Hello HIRSCHI Football Parents! I hope all is well with you and your families. I am looking forward to the 2013 football season. I have been hard at work making preparations for the summer player development period. I want to communicate with you about some important information related to your son’s participation in the HIRSCHI football program with regard to this summer and next fall. The following information should be helpful in planning your summer activities, and for your general knowledge. I have also included a packet for your son to read and sign. If you have any questions, don’t hesitate to call me – Coach Cody Slater School – (940) 235-1070 ext 30049 or on my cell at (940)564-0536. You can email me at cslater@wfisd.net

**STRENGTH AND SPEED DEVELOPMENT PROGRAM**

Our Summer Strength and Speed Camp will run for 6 weeks. The workouts will run from June 10 – July 25. We will workout Monday through Thursday. We will start the workouts at 9:00-11:00 A.M. for the High School athletes and 10:00-11:00 A.M. for the Junior High School athletes. We will take the Fourth of July week (July1st-4th) off. For us to be successful it is vital that your son show up and workout 4 days a week. Two-A-Day Practices will be very hard. Being in shape and being stronger is the key to battling fatigue during the Two-A-Day workouts.

**7-ON-7**

This summer we will also be arranging some 7-ON-7 opportunities. Josh Young will be coaching our 7-ON-7 team this summer. Coach Young can be contacted at 940-782-3883. He will be in constant contact with the boys over the summer. We will be playing in a 7on7 League in Burk Burnett on Monday nights in the Month of June. Huskies 7-ON-7 will be vital to our season as it will lay some ground work for our players in 2013. The 7-on-7 dates are listed on the calendar that is attached.

**TWO-A-DAY PRACTICES**

Football practice will start on August 5, 2013 at 7:00A.M. The boys need to make sure they are here at least 15-30 minutes early (6:30 or 6:45). After Monday, the First two weeks of practice on the grass will run from 8:00 – 11:00A.M.each day. We will then condition, lift, and watch film. The Kids will be released every day around 12:30P.M. (Aug5th-Aug17th) Starting Aug 19th, practices will move to the afternoon. Practices on Aug. 19th will start at 4:00 P.M. Practices will run from 4:00 to 7:00 and then we will lift/film until 7:30 P.M.

*All practice times can change due to unforeseen circumstances.*

*Remember that an athlete must have all his paperwork and physicals turned in to practice.*  
(Football Packet Form, Medical Release, Physical Form (2), Acknowledgement of Rules (2), Steroid Form, Concussion Form, WFISD Handbook Form, Sudden Cardiac Arrest Form.)
Dear Huskies Football Player,

This is a very important year for us. We need to set the tone in our new District 5-3A. The Playoffs are within our reach if we will commit ourselves to each other, have the proper attitude, and give great effort.

This year has a lot of promise for us. It is vital we come into the season with the proper attitude. We have to be confident, but not cocky. We have to be hungry for the skills and knowledge that will put us over the top. Remember, “The WILL is more important than the SKILL.” You must come in to practice and games with a great attitude, give great effort and have willingness to learn. It is vital to our success.

We are FAMILY – ALL IN. What does that mean? It means that we are committed to this football team like we are committed to our family, to our friends, and to the things that mean the most to us. It has to hurt when you make a mistake. It has to burn when you fail. It has to feel great when you do a good job. It has to inspire you when you win. For this football team to be successful, it has to be more that just something to do. We are in it for each other, not for ourselves. We all have to take care of each other and have a burning desire not to let the person next to us down. If you take this approach, I promise you will have more fun and a deeper feeling of accomplishment than you have ever had.

Two-a-days will be a lot better if you come in to them in shape and adjusted to the heat. Expectations are high. We all want to win. We have to make sure we all want to prepare to win as much as we want to win.

Some changes will take place this season. We will do some things differently than they have been done in the past. Accept the changes with a good attitude. We are changing for the better. Keep that in mind. “If you do the things the way you have always done, expect the results that you always gotten.”

For us to achieve the highest level of success, we must commit to being the best team we can be. Part of that is the responsibility and accountability to attending workouts. Do not schedule unnecessary conflicts with practice times.

The following schedule will be subject to change for unforeseen needs that might arise. Do not tell your parents you will be done at the end of practice. Understand that you will have to get showered, dressed, and take care of any unfinished business before you leave the field house. Allow at least thirty minutes after practice to take care of these things.

We are looking forward to coaching all of you this season. I cannot tell you how excited I am to be a HIRSCHI HUSKY and about the upcoming year. We are going to have fun and we are going to win. Remember, you are a part of something special.

