

Hinsdale South Football PARENT MEETING



MISSION and GOALS

- ▣ Mission- Develop young men of character and compete at the championship level.
- ▣ Season Goals- Conference Champion, State Champion
- ▣ Game Goals

Win	Score 4 TD .	Win 3rd Down	+2 Turnover	No Blocked Kicks	Block Opponent Kick	No Opponent Special Teams TD	Discipline
------------	------------------------	---------------------	--------------------	-------------------------	----------------------------	-------------------------------------	-------------------

We believe in
“OUR” way of
doing things.
Therefore we
will instruct
our young
men on how
to do just
about
everything.

HORNET FOOTBALL

HOW TO.....

- How to hold a helmet
- How to respond to a coach verbally and with proper body language
- How to act in the locker room
- How to ride on a bus
- How to communicate absences
- How to get and put on helmet stickers
- How to clean your gear
- How to be a good teammate
- How to line up on the ramp and be on time
- How to hustle on and off the field
- How to use proper language
- How to work during practice
- How to clean up after practice
- How to watch film
- How to respond to injury
- How to be prepared for a game
- How to speak to an official
- How to approach the offseason
- How to be a champion

We say this before every practice and game. Our players are expected to know it.

Today is the beginning of a new day;
We've been given this day to use as we will,
We can waste it or use it for good;
What we do today is important because we are
exchanging a day of our lives for it;
Tomorrow will come and this day will be gone forever,
Leaving in its place something we have traded;
Make sure it is gain not lost, good not evil, success not
failure.

SOUTH.....PRIDE!

Team Rules

We “EAT” Discipline

- ▣ Players must be disciplined in their effort, attitude and team commitment. There are consequences for violations in these key areas.

- ▣ Effort
- ▣ Attitude
- ▣ Team

CONSEQUENCES

Violations of team rules may result in the following:

- ▣ **11 PUSH-UPS**
- ▣ **Dog Pound:** Post Practice Conditioning
- ▣ **SUSPENSION:** Cannot play in games.
- ▣ **EXCLUSION:** Removed from team

ATTENDANCE

- ▣ All in-season functions are mandatory.

We Expect our players to be on time to practice or there is a consequence.

- ▣ Any Absence = Dog pound= extra conditioning
- ▣ 2 unexcused= Possible loss of playing time
- ▣ 3 unexcused= Unity council review/Possible Dismissal From Team

We expect Commitment!

ATTENDANCE

- ▣ Player or parent initiated contact with their position coach before the absence, may be considered excused.
- ▣ Try to schedule dentist/ doctor appointments around practice/school. Lost practice time may result in lost playing time.

Details

Only school colors will be worn.

Black, yellow/gold, white, gray are acceptable.

Proper practice equipment must be worn.

Visors must be clear and all pads covered.

Black towels home, White towels away

No phones during practice or games

No hoodies under game uniforms

Always lock your equipment in your locker.

UNITY COUNCIL

Our Unity Council is a collection of players from all levels that are the “voice” of the team. This is a collection of leaders that represent the team. It is considered an honor to be selected for the Unity Council.

ATHLETIC TRAINING

- ▣ Always see the trainer before going to a Dr.
- ▣ CONCUSSIONS
- ▣ MINOR INJURIES
- ▣ MAJOR INJURIES

We have a great training staff and facilities for rehabilitation.

INJURIES

- ▣ THE NUMBER ONE WAY TO PREVENT INJURIES IS INVOLVEMENT IN OUR STRENGTH AND CONDITIONING PROGRAM.
- ▣ If you are a football player something will hurt during the course of a season.
- ▣ To play in games you have to be able to practice.
- ▣ If you miss all week due to injury you will more than likely not play.
- ▣ Pain and injury are different. We encourage playing through pain. Our player safety is our number one priority.

INJURIES

- ▣ If you are injured you are expected to be at every football function: INJURIES ARE NOT AN EXCUSE TO MISS. There will be something for you to do: rehabilitation with our athletic training staff, mental reps, alternative conditioning. If you cannot attend practice inform the your position coach.
- ▣ *Always see our trainer before going to the DR.*

PLAYING TIME

- ▣ Can you get the job done consistently better than your teammates?
- ▣ No player owns a position. All positions are constantly evaluated.
- ▣ Have you prepared your body in the offseason?
- ▣ **Players are placed where they will help the team and where they have the best chance to be successful. This is often determined by size, strength, speed, athleticism, intelligence and leadership. We will do our best as coaches to explain our protocol with our players.**
- ▣ We will not discuss playing time or the playing time of other players.
- ▣ We will however be glad to discuss what your son needs to do in order to get better

PLAYING TIME PHILOSOPHY

- ▣ We will try to have 22 starters at each level. More will be rotated to play at the lower levels for the process of evaluation and development. At the varsity level we will play guys based on their ability to help us win. We will always make every attempt to be as fair as possible. Playing time will be based on the following criteria: a) they know the plays; b) they can consistently do their job better than others, c) great attitude and effort. This does not mean all playing time will be equal.

