative.

## **Participation Policy**

Any athlete who starts a sport will finish that particular sport. If an athlete quits a team, on “Good Terms” or is terminated, that athlete will not be allowed to participate in another sport until the completion of that sport season. Athletes quitting and not meeting the Head Coach will not be allowed to participate in any other sport at HP. Any athlete wishing to participate in a program in which the number of positions is limited will be allowed an evaluation period in which the policy will not affect their participation in another sport.

## **Multi-Sport Athletes**

**Highland Park encourages ALL athletes to participate in as many sports as possible for as long as possible.** Athletics is a short lived privilege that athletes need to take full advantage of for as long as possible. Athletes participating in multiple sports will stay in their Fall sport’s athletic period at the conclusion of the season, so that they can receive an organized form of offseason training on campus, under the trained eye of multiple sport assistants and head coaches. The athlete will go to their next sport’s practice after school.

## **Practice Policy**

All athletes are required to attend all scheduled practices and scheduled games. Emergencies will arise from time to time that make attendance impossible. We expect to be notified before the athlete misses any practice. A player who misses a practice without notifying a member of the coaching staff will not participate in the next scheduled game. Athletes must attend practice unless a doctor’s note for illness and injury prevents them from coming to school, and the coaching staff is properly informed.

A student who is placed in any form of in-school suspension, and is not allowed to work out because of any such placement, will not be allowed to participate in their next scheduled game. If an alternative form of punishment by the principal takes the place of the in-school suspension of the athlete, he/she can participate in practices and games.

All absences excluding injuries or family emergencies will be made up following the next practice with an appropriate workout.

## **Drug and Alcohol Policy**

DRUGS, ALCOHOL, and SMOKING will not be tolerated.

The Highland Park Extracurricular/Co-curricular Drug, Alcohol, E-cigarette and Tobacco Policy will be strictly enforced. The following information applies to all students who participate in extracurricular and/or co-curricular activities that are enrolled at Highland Park High School. It is felt that these students represent Highland Park in the community and state in multiple settings and these students should adhere to a level of behavior and conformity indicative of this role. These students serve as role-models and hence have an obligation to handle themselves in a manner that befits responsibility.

The District requires drug testing of any student in grades 7–12 who chooses to participate in school-sponsored extracurricular activities. Athletic participation is an activity for which testing is required. A student participating in athletics shall be tested for the presence of illegal drugs and alcohol randomly throughout the school year. See Board Policy FNF(Local)

The purposes of the drug-testing program are to prevent injury, illness, and harm resulting from the use of illegal and performance-enhancing drugs or alcohol; help enforce a drug free educational environment; deter student use of illegal and performance-enhancing drugs or alcohol; and educate students regarding the harm caused by the use of illegal and performance-enhancing drugs or alcohol.

In the event a student athlete tests positive for illegal or performance-enhancing drugs, the District shall notify the parent and student of drug and alcohol abuse prevention resources available in the area. Consequences of positive test results shall be cumulative through the student’s enrollment in middle school and shall begin anew for high school. Upon a first offense of receiving a confirmed positive drug test, a

student shall be suspended from any extracurricular activity for 15 school days following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances. Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for one calendar year following the date the student and parent are notified of the test results.

During the period of suspension, the student shall not be permitted to participate in practices. If a student's suspension from participation in extracurricular activities is not completed by the end of the semester, the student shall complete the assigned period of suspension during the following semester or during the first semester of the following school year. A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities while the appeal is pending.

The misuse of drugs and alcohol will not be tolerated. Any athlete who is caught with illegal drugs, alcohol, or test positive for illegal use will be suspended from athletic participation from one game to one semester. A second violation will result in termination from participation in all athletic programs for one complete semester unless it is the last six weeks then the suspension will carry over until the next school year.

During the suspension the athlete will have to take a drug awareness class and have a certificate of completion in order to compete in his or her sport. Once the requirements have been completed the coaches will review the transcripts of the athlete during the suspension to determine if he or she has made enough progress to be allowed to compete in the upcoming season.

#### **Felony Law Violations**

Any athlete charged and convicted of a felony offense must meet with the Campus Review Committee before being allowed to represent HP. in any athletic contest.

#### **Grievances**

We ask that an athlete and his or her parents first meet with the coach of their sport if they have a problem. If the problem cannot be resolved at this level, then a conference with the coach, athletic coordinator and/or appropriate principal can be arranged. Any problem needing further attention will be handled in accordance with HPISD policy.