Sincerely,

Cody Slater
Head Football Coach
INTRODUCTION

The primary purpose of this handbook is to acquaint you with the rules and policies of the Hirschi Football Program. You are responsible to read, know and understand the complete contents of this handbook. In the event that there is something in this handbook you do not understand, please bring it to my attention as soon as possible.

I firmly believe that you have a great desire to take Hirschi Huskies Football to the next level and that you can feel the excitement and sense the success that is ours to have if we are willing to work in order to accomplish this goal. If I did not believe this thoroughly, either you would not be here or I would not. Our policies have been put in this booklet so you would understand from the outset what is expected of you.

This handbook was not made to disrupt the lines of communication between you and your coaches, but to encourage it. This is not my football team; it is your football team. You have told me that you wish to be part of a great football team and program. This can be accomplished only when you know what is expected of you on the field and in the classroom. This booklet is merely a guideline for your benefit. In the event you disagree with any policies in this handbook, see me at your earliest convenience. I want the same thing as you, and that is a state championship.

You need to understand that I care deeply for each and every one of you and will do anything in my power to help you achieve your goals, whether they are athletic or academic. We emphasize morals, academics and team in that order. I look forward to this season and it is my belief, that if we will come together and do Whatever It Takes, we will continue the process of restoring the tradition of HIRSCHI FOOTBALL.

WHAT YOU CAN EXPECT FROM YOUR COACHES

To be loyal to you in all areas.
To be totally honest.
To provide the leadership and training necessary to achieve your goals.
To work you harder than you have ever worked before.
To assist you in any way possible now and after you graduate.
To treat you as a man and to love and respect you as a son.
To make decisions based on team first & individual second.
To help you mature and grow as a man.
To help you reach your goals athletically and academically.
HIRSCHI HUSKIES FOOTBALL PHILOSOPHY

It is essential to establish & put in writing the philosophy of any football program. A philosophy states the guidelines and gives the program its direction. All objectives should come directly from the philosophy, and, if possible, be measurable. A program cannot operate with two philosophies. This does not infer that my philosophy is the only philosophy, nor that it is the best, but it is what I believe in and expect all coaches and players to believe in.

1. The process of athletics is very important, not just the end result of winning or losing. We will do everything possible to win, but the character traits derived from athletics in a good program in which a man can carry on throughout his adult life are the most important aspect of the program. I truly feel that athletics and the competition in athletics is the greatest learning tool we can give a young person. It teaches you to never quit, give up, or give in. You experience failure and learn to accept that failure and learn from it. It teaches you to face adversity and learn to overcome it. It teaches you to work together with many different groups of people to achieve a common cause.

2. Attitude & work ethics (effort) are the most important intangibles in this program.
   8% of success is because of innate ability - 92% by proper attitude.
   5% of success is determined by knowledge - 95% by effort.
   A Harvard study showed 85% of success is related to one's attitude.
   Athletes must learn to control attitude, not to be controlled by attitude.

3. There are three phases of player's life:
   A. Athletics - One of 10,000 high school football players make it to professional ranks and play for money. Character traits, not skills, will benefit you in the long run.
   B. Academics - Students who excel in high school and college are more likely to become successful than those that don't.
   C. Spiritual - You live to be 65 years old, if you are lucky. You will be dead for eternity.

4. Our Football program will be built around the following objectives:
   1. Train the athlete for leadership. We are molding tomorrow's leaders today.
   2. Encourage the athlete to achieve academic success at all levels.
   3. Make the athlete concerned and aware of the importance of his self-discipline and commitment in all areas of his life.
   4. Develop, refine, and teach ethical values.
   5. Teach the practice of excellence in competition and in the classroom.
   6. Encourage our athletes to be concerned about his attitude in all aspects of his life.

BE DISCIPLINED
Discipline - do what is right or necessary when you don't want to. Anyone can use drugs, drink alcohol, and use profanity. It takes a disciplined person not to. We expect you to be disciplined. None of the above allowed. You can be dismissed for an evident lack of discipline. We cannot win with undisciplined players and will not tolerate them.

