

McIntosh 2010 Football Information

The information here includes the 2010 football season. Please understand that some things may change for next season but you will be informed as soon as possible. Preliminary calendar dates for next year can be found on the web site. This early calendar is for parents to be able to plan so our program can grow. We will try our best not to change the calendar but some things planned this far ahead will be affected by things that are outside of our control.

Spring Practice: Spring practice is necessary for a program to grow. Expectations and times of spring change from year to year based on what is best for the program. All players are expected to participate in Spring Practice.

We will excuse some practice absences for the following reasons:

1. Players involved in another school-sponsored sport
2. Players involved in other school-sponsored activities, such as band concerts, chorus concerts, drama productions, etc.

Practice in this area will need to be worked out with the coach and or sponsors. Players who have left the program must re-enter through spring practice. *We will work with our players to the best of our abilities as long as it does not hurt the program.*

Summer Camps: We encourage players to attend individual summer camps to enhance their skills and to showcase their talent. Many Division I schools have gone to a 1-2 day evaluation camp. This camp would be for those players who have a legitimate shot at playing Division I football. This summer you can expect throwing scrimmages each month, this includes defensive personnel as well as offense and centers. Times and dates will go out with the calendar so you can plan your summer. We could add some throwing events to the calendar as well. We will offer a defensive camp at school at no cost. This gives us a head start on installation and technique work. We coordinate these camps with other sports so that we do not put the kids in a bind. There will be a lineman camp offered off campus during the first week of June at St. Pius High School.

Team Camp: Every football player in grades 9-12 will be expected to attend the team camp on July 28-July 30. It is a day camp, which means the players will begin at 7:00 am (so they need to eat breakfast at home). The TD Club will provide lunch, an afternoon snack and plenty of fluids during the day and we will send them home at 8:30 pm.

9TH GRADE PLAYERS ARE EXPECTED TO GO TO CAMP MCINTOSH, THEN REPORT TO FOOTBALL PRACTICE. IF THE DATES CONFLICT, THIS WILL BE DETERMINED AT A LATER DATE. We hope in the near future as the program progresses to go to a team camp off campus (in place of a day camp). It would be at a nominal cost to each player, but we will try to come up with a fund raiser to help offset the cost if and when this happens.

JV /9th Grade Teams: We have full 7-game JV and 9th grade schedules this year. We intend to keep the games and schedules intact. We feel that this is imperative for our program to develop. Each year our 10th graders and some 9th graders become our scout team. Every senior on our team at one time was a scout team member. Part of the job of our 10th graders (besides development) is getting our varsity ready for Friday nights. This is a very important part of the program, to the point where we have provisions in place for 10th graders to letter through this effort (see lettering policy). We will prepare our JV as much as possible for their games; however, varsity preparation takes priority over JV. The JV/9th grade teams are an extension of our varsity, and not merely separate teams unto themselves. The players' attendance at practice is very important. **Please note that 9th graders will practice the same amount of time as the varsity or they may not practice as long depending on the**

coaching structure for the 9th grade. 9th graders will not be expected to dress out on Friday nights unless otherwise specifically asked to do so. In some situations they may have film or a walk through on Fridays.

Practice expectations: Players at all 3 levels are expected to be at practice each day. This is a basic concept for any endeavor that is worthwhile. Please note that we will practice on **LABOR DAY, as this is a game week for all 3 teams. We will consider practicing early 9:00 am but that determination will not be made until a later date. Please do not ask to be excused from practice on that date.**

Practice Procedures:

Each player is expected to be dressed and ready for position meetings by 3:40 pm. If a player needs treatment and/or taping they must be taped in time for position meetings, so get there early already dressed.

