North Paulding Football

2023 Player/Parent

Middle School
Expectations Handbook

Hello Wolfpack Parents,

We are extremely excited about our 2022 Football TEAM. The coaches are working hard in preparation for next year. We expect a true commitment from every player in every aspect of life. This commitment includes character, academics, and football, in that order. Football is a "Laboratory for Life". The lessons these young student-athletes will learn from their middle TEAM experience will lead to their success as spouses, parents, and leaders in the community. This commitment is not easy. It requires discipline and sacrifice. We also recognize that the success of these young student-athletes and this program requires the commitment of the parents.

There are many things that can compromise the integrity of our student-athletes. Making negative choices can impact the TEAM and the player's position on the TEAM. We intend to educate the players about the consequences of negative choices. Our goal is to make sure that everyone understands that the TEAM comes before self. This structure that places TEAM first is the pillar of our program.

Parents, we must work together to make this a positive experience for your student-athlete. Your involvement and support in the Wolfpack program is crucial to our overall success.

The purpose of this information is to familiarize you with the philosophy, guidelines, and policies of the Junior High Football Program. It is every coach, player, and parent's responsibility to read and understand the policies of this material. Our policies have been put in this booklet as a reference, so that you may refer to them throughout the year when you feel it necessary. Parents and players are expected to read and sign the back page. After the page has been signed, it should be turned in to the player's Team Mom to be kept on file. This information was made to assure that everyone understands the expectations of the program. It is the sincerest attempt to avoid any misunderstanding. It is our hope that you will read and use it as a guideline for your benefit. Be assured that our staff is in the business of helping students-athletes as they attempt to navigate through obstacles that may arise in their lives. We take our position as a privilege and feel blessed to have the opportunity to work with young student-athletes of the highest caliber.

The following information is from the Georgia Middle School Athletic Association (GMSAA) By-Laws which govern the league:

1.40 – LIMITS OF PARTICIPATION

1.41 Students must have a certificate of an annual physical examination on file at the school program prior to participating in any athletic try-outs, practices or games that indicate the students are physically approved for participation.

(a)Physical examinations will be good for twelve (12) months from the date of the exam.

(b)The physical exam must be conducted by a licensed medical physician, doctor of Osteopathic medicine, nurse practitioner, or a physician's assistant.

(c)The exam must be signed by an M.D. or D.O., but the doctor's stamp is acceptable if it is in script, and if information appears elsewhere on the form identifying him/her as a medical doctor.
(d)The GMSAA requires that member schools use the latest edition of the pre-participation physical evaluation form approved by the Varsity Head Coach or the high school district.

1.50 – SCHOLASTIC STANDING

1.51 Loss of Eligibility: If the Principal, Athletic Director or Varsity Head Coach officially submits a student's name to a GMSAA official stating that the student is academically ineligible to participate in interscholastic activities or the student is assigned to an alternative school or placed on out-of-school suspension for disciplinary reasons, the student will be suspended from GMSAA activities. The suspension will be lifted when the school official notifies the GMSAA informing it that the student's eligibility has been restored or when the student is physically readmitted to the classroom.
1.52 The GMSAA encourages all students regarding the importance of academics at all levels.

The following information details even more specific guidelines for the North Paulding Junior High FOOTBALL PROGRAM:

It is the mission of the North Paulding Junior High football program to organize, administer and promote highly competitive middle school teams while preparing each player to be the finest high school athlete, student, and citizen possible. To achieve these goals, we will focus on the following:

Teach the fundamentals of football
Provide structured programs for year round conditioning and nutritional education
Encourage and reward excellence in the classroom
Hold each player, coach and parent to a high level of character by promoting skill, integrity, and responsibility in all aspects of the program
Instill a sense of pride that comes from having a strong work ethic
Promote the program throughout the community

The following information includes items expected from coaches, players, and parents.

Common Expectations

Coaches

1. To be honest
2. To be leaders

3.To be loyal to the TEAM
4.To help players reach their goals
5.To help players mature and become a better person
6.To be fair to players
7.To work hard and instruct to the best of your ability
8.To communicate with all players about Team and Individual development goals
9.To be 100% committed to North Paulding Football
10.To make all decisions based on what is best for the TEAM, and then what is best for the individual

Players

1.To be honest
2.To be a leader
3.To be loyal to the TEAM
4.To respect history and tradition
5.To always be at practice, even if injured
6.To always be on time to practices and meetings
7.To give your best in the classroom
8.To give your best in practice and games
9.To conduct yourself in a manner that will make your family, school, teammates, and coaches proud of you at all times
10.To never post anything on social media that is negative in nature about your school, teammates, opponents, or coaches. Player policy is explained in more detail later in this handbook.