#### **Travel**

All athletes must use school provided transportation to and from all athletic competitions. An athlete can be released to their parents/guardian provided prior arrangements were made and a release form is signed by the parent. Athletes will be released to their parents only.

#### **Physicals**

All athletes are required to have a current school year physical on file. They will not be allowed to participate in practice or games without it. Students enrolled in athletics will be withdrawn if they do not have a physical.

#### **Eligibility**

All athletes are required to meet age and grade criteria in order to participate in all UIL extracurricular activities.

#### **Games**

All athletes will sit together in an assigned area at all contests before or after they play. We will conduct ourselves in a manner that brings respect and honor to our school. Inappropriate behavior will not be tolerated.

#### **Social Media**

All athletes are responsible for their actions and their words at ALL TIMES (not just during school hours). Everything an athlete does will reflect on the HP athletic program as a whole. All actions and words must be positive in nature and reflect on HP in a positive way. Any negative social media will be dealt with by suspension from games or even removal from the team (or suspension from all athletics in general at HP by the Athletic Director when necessary).

#### **Locker Rooms**

ONLY athletes, coaches, and appropriate medical personnel are allowed in locker rooms at ALL TIMES. There is zero use of cellphones in the locker room at ALL TIMES for ANY REASON, if there is an emergency, the athlete will leave the locker room area to handle the situation.

**Bus Travel**

All athletes will conduct themselves in a manner consistent with HP policy. Athletes will not carry electronic games, or cell phones to athletic contests. Cell phones can be held by the coach until the appropriate usage time. Any inappropriate behavior will be dealt with according to school policy.

**General Responsibilities**

Athletes are responsible for their behavior, language, and actions at ALL TIMES (not just during school hours). We will conduct ourselves in a manner that reflects upon our families and school in a positive fashion. We will not allow individuals to participate and/or spectate, that do not adhere to all policies, and suspension from a specific program will be administered by the Head Coach (or suspension from all athletics in general by the Athletic Coordinator when necessary).

**HPISD Policy**

All HPISD policies can be found on the school district's website, [www.hpisd.net](http://www.hpisd.net) for your reference at your convenience.

**\* By being a member of any Athletic Program Highland Park, all players and parents / guardians will abide by these rules and regulations at ALL times. Signed or not signed.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Core Values** - Highland Park athletes will live by our 3 core values. Discipline, Integrity and Excellence. We will be the best athletic program because we live by these values every day.

- **Discipline** - doing what is expected, when it is expected, the way it is expected, all the time. Examples include being on time, never skipping class or practice, focusing and completing assignments in the classroom and on the field and handling oneself in a disciplined manner, no matter what the circumstances may be.
- **Integrity** - living in accordance with one's deepest values, being honest, always keeping your word. We must always strive to do the right thing, especially when no one is looking.
- **Excellence** - an unconditional sense of belonging to something greater than yourself. Athletes at Highland Park should always strive for excellence and never accept anything less than that. Excellence should be demonstrated in the classroom, on the field and out in the public eye.

These core values will be at the foundation of every decision made by everyone who is involved in Highland Park athletics. These values will allow us to grow as human beings and become accountable and dependable members of society.

### **Decision Making**

Each and every decision that we make has a consequence. Organizations and individuals that make decisions without a set of Core Values cannot consistently be successful. Mistakes are correctable; however, decisions made without regard to the Core Values we share will be dealt with in a severe manner.

### **Mission Statement**

Highland Park's sole mission is in the development and reinforcement of the overall character and integrity of our student athletes, which is learned through sport, for a successful and fulfilling life after high school.

### **Vision Statement**

Highland Park will become the most desired athletic program in the entire Panhandle of Texas. We will be a model program that excels in academics and athletics, and we will create athletes who demonstrate discipline, integrity and excellence. Our students will be fully prepared to enter the world after their time at Highland Park.

## **Football Guidelines**

### **Team Rules**

- Core Values
- Be early

The team rules for Highland Park are not overly extensive and exhaustive in nature because the four we have in place are very straightforward and parallel our core values making them easily understood and easy to follow.

### **Number One Expectation**

“Are you willing and able to help the team be successful?”

This is the ultimate characteristic that we expect from all individuals involved in HP athletics. If the answer is yes, then that person can be a part of the program (we will find a role for everyone who meets the number one expectation).