1. Being late for position meetings or practice results in additional conditioning, suspension, or dismissal
2. There are times when players seek academic help after school. When players do this it can cause a real hardship on coaches and players. We encourage all players to get academic help **before** school starts during the season.
3. Missed Practices
 - **Definition: Excused Missed Practice-** An excused missed practice includes a bona fide sickness, injury, or a death in the family.
 - **Examples:**
 - Sickness** – includes influenza or illness of this type which includes a high body temperature. Parents should call or e-mail Coach Griffin before 12:00 pm and confirm the illness and what course of action to take. This helps the staff decide how to alter the game plan and adjust depth chart etc. based upon the nature of the illness. If you are well enough to attend school, the perception is that you are well enough to attend practice. The coaches would question sinus problems or minor sore throats without the elevated body temperature. Checking out because of illness will be expected to be handled the same way, except that the player will come to Coach Griffin in person to tell him the reasons for checking out. **Sending a message to Coach Griffin through someone else is not acceptable.**

Injury- depending on the injury we want you at practice watching and helping. Minor injuries should be examined by a coach before seeking a Dr.'s appointment. Please do not go to the emergency room for a minor injury.

Death in the Family – this is self-explanatory.

Routine eye, doctor, dentist, or orthodontist visits are not excused. It is strongly recommended that you have routine visits for check-ups, dental cleanings, etc., performed before the season starts. Many doctors and dentists now open their offices before school and routine medical care/cleaning can be performed then. The coaches do realize that there will be times when a conflict can arise in getting an appointment. The coaches will always exercise flexibility in working with parents if we know of the conflict in advance.

- **Unexcused Missed Practice - includes EVERYTHING ELSE. An unexcused missed practice is a practice missed for reasons other than those listed above and for which no notification was given to Coach Griffin.**

Following are the consequences for unexcused missed practices:

1st offense- extra conditioning

2nd offense- more extra conditioning plus does not start, if a non starter suspended for 1 half of game.

3rd offense- even more extra conditioning plus does not dress for game that week.

4th offense- Dismissed from team

JV/ 9TH Grade players who miss a practice during game week -- even if it is excused-- may not play due to the amount of practice time lost, as he may not be able to perform at the expected level. This will be decision of coaches at that level.

Lettering Policy

Lettering in a varsity sport does not have the same luster that it once held, however we feel that letters should not just be handed out they should be earned thus having a meaning. The McIntosh coaching staff has put together what we consider a fair but consistent lettering policy.

Letters are available to be earned by players in grades 10-12 in the following manner:

1. Players who finish the season with the team who stay in good behavioral standings and play in at least 20 varsity quarters of a regular season game will earn a varsity letter.
2. Players who finish the season with the team, who stay in good behavioral standings, who are in weight training and have **0 unexcused absences and who make a contribution to the team in practice, on the field or in duties by way of help on the field in an injury situation. Coaches will collectively make this decision. Players who are injured are expected to be at practice daily unless performing rehab under a doctor's supervision and with Coach Griffin's knowledge. Injured players not at practice will be under the unexcused rules and will forfeit their ability to letter.**

Physicals/Required GHSA/FCBOE Paperwork

Physicals and paperwork are required to be completed before starting camp or official practice. Both can be found on the McIntosh Football Website under Info for Players/Required Forms (GHSA Physical Form and Parental Consent Form under two different files) or packets can be picked up in the front office. Each year in April we offer school-wide physicals at McIntosh that will carry them through the entire next school year. If you need help with scheduling a physical you can call Resurgens (across from the hospital) and they will do their best to get you in quickly. Let them know that you are a McIntosh football player (they are our orthopedic doctors).

Insurance

Each player must show proof of coverage before starting practice (included in your paper work) or purchase school insurance that covers football. If you need School football insurance see the school Athletic Secretary.

Weight Training

Each player is required to be in a weight training class in order to play football. It is a necessity for football and a liability if a player is not in it. If players are not able to work it in during the normal school day then they are expected to register for zero period (for which they receive a ½-unit credit towards graduation). We suggest that 9th graders do not take zero period the first semester but instead to try to get into a personal fitness class that parallels a weight training class. We highly recommend that in the second semester 9th graders get in zero periods if they cannot get into a regular weight training class. This will benefit them in all sports.

Extra lifting is a good thing but not to the point of overuse. Please trust our coaches and our program in this regard. We are trying to develop a **FOOTBALL TEAM** not a weight lifter.