CONCERN FOR OTHERS
Being late, absent, or stealing shows a definite lack of concern for your teammates or other people. If you are going to be late or absent, call and let us know. If you are absent from school, you or your parents or guardian must call me, as well as the school. (940) 235-1070 ext 30049. All work must be made up when you are absent. Consistent problems will cause dismissal. Stealing is a total lack of respect for other people - you are subject to immediate discipline if it's proven that you have so little regard for other people.
CONDUCT/CHARACTER
This program is being built on class! Don't do anything that is not first class in the hallways or community. We will be noted for our tough, clean, competitive play. We don't shoot our mouths off on or off the field. Talk is cheap. Conduct yourselves as gentlemen at all times. You are a HIRSCHI Athlete twenty-four hours a day, 365 days a year, for the rest of your life. You are the only HIRSCHI Huskies Football Player some teachers or fans will see. Remember this - you are a living example of this program. Always remember who you are, where you are from, and whom you represent.

INJURY OR ILLNESS
We have a great trainer service. If you have an injury see the trainer, go to the rehabilitation center if needed. They will treat you or refer you to a physician. If you must see a doctor, try to make the appointment some time other than during football practice time. You will dress out and be with your group unless physically unable. If you are sick, remember to call in. If you are too sick to make practice I must know beforehand.

DRESS
Look sharp in and out of uniform, set the example for the entire student body. Everyone will wear uniforms in the same manner. We will furnish your equipment, don't bring your own. Take care of your equipment. Do not wear jewelry in practice workouts or games. Your appearance away from the school should reflect the same class and pride that you show in our program. Take your bandanas and earrings off at school. Also make sure you keep your pants up. No sagging!!

CARE OF EQUIPMENT AND FACILITIES
Hang your equipment in your locker as appropriate. You will not be allowed to wear your shorts/t-shirt home so make sure you have clothes to change in to. Do not wear football shoes in our dressing rooms. Latrines and toilets are to be flushed; showers and faucets are to be turned off after use. Put all trash in the trashcans. Take pride in what we have and at least keep it clean. Remember - Don't leave anything out!

QUITTING AND DISMISSAL
If at any time an athlete quits or is dismissed, he gives up all rights. No player has quit or been kicked off until I have talked to his parents. Quitting is not going to be an option in this program. If you quit one sport, you can't go out for another sport until the original sport is over with. No one but Coach Slater can dismiss a player!
PLAYING TIME

Every one of you wants to start on our Football Team. Unfortunately, not all of you will. The coaches will determine who will start, and I feel it is important for you to understand how we will decide on Depth Charts as practices progress.

1. Knowledge of Assignment
We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and should know their assignments.

2. Hustle and Effort
Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect you to do so. Extra effort wins games. That is a fact.

3. Hitting and Mental Toughness
We will discover during practice who has a strong desire to take it to our opponents. Football is a contact sport and it must be played with mental toughness as well. EVERYONE can hit.

4. Contribution to the Overall Team
Football is one the few team sports left. The individual who motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. EVERYONE can be a team player. This is the most important asset of a successful team.

5. Talent
If the above four characteristics are equal, and they should be, then the young man who has the most talent, and makes the most big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities.

My main concern is to be as fair as possible with you and to be truly honest with you. If you do not feel that you are being treated fairly, see your position coach.

If you are still not satisfied, then come see me. I am here for the same reasons you are:
1. See that you get an education and work towards a diploma
2. See that you mature and grow as a man
3. See that you have the best football team
4. See that you have the time of your life, let’s just have FUN

Remember, our starters will be determined on the field by your performance and not by me. Film doesn't lie. I have great respect for you and believe that you will know your assignments, give 100%, run, hit, and be a team player. I will continue to believe in you until you prove me different.
STAYING MOTIVATED IN SCHOOL

TAKE FULL RESPONSIBILITY for getting the best education possible. It will come your way, once you understand that you have to make it come your way, by your own efforts. No excuses.

Keep in mind that education is the surest way to the kind of lifestyle you want. The more you put in, the more you'll get back - better pay, more interesting work, greater independence, more prestige, broader career options, and college.

People with goals succeed because they know where they are going. Set high goals for tests, examinations, projects, and research papers. Then, concentrate on learning, not grades. Success is a behavior pattern. Get into the habit of going the extra mile.

Some people think that success is a matter of luck. Don't believe it. Luck is too unpredictable. It doesn't stand the test of time. Luck is what happens when opportunity meets preparedness. And, of course, the most predictable way to be prepared is to be well-educated. Educated people tend to be "lucky" people in the long term.

We, WFISD / Hirschi H.S., have a Superintendent, School Board, and Administration dedicated to making this the best possible place for high school education. Take advantage of that. We have some truly outstanding teachers, use them and learn from them every chance you can.