Parents

1.To not undermine the coaching staff to your kids or other parents
2.To be supportive of players, coaches, and officials
3.To not approach a coach about playing time. The player should discuss ways to improve with their position coach.
4.To be a positive support system for your child. Monitor their academic progress and make sure their diet and rest are appropriate
5.To never post anything on social media that is negative in nature about our school, team, players, coaches, or opponents. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are not a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a positive self-image. Parents who violate social media usage may be banned from practice, games, and program activities. Players will be held accountable with this same policy.

6.To participate in the program and to get involved. The best thing you can do costs nothing.
7.To show good sportsmanship at all times.

PARENT/COACH COMMUNICATION

Parents are considered spectators and should refrain from coaching or voicing their opinions from the sidelines during practices or games.
When expressing the occasional concern with a coach, remember the following guidelines:
1.Approach the head coach at the appropriate time, not before or after a game. The starting point for addressing all issues is your son's head coach. Never approach an assistant coach with a concern.
2.Call the following day and make an appointment, which is convenient for both.
3.Raise your concern in a calm and civil manner. Yelling, being rude, or using foul language is totally unacceptable and will immediately end the meeting.
4.Once you have stated your question or concern, listen to the explanation. Often a sport-parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation that is given.
5.Your priority is your student-athlete. The coaches' priority is every student-athlete on the team, so understand there may be disagreement because of your priorities. Both you and the coach may be right, but not agree. That is okay. Both must be willing to accept that possibility.

Note: Coaches will not discuss player issues or concerns with parents via text, e-mail, or phone. M~~uch can be misinterpreted in a text or an e-mail. Text or e-mail may be~~ used t~~o set up a meeting where the issue can be resolved.~~

Additional Expectations for Parents

1.Be positive with your student-athlete Let them know that they are accomplishing something by being part of the team.
2.Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best. Associating a bad stigma with JV and why your student-athlete is playing in the JV game doesn't help your student-athlete and it doesn't help the program. Players that love to play like to go to practice and will want to play in any game. The football lesson and the life lesson is to encourage them to keep trying to better themselves each day.
3.Encourage athletes to follow the rules. Whether they are a starters, second string, or role players, student-athletes must follow rules pertaining to school rules, drinking, smoking, and the Law.

4.As a fan, you are entitled to cheer your head off, but do not become belligerent with other fans, players, coaches or game officials. North Paulding holds sportsmanship in the highest regard, and you will be held responsible for your actions.
5.Insist that the athletes respect team rules, school rules, game officials, and sportsmanship. Self-respect begins with self-control.
6.Encourage the athletes to improve their self-image by believing in themselves.
7.Encourage your athlete to play for the love of the game.
8.Remember that the coaches are volunteers and enjoy the game of football and working with these young student-athlete.
9.Encourage the athlete to follow their commitment to the team including:
Maintaining good academic standing
Being on time to practices and games
Not missing practice
Being a TEAM player
Having a positive attitude
Working Hard
Being Coachable

GMSAA Junior Varsity Program

The Junior Varsity (JV) program is designed to develop athletes by allowing them to gain experience while competing under real game conditions. The JV games are played during the week and allow programs with high numbers to get players, who would otherwise not play, valuable playing time. The GMSAA does not require programs to participate in the JV program and many programs choose not to and as a result have players who may not play a live snap all season. At North Paulding, we feel the JV program is a privilege and central to the success of the program. Please remember the following information so that everyone has a positive experience:

The GMSAA has no minimum play requirement. This means coaches are not required to ensure players get a certain number of plays per game.

JV rosters can be organized in many ways. Some coaches prefer to coach both teams together and others have separate coaching staffs. This is up to the discretion of the head coach and usually depends on numbers and staffing.