## **HIGHLAND PARK FOOTBALL: PROGRAM OBJECTIVES - Win at everything we do!**

### **WINNING - Success breeds success in all things.**

We have a very clear objective here that all decisions involving this program are made. Win at everything we do!

**PLAN TO WIN** - there is no substitute for preparation and execution, pursue perfection

1. The Ball is Everything
2. Play Great Defense
3. Score, 100% in Redzone
4. Great Special Teams

**WINNING** does not happen easily and it does not happen by accident. There is no such thing as luck. Winning comes from preparation, execution, and attitude (mindset that we will win the game no matter the situation).

- Winning Attitude - even when you lose, you firmly believe that you only ran out time. You expect to win and know that eventually, you will WIN!
- Losing Attitude - even when you are winning, you are expecting something bad to happen. There is a lack of Faith and Trust in your teammates and coaches.

### **AGGRESSIVE**

Every aspect of the program (Offense, Defense, and Special Teams) will take a very aggressive approach, no matter the situation.

### **COMMITMENT**

We must shrink the gap between the most committed players and the least committed players on the team. We will be the MOST committed team in the country.

### **LOYALTY**

There are plenty of negative forces out there already. Stay positive and defend your teammates, coaches, administrators, and school. "Always protect the team"

### **BEHAVIOR**

At ALL times we represent Highland Park High School. Keep the following in mind with regard to your actions.

- Love and Respect the game of Football and what it stands for
- Love and Respect your Teammates and Coaches
- Love and Respect your School

### **PLAYERS RESPONSIBILITY**

- Do your Job
- Perfect Effort
- Out Physical your Opponent

## **COACHES RESPONSIBILITY**

- Do not sacrifice the Team for the Individual
- Always have players' safety in mind
- Develop players fundamentals
- Develop and implement a plan to put players in a position to be successful

## **FUNDAMENTALS**

An average player becomes a Great Player with Fundamentals! Why fundamentals DO NOT improve:

- Player resists being coached
- Player will not work at the tempo required to improve
- Player does not possess the innate athletic ability (often an excuse by player or coach)
- Not enough repetition
- POOR TEACHING

## **COACH / PLAYER RELATIONSHIP**

If it is done correctly, this can be the most powerful and rewarding relationship, next to family, that exists. Relationships are the result of the experiences you share with an individual or group. The inherent nature of Football, especially in Texas, all the time, work, sacrifice, and dedication puts you and your teammates and coaches in situations that many never have the opportunity to experience. How you handle adversity and success and the reliance placed upon each other to be successful are the determining factors of your relationship. A fraction of a percent of people get the opportunity to develop a relationship that will last a lifetime. Take advantage of it and do it the right way.

## **INVESTMENT**

1. Coaches are required to implement a proactive approach to all areas of their player's life (academic, social, family, training, spiritual, and mental well-being).
2. Every player will put the maximum time and effort into the program
  - a. Excused/ Unexcused absences will be made up and disciplined accordingly.  
There is zero deviation from this policy
  - b. Injured players will do a modified workout during practice time that is consistent with the doctors /athletic trainers requirements.
3. "It's an expectation, not a choice!", our program demands
  - a. Perfect Effort
  - b. Finish
  - c. Out Prepare and Execute Opponent
  - d. Run on and off the field
4. Reward Achievement. Players, coaches, and staff will not all be treated the same.
  - a. Do what is right

- b. Class attendance
- c. Performance on the field

The above will determine your status on the team. You must be 100% committed to be a member of the Highland Park athletic program.

**TAP OUT!**

At some point during a game the opponent will “Tap out”. It is for this moment on the field why we work and train with the passion that we do.

**Practice Philosophy**

Why do we train with the expectation that we do? So that the game is Easy

**CHANGE**

“If what we want in the future is different from what we have in the present, then we must change what we are doing or how we are doing it.” - Urban Meyer

Change involves risk and discomfort. This is why many refuse to make a change. Successful individuals and teams share a common characteristic of being willing to change and being adaptable to the situation.

**Great Teaching**

This is the biggest determining factor of a great coach, can he or she teach the information necessary to know in a way that a player can grasp every necessary detail. How we teach and how a player learns determines how we present all content.