ACADEMICS AND SCHOOL ROUTINE

All athletes are expected to be in regular attendance. We, as a coaching staff have will be very concerned with the number of absences our athletes will accumulate. It is a state law that if a student misses 10% of a class; they will not receive credit for that course even if he is passing. What this means, is that if a student has 9 absences, excused or not excused, he will be denied credit for that class. Also if a student has over 5 unexcused absences, the Extra-Curricular Code of Conduct pertaining to Truancy will kick in. It is very important for our student athletes to be in school and at practice.

Your conduct in class should be ABOVE THAT OF OTHER STUDENTS. If you need extra help in a subject, ask your teacher if you can come early before school, during the lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. WE NEED THEIR SUPPORT.

NO PASS, NO PLAY has been a part of athletics for such a long time. There should be no excuses for not knowing the consequences of failing a class. A student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at HIRSCHI? It is both sad and embarrassing for parents of an individual who has failed and cannot participate, to go to a contest and offer excuses for their athlete, when all he had to do was pass.

The coaches realize that only very few high school athletes will make a living playing or being involved in football after they graduate from HIRSCHI High School. We are all concerned and dedicated to the academic achievement of each Huskies football player.
HAZING

"Hazing" means any intentional, knowing, or reckless act directed against a student, by one person alone, or acting with others that endangers the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The term includes but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, and confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

No student or school employee shall engage in any form of hazing, nor encourage or assist any other person in hazing. Acts of hazing and failure to report known hazing can result in criminal penalties, as well as school discipline.

STEROIDS: PLAY SAFE, PLAY FAIR

Athletes are always looking to gain an advantage over their opponents. The desire for an "edge" exists in all sports, at all levels of play. Successful athletes rely on practice and hard work to increase their skill, speed, power, and ability. However, some athletes resort to drugs to improve their performance. It is important to know that using anabolic steroids not only is illegal, but it also can have serious side effects.

Steroids cannot improve an athlete's agility or skill. It is clear that the medical dangers of steroid use far outweigh the advantage of gains in strength or muscle mass. Steroids can cause serious health problems. **Possible side effects include the following:** Severe acne, especially on face and back, Increased risk of ligament and tendon injuries, Nausea and vomiting, sleep problems, Liver damage and cancers, severe mood swings, "Roid rage" - severe, aggressive behavior that may result in violence, testicles shrink, Baldness, Impotence, & Reduced sperm count.

**A special danger to adolescents**

High school and middle school students and athletes need to be aware of the effect steroids have on growth. Anabolic steroids, even in small doses, have been shown to stop growth too soon. Adolescents also may be at risk for becoming dependent on steroids. Adolescents who use steroids are also more likely to use other addictive drugs and alcohol.

Success in sports takes talent, skill, and most of all practice and hard work. Using steroids is a form of cheating and interferes with fair competition. More importantly, they are dangerous to your health.
HIRSCHI HUSKIES FOOTBALL DISCIPLINE POLICY

Athletic Phone Number (940) 235 1070 Ext 30049 (If no answer, leave a message)

1. ABSENCES-
*NOT CALLING IN OR SPEAKING TO A COACH IS AN AUTOMATIC UNEXCUSED ABSENCE. (The reason for the absence then becomes irrelevant.)
   A. An EXCUSED ABSENCE will require either Tire Flips or 5X Half Gassers make up running. Skill Positions- must be in less than 35 Sec. each or it will not count.
   Off. Def. Lineman- must be in less than 50 sec each or it will not count.
   B. An UNEXCUSED ABSENCE will require Tire Flips and or 10X Half Gassers and 1 Air-Raid. Running will have the same time requirements.
   C. Absences MUST be made up as soon as possible or the first day an athlete is physically able.
   D. If an athlete accumulates 100 Half Gassers without any attempt to make them up, He will be removed from the PROGRAM.

2. TARDY OR LATE TO WORKOUTS-
   A. If athlete arrives within the first 15 minutes of practice-2X Half Gassers/TireFlips
   B. After the first 15 minutes, if the athlete arrives at practice 4X Half Gassers/TireFlips
   C. If an excused tardy- (approved by coach) such as late tutoring
      2X Half Gassers/Tire Flips for first 15 minutes.
      Total of 4X Half Gassers / Tire Flips if later than first 15 minutes of practice.

3. PROFANITY-
   A. 1X Half Gassers for profanity on the field. (This will be left to the discretion of the Coach as to the number of Half Gassers in relation to the language used.)
   Position coach or coach who assigns gassers will administer the running!

