

2020 C. M. RUSSELL FOOTBALL HANDBOOK

**THERE ARE NO SHORTCUTS TO WINNING.
THERE IS A CONSEQUENCE OR REWARD FOR EVERY DECISION YOU MAKE.
IN ORDER TO WIN WE CAN NOT LET ANYTHING SLIDE – DISCIPLINE IS THE KEY TO SUCCESS.**

EXPECTATION FOR ALL PLAYERS: will make a non-negotiable commitment to “the standard” the discipline of the way we do business. Doing the right thing is a choice that must be made day in, day out. If the standard is not followed, there will be penalty. If players know what you expect it is amazing how disciplined a team will become. Understand that there is a consequence for every action. The Standard has been put in place to hold each other accountable.

THE STANDARDS OF CMR FOOTBALL:

i. Character:

1. We commit to doing the right thing, both on and off the field, simply because it's the right thing to do.
2. We commit to good Behavior in class and get our assignments turned in.
3. Be willing to sacrifice for the good of the TEAM. You are 1/115th of the equation.
4. Sportsmanship is a MUST.

ii. Accountability:

1. We commit to not missing workouts or practices.
2. We understand that our brothers are depending on us.

iii. Discipline –

1. We commit to being on time for everything.
2. We commit to doing what is asked of us.
3. We commit to learning what to do... and doing it to the best of our abilities

iv. Hard Work –

1. We commit to giving maximum effort in everything we do. (including the classroom)
2. We understand that we can outwork talent.

Don't Do's to win – Don't do ANYTHING that could cost you EVERYTHING. Not doing the following things will guarantee at least 2.5 wins a season. Discipline is everything.

- v. Don't do anything that could take away from practice or playing time.
- vi. Do Not LIE to your coaches, teammates, teachers or parents.
- vii. Don't BLAME or COMPLAIN or be DEFENSIVE – All signs of being soft and weak
- viii. Don't be involved with the WRONG PEOPLE.

General Team Guidelines:

1. Training Rules:

- A. We will use the GFPS/CMR Handbook/Rules as our guide. The name on the front of your jersey is what you represent. Football is an extension of the school day; all school rules apply.
- B. Avoid conduct detrimental to the team. You are part of something that is much bigger than yourself. The consequences to your actions don't only hurt you... they also hurt 115 other guys.
- C. Treat staff personnel with respect. Coaches, trainers, teachers, managers.
- D. Respect each other. Be passionate...but remember that we are all working towards the same goal.

2. REASONS for being subject to suspension or dismissal from the team:

- A. Violating any school policy that would result in suspension or dismissal.
 - a. Drug, Alcohol, Tobacco misconduct follows GFPS/CMR Handbook consequences, along with TEAM consequences (If you wish to remain on the team)
- B. STEALING – if you are caught stealing from a teammate you will be dismissed immediately.
- C. HAZING – there is no seniority on our team. Upperclassmen should set the example.

3. Locker Room/Equipment

- A. The locker room is a place of business. Get in, get dressed, get out. Its not a social club or playground. Handle your business.
- B. There will be a minimum of 3 coaches in the locker room at all times... If you are having an issue that they do not see, TELL THEM.
- C. Tardiness to practice or meetings because of equipment is never tolerated. Equipment problems should be handled before or after practice, not during drills.
- D. Loss of equipment has an immediate consequence. Keep track of your stuff.
- E. Don't cut or alter equipment in any way. It is designed to protect you!
- F. Wash all gear regularly. Good Personal Hygiene keeps us all from getting sick.
- G. Only Green, Gold, White, Black or Gray undergarments are to be worn under gear.
- H. Your REQUIRED EQUIPMENT include a MASK and WATER BOTTLE at all times.