Average Learning Rates	What is Listened To Most
Lecture ----- 5% Retained	Words (what is said) -----7% Retained
Reading ----- 10%	
Audio / Visual ----- 20%	Inflection (tone of voice) -----38%
Demonstration ----- 30%	
Group Discussion ----- 50%	Body Language (actions) -----55%
Practice Doing ----- 75%	
Teach Others / Immediate Use -- 80%	*Can combine any or all with content given*

# Trust “The Process”

**In-Season Process** - this process is the specific algorithm we will follow to prepare and experience success. Everyone involved (players, coaches, and parents) must know and understand this process for the team to ultimately be successful.

1. **Teaching** - Coach lead presentation of what is to be learned, multiple tools may be used to get the details taught and mastered (whiteboard, packets, PowerPoint, etc.)
2. **Film** - Coach checks for understanding by watching film, practice or game, and asking questions to the player for them to answer
3. **Walk-Thru** - Players physically do what is expected and see what has been taught first hand. This is a proactive step for practice to be the most efficient it can be. It is also the most overlooked step in the process. (Players can quickly grasp the information that has been taught in this step by teaching and demonstrating to and for each other)
4. **Practice** - The comprehension stage of teaching. This is where players can execute what has been taught at the speed necessary for gameday success.  
**\*Repeat steps 1-4 until it is GAMEDAY\***

This Process must be performed in order for the team to be successful. If a step is skipped, then complete comprehension will not be attained and we as a team will not be successful. This is why ALL meetings, walk-thrus, lifts, practices, and team events are MANDATORY, if one player misses part of the Process, it is the same as the whole team missing part of the process. Time is built for these student/athletes to have time to do the necessary things for their classroom requirements and social development as young adults, but the Process and expectation is unwavering.

**Weekly Process** - the weekly process is set up for the athletes and coaches to get the most out of the time they have to prepare for success during the in-season weeks.

1. **Monday** - “Pound the Rock Monday” Full pad practice and introduction of our opponent and our steps to be successful against them.
2. **Tuesday** - “Turnover Tuesday” Half-shell practice fine tuning of game plan for our opponent. Lift after practice to maintain our muscle mass and strength for the season
3. **Wednesday** - “Sweep the Corners” Helmets only, no physical contact, but everyone is 100% mentally focused. Saves legs for game day.
4. **Thursday** - “Start your Engine Thursday” Helmets only, game speed run-through to get everyone’s body primed for the next day’s game. Team dinner and meeting to have everyone in the right state of mind before they go to sleep the night before the game.
5. **Friday** - WIN!
6. **Saturday** - Game film, learn from the night before, and move on to the next opponent
7. **Sunday** - Off, rest and recharge for the next week.

**\*Repeat the steps every week\***

# Highland Park Practice Rules

1. No one misses practice or meetings. Tutorials before school or during lunch
2. Champion's Attitude (Expect to Win and Out Work Everyone to Stay on Top)
3. All injuries handled before school and after practice with appropriate treatment

## Highland Park Practice Tempo

**On the Green** - All players and coaches will run wherever they go once they are on the green (turf or grass)

**Flex and Conditioning** - Every coach is responsible to coach flex and conditioning with the same importance and passion as their individual sessions. There will not be one coach involved and others not. This is not a time to talk to one another - spend time with your players.

**Teach Tempo vs Game Tempo** - Players and coaches must understand the difference between the two-

Game Tempo- any competitive drill vs the Off/Def. There should be a noticeable difference in intensity from the player as well as the coach. Win the Drill!

Teach Tempo - Individual drills and Cards. Still very crisp and intense part of practice, however not the same as true competition against the Off/Def. Out Prepare the Opponent!

### Practice Tempo's

- 7 on 7 - Extremely fast tempo with a lot of repetition. Stress the defense and force them to get aligned. Offensive players run through the whistle, and players without the ball run into a position to make a block (Absolutely no cheap shots on defensive players). Premium placed on effort after the catch and ball security. Hustle back for the next play. Defensive players are allowed to make a play on the ball, absolutely no cheap shots on offensive players, but you may collide and redirect as your coverage dictates. Premium placed on pursuit through the whistle and leverage on the ball.
- Team Offense vs Defense & Inside Run (Thud) - Live up front and live downfield. No tackling of the backs and receivers and absolutely no cutting of defensive players. STAY UP. Defensive players, wrap up and lock up backs and receivers.
- Scrimmage - LIVE! Tackle backs and receivers and cuts allowed on LOS

\*\*\*\*All drills the Quarterback is not to be touched.