4. INSUBORDINATION / DISOBEDIENCE-
   A. 1st Offense – Minimum of 2X Half Gassers and or Tire Flips
      (This will be left at the Head Coaches discretion.
   B. 2nd Offense- Minimum of 4X Half Gassers and or Tire Flips & Loss of Playing Time & Parent Meeting   (This will be left at the Head Coaches discretion.)
   C. 3rd Offense- Removed from the Athletic Program for an indefinite period of time.
      (Time Frame left up to the Head Coach)

5. DENVER-
   A. Depending on the Offense –
      Minimum= Time Served / Maximum= Time Served + 10 Half Gassers and 2 Air Raids.

6. THEFT = EXPULSION

7. IMPROPERLY SUITED OUT & MODEL LOCKER-
   1ST OFFENSE – 2X Half Gassers and 25 Pushups
   (Every time after the 3rd Offense same as 3rd Offense)
8. DRUGS / ALCOHOL (HHS will follow the WFISD Athletic Handbook Drug Policy)

9. QUITTING POLICY –
   The Coaches at HHS discourage Quitting. If you quit a sport you have a 24hr. window where you can return and make up any missed workouts. If you decide to quit and it is after the 3rd day of practice for that sport, you will forfeit any awards and will not be allowed to participate in another sport until you have completed 10 miles with the Coach and the sport you quit has completed its season. You must complete your 10 miles before you are allowed to participate in another sport. This policy will be universal in the Hirschi High School Athletic Program.

10. EJECTION FROM A CONTEST –
    Follow the WFISD Handbook plus will be required to run 10X Half Gassers and 1 Air Raid before participating in the next contest.

11. CLASS FAILURES – (Any Grade below a 70 in a Class)
    1. Will be required to carry an Athletic Game Plan book to class and get it signed on a daily basis, meet with the coaches 1 time a week, and do 5X Half Gassers a week.

*ALL MAKE-UP RUNNING WILL BE DONE IN THE MORNING BEFORE SCHOOL OR RIGHT AFTER THE AFTERNOON WORKOUT!!

* ANY REFUSAL OF THE DISCIPLINE ACTION WILL BE AN IMMEDIATE EXPULSION FOR THE FOOTBALL PROGRAM.
2013 FOOTBALL INFORMATION SHEET

We will issue equipment on Thursday, August 1st and Friday August 2nd from 1:00- 3:00 P.M.
- We will issue equipment on Thursday to the football players that test out at strength and conditioning camp of the week of July 23-26 and get a total of at least 600 Points of Top 11.
- We will issue equipment on Friday to everyone else that did not test and or did not reach the team goal of 600 points.
- Make sure you work hard during the strength and conditioning camp so you can achieve the team goal of 600 points.
- Please bring all your paperwork when you come in to get fitted.

Practice starts on August the 5th. Our Goal is District Champions and Playoffs. This needs to be our priority from Day 1. Be Ready.

Practice for the week of August 5th through August 17th will be as follows:
All players report @ 7:30-7:45. We will be on the field from 8:00 – 11:30 am. We will then condition, lift and watch film until around 12:30 P.M. You will be released at 12:30 P.M. Some days we may come back and do a chalk talk session at 3:00 P.M. in the Hut.
*The first 4 days (Aug 5th-8th) will be in Shorts/T-shirts/ Helmets.
*Aug 9th is the first day we can go full pads.

Saturday, August 10th, we will have one practice from 8:00 – 10:00 am. Full Pads.

Practice for the days of August 19th – 23rd will be as follows:
All practices, Monday – Friday, will be from 4:00-7:00 P.M. We will then condition, Lift, or watch film until 7:30P.M. You will be released at 7:30 P.M.

*Friday, August 16th, we will scrimmage Sweetwater. @ Home Fresh/JV-6pm /VAR-TBA
*Thursday, August 22nd, we will scrimmage Henrietta @ Home Fresh/JV-6pm /VAR-TBA

Practice for the week of August 26th – 29th will be as follows:
We will go to a normal after school practice setting. Practice will begin within 15 minutes after the school bell rings to dismiss for the day.

Friday, August 30th –
1st Game of the Season- HIRSCHI vs. BOWIE @ 7:30 P.M. at Bowie High School

*Remember, you must have all your paperwork & your physical turned in to practice.**

*Paper Work:
(Football Packet Form, Medical Release, Physical form(2), Acknowledgement of Rules(2), Steroid Form, Concussion Form, WFISD Handbook Form, Sudden Cardiac Arrest Form.)
HIRSCHI HUSKIES
2013 FOOTBALL PACKET

I Have Read and Understand the Football Packet.

Name:__________________________  Date:________________
Athlete’s Signature

Name__________________________  Date:________________
Parent’s Signature