4. Practice

- E. The viewing of Practice film and correction notes is MANDATORY! Hudl logs your film watching time. Do not expect to play if you are not logging film time. The reason we practice is to correct mistakes before it counts on Friday night, if you are not viewing your corrections, the practice time is wasted.
- F. Be on time (Meetings and Practice); class conflicts are the only excuse for tardiness, and you need to have your teacher e-mail ME. No email=consequence; If you are being held in due to missing work (without being absent) a consequence will apply. Practice attendance will be taken daily.
- G. We will not use PROFANITY on the field. If you swear on the practice field, you will swear on the game field.
- H. Classroom behavior, and tardiness will be monitored and addressed daily at football practice.
- I. Your helmet will be worn on the field (at all times). You must have permission to take it off. When you get permission to take it off it must be in your hand. We never set our helmet down (Unless you are with the trainer)
- J. IF you are inside the painted lines... you will RUN. Walking will not be tolerated.
- K. If practice must be missed, you must personally tell both ME and your POSITION COACH.
 - a. Understand that missed practices MUST BE MADE UP. 2 extra FIFTHS for 3 days following each missed practice.

5. Classroom

- A. The classroom is our #1 priority.
- B. I WILL NOT play an athlete that is failing classes. IF I can't count on you in the classroom, I sure cant count on you on the field.
- C. Grade Checks Every Tuesday
 - a. Academic Team (Each grade less than a 72%)
 - b. A/B Honor roll (Helmet Sticker)

6. Injuries and Treatment

- A. Players injured and not able to dress in full gear will still be required to attend practice and observe their group. Trainer/Coach will determine the uniform of an injured player
- B. Be honest about injuries with both the Coach and Trainer.
- C. Understand that football is a CONTACT SPORT. Football Hurts... which is different than being hurt. You must be able to work through pain. Coaches and trainers are TRAINED to let you know if the pain is a danger to you.

7. **Travel** –

- a. You must wear your team issued travel shirt
- b. Every player on the bus must wear a MASK.
- c. Every player must sanitize on the way in, and on the way out of the bus.
- d. If you are not riding the bus, you must fill out the district travel request form.
 - i. THIS YEAR ONLY – you will be allowed to ride with your parents to the game. The same travel request form must be filled out.

8. **Lettering Policy**

- a. PLAY 300 VARSITY SNAPS IN A SEASON.
- b. BE A MEMBER OF THE CMR FOOTBALL PROGRAM FOR 3 YEARS.
**Every Junior that has been in the program their entire HS career... will letter.

9. **GroupMe / Remind101 Policy**

- a. GroupMe and Remind101 are used for 1 way communication with all stakeholders in our program. **YOU ARE NEVER ALLOWED TO REPLY TO ANY MESSAGE.** Sending even a simple “OK” will result in a post practice consequence. IF YOU HAVE A QUESTION, call me or your position coach.

10. **Promotion for college recruitment** - As the head coach, I will develop a CMR FB Recruitment data base for our players (that desire to be recruited) that will be shared with every college that has ever recruited CMR athletes.

i. **What I will do for you:**

1. I will teach our varsity players how to make individual highlights from each game using Hudl that can be shared through twitter to college coaches and recruitment services.
2. I will monitor their GPA and ACT/SAT test scores to help with admission.
3. I will share any personal and academic information that is requested by any college coaching staff, or and arrange visits if requested.
4. I will socially promote every offer that a player gets.
5. I will host a signing celebration for every player that signs a college scholarship and give them the attention that they deserve.

CMR players going to college to play football is a true reflection on the success of the program. If our guys desire to play college ball, it is my job to help make that a reality.

ii. **What you need to do in order to be recruited:**

1. Make highlight films (90 seconds each) – keep them current
2. Maintain a good GPA Goal: 3.0
3. Take SAT and ACT before the end of your junior year
4. Register for the NCAA/NAIA Clearinghouse
5. Work hard- in season and off season
6. Be coachable & and consider participating in multiple arenas
7. Maintain communication with interested colleges

Being recruited by a college is much like purchasing a new car. When the coaches come to visit with me (or call) I ask them what they are looking for. They explain the make (position) and model (size/strength/speed) that they are looking for, and I try to match our guys to what they need. You need have something that will set you apart from every other player that they are recruiting.