The GMSAA has a maximum playing time of 6 quarters per week. JV players are allowed to play on Saturday and Varsity players are allowed to participate in JV games by GMSAA rule. This is up to the discretion of the head coach and normally dictated by what is best for the team. Players with a high skill level should never play JV games and it should not be an expectation for JV players to play on Saturdays regardless of the score.

Players are constantly evaluated and it is up to the head coach's discretion as to who plays JV and who plays Varsity.

Although the JV and Varsity play on different days and may have separate coaching staffs, they are one team. Parents should remember to support the efforts of the coaches and kids regardless of the designation. Negative comments made by players or parents in regard to the JV will not be tolerated.

JV Players are required to attend and dress for Varsity games. Varsity players are required to attend JV games or a practice if they fall on the same night. Note: The GMSAA does consider a Varsity player attending a JV game a practice.

The spirit of the JV program is to offer a very positive football experience to players who would otherwise not get to play. Please help us protect this privilege.

North Paulding Football Team Rules

Academics and Character Lead the way to our:

CORE VALUES

TEAM FIRST - No one is more important than the TEAM

TOUGHNESS - Comfortable with being uncomfortable. TPW

FAMILY/RELATIONSHIPS - Value others above ourselves. Build others up. Power of the unit.

ENERGY/TEMPO - Wear opponents down physically and mentally with relentless effort.

COMMITMENT/SACRIFICE - Do what you're supposed to be doing, when you are supposed to do it, the way it is supposed to be done.

POSITIVE ATTITUDE - Control what you can control.

North Paulding FOOTBALL ATTENDANCE POLICY

Each North Paulding football player is expected to attend all practices, meetings, run-throughs, and games. If we cannot practice at full strength, we cannot play at full strength. Trust in a player's commitment to the success of the team starts with showing up. We hope that each player understands the important role he plays in our journey to be an elite football program. However, we feel it is important to have an attendance policy in place to ensure that our team collectively takes that daily step towards success.

Attendance Rules

Late to Practice or Games: Punishment is up to the coach's discretion.

Missing Practice or Games: Punishment is up to the coach's discretion and punishment will include extra conditioning and/or loss of playing time. Please refer to the Core Values of our organization above.

Playing Time

The amount of playing time for any individual athlete is at the discretion of the coaching staff. It is often determined by hard work, motivation, and positive attitude displayed during practice. Coaches make every effort to maximize participation but might not be possible for every game. Student-athletes concerned about their amount of playing time should speak directly to their position coach.

Social Media Policy

Players….Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are not a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a positive self-image. Players who violate social media usage may lose playing time, face suspension, or dismissal from the team.

Winter/Spring/Summer Workouts

Off-season training is key to the success of any football program. Commitment to becoming as fit as possible will improve each players physical and mental development. This investment will pay dividends. Since many of these sessions include individual, group, and team events in a practice setting, along with agility and weight training, failure to attend these sessions could have a substantial impact on the development on the individual player.

Spectators at Practice

Spectators at Junior High practices should remain in the stands if practice is in the stadium or on the outside of the track if practice is on the track field.

The Positive Pledge for Players and Coaches

BY Jon Gordon

The Positive Pledge

I pledge to be a positive person and positive influence on my family, friends, co-workers and community.
I promise to be positively contagious and share more smiles, laughter, encouragement and joy with those around me.
I vow to stay positive in the face of negativity.

When I am surrounded by pessimism I will choose optimism.

When I feel fear I will choose faith.

When I want to hate I will choose love.

When I want to be bitter I will choose to get better.

When I experience a challenge I will look for opportunity to learn and grow.
When faced with adversity I will find strength.

When I experience a set-back I will be resilient.

When I meet failure I will fail forward towards future success.

With vision, hope, and faith, I will never give up and will always move forward towards my destiny.
I believe my best days are ahead of me, not behind me.

I believe I'm here for a reason and my purpose is greater than my challenges.
I believe that being positive not only makes me better, it makes everyone around me better.
So today and every day I will be positive and strive to make a positive impact on the world.

2023 Player/Parent Handbook Acknowledgement

I, _____ (player), and_____ (parent/guardian), have read the 2023 North Paulding Football Player and Parent Expectations Handbook (6th,7th, and 8th Grade). By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, procedures, 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 North Paulding Football Program and are aware that all decisions that are made are for the betterment of the TEAM.

_____ _____

(Athlete) (Date)

_____ _____

(Parent/Guardian) (Date)