TD Club Involvement

I want to encourage all parents to be active in and support our program through the **McIntosh Touchdown Club**. We have memberships at various contribution levels and we need your hands-on help in even more ways. I ask you to get plugged into one of the committees which are part of the Touchdown Club. **If our program is going to get to the level that most parents indicate to me that they want, we need much more parental involvement than we have now.** Our children are our most prized blessing, and I can assure you that your investment will be well worth the time and support. Please visit our TD Club website link (www.mcintoshfootball.com) and get on our e-mail list so that you will be up to date on what is going on.

Fundraising

You just thought that the fundraising days were over when you left the Packers. Fund raising is a fact of life for High School Athletics. Please locate the fundraising link on our website to see how you can help support your son. Also see the player commitment link for information concerning items that the players are expected to take care of, included in this will be payment options.

Parent Involvement

We at McIntosh encourage parent involvement but only if it is positive in nature. Publicly abusing coaches verbally is not good for anyone, especially your son. Think about what you are teaching him when you criticize his coaches in a public forum. If you have a concern with something please come to Coach Griffin behind closed doors. We ask that the situation be given 24 hours, and not immediately after a game.

Concerns

If you have a concern which normally means your son has a concern, please encourage him to talk to his position coach first. Then, if he is not satisfied, have him talk to Coach Griffin. If he is still not satisfied then let's get the parents and maybe the AD if needed involved. It is our feeling that as parents if we try to handle all of our children's concerns for them, we are not allowing them to grow up and learn to deal with adversity. Please do not

call coaches at home with complaints; appointments can be set up at school. Of course, with any type of emergency Coach Griffin's door is always open.

Recruiting

We will always encourage our players to aspire to play college football. College players speak well of our program. Players who express an interest in playing college ball will be put on recruiting questionnaires. I will caution you to be realistic about your son's ability. The colleges will get a character/work ethic reference from the head coach. The colleges will offer scholarships based on a great deal of film study, as well as testing at camps and combines.

If you feel that your son has the potential to possibly play at the collegiate level, he will need to do the following: Follow a college prep tract of classes, take a SAT or ACT test, get online and go through a NCAA Clearinghouse application, go to combines, make sure that you are in weight training and really working, arrange to have a highlight tape made of his best Junior plays and then add to it as a Senior. After all of this, if he is good enough the colleges will typically find him. You need to begin the process in his freshman year. Even if your son wants to walk on he needs to prepare following the above process. Every spring we will devote time to talk about it with the players. I am available to discuss this further. Please do not wait until after your senior year to decide to play.

Parents who try to become an agent for their son can cause more problems than they realize -- please let the coaches help. It is your decision as to whether to use a recruiting service or not. Just be careful and research the service before using them. McIntosh has neither the technology nor the manpower to produce highlight films of your son's play, but we can copy full game dubs for you. If you are interested in a professional highlight film for recruiting or for a keepsake contact Coach Griffin for help in finding a service. **Let Coach Griffin know of your interest in playing in college ASAP.**

Banquets

The following are the awards that are given at the football banquet (some years awards may be added or deleted):

1. Permanent Captains
2. MVP Offense
3. MVP Defense
4. Offensive Scout Team Player of the Year
5. Defensive Scout Team Player of the Year
6. Academic Award
7. Iron Chief
8. Senior Plaques

Rules and Regulations

The intent of our rules and regulations is to take our football program in a positive direction. Our program is dependent on “the disciplined player”. We will only be as good as our commitment to the team and each other. As a TEAM you must commit yourselves to follow the rules and insist that each team member follow them as well. We will abide by the Fayette County School System Athletic and Extracurricular Participation Code of Conduct. Any team rule violation will be dealt with by following the code of conduct.

Contact

Please feel free to contact Coach Griffin griffin.glenn@mail.fcboe.org or at 770-631-3232 ext 263 with questions and/or concerns.

Thank you for your interest in our football program: we strive to put together a program that your son will be proud to be a part of.