Meeting with coach

- ▣ Attempts will be made to involve parent, head coach, position coach, and player.
- ▣ This will allow input from every party involved and prevent double talk.
- ▣ This protects all parties involved.
- ▣ Playing time will not be discussed.
- ▣ Other players will not be discussed.
- ▣ Evaluation and improvement should be the focus

ACADEMICS

- ▣ All student-athletes have to pass five credits to be eligible.
- ▣ If a student needs to see a teacher it is considered excused.
- ▣ Players should make all attempts to schedule make ups in the morning.
- ▣ All Academic visits are considered excused.

OFFSEASON STRENGTH AND CONDITIONING

1. Lifting is a mandatory requirement for all football players in the offseason.
2. We want you to play other sports BUT YOU MUST STILL LIFT.
3. Helmet Stickers (Hornets) and Jersey Number Selection=
90% Attendance in OUR offseason program or in another sport. (Winter/Spring). If you are in another sport you will be required to lift 3 times a week on non game days. Core lifts will be posted and attendance taken.
* All coaches of other sports are in support of this. Make yourself a better athlete. Nutrition is also key.

Weight Room Times
Monday- Friday

Before School: By 7:00am

After School: 3:30-5:00

We usually start in early November

RECRUITING

What we do:

- ▣ Free recruiting service
- ▣ Video
- ▣ Player info sheets
- ▣ Phone calls and faxes
- ▣ Arrange for college coaches to visit with players
- ▣ Combines/ Camp Exposure information
- ▣ Other combines/recruiting services are often a waste of money.
- ▣ If you are good enough to get a scholarship, they will find you in most cases.

What can you do? Make contacts on your own or tell me who you want me to contact or send video to.

RECRUITING

What we are asked by college coaches:

1. Academic standing?
2. Character?
3. Work ethic?
4. Height and speed strength?
5. Commitment and passion toward the game?
6. Does he play other sports?
7. Has he registered with the NCAA Clearinghouse? Player Social Media account?
Keep it clean

RECRUITING

- ▣ Most Division 1 scholarships are offered during Junior year.
- ▣ It is important to attend a showcase or other camp for exposure.
- ▣ Combines can help but also hurt with poor results.
- ▣ 1AA and Div. 2 offers scholarships.
- ▣ Div. 3 schools do not offer athletic scholarships but their student-athletes may get better aid packages.
- ▣ Go play if you get the chance – Div. 3 schools are loaded with All-State FB players

Concession Stand

- ▣ It is mandatory that a person from each family volunteer for at least 1 home football game.
- ▣ Varsity parents work soph games
- ▣ Soph and Freshmen parents work varsity games.

Information on sign up will be provided

Varsity Team Meals

- ▣ Meals are organized and run by parents.
- ▣ If we have enough parents willing to take on this task, we will have team meals the day before the game.
- ▣ It is a great time and it gives us a chance to be a family.
- ▣ We collect a fee from players to supplement the cost of food. Usually around 5\$ a meal.

Information on sign up will be provided once organizers are identified

Summer Camp

- ▣ This is a critical part of our success. Please plan ahead. Our camp calendar is always published well in advance of summer. We practice 7:00am-10:30 am which includes field work, 7 on 7 , strength and conditioning. We always work with players involved in multiple sports.

Laundry

- ▣ We wash player game uniforms.
- ▣ Players wash their practice gear. We expect each player to have clean practice gear on Monday.
- ▣ This is important to maintaining the health of our locker room.

CAPTAINS and POST SEASON AWARDS

- ▣ Captains- Application and team / coaches vote
- ▣ MVP, MIP and Sportsmanship are voted on by the staff. In the case of a tie we will have the team and or unity council vote.
- ▣ Corwin Award- Determined by Corwin Foundation
- ▣ All conference- Staff nominate and conference coaches vote involved.
- ▣ All Area Teams- Selected by the media
- ▣ All-state- We nominate but have no vote
- ▣ All-star teams/ games. Selection by event staff.

CONTACTING COACH

- ▣ Please don't discuss problems with us before practice or immediately after practice unless urgent.
- ▣ Emails listed on the next page. We will do our best to respond as soon as possible with an email or a phone call. Often we will try to set up a time via email to talk so we don't play phone tag.

Coach Contact Info

- ▣ **Head Football Coach: Mike Barry**

- ▣ mbarry@hinsdale86.org

- ▣

- ▣ **Head Sophomore Coach: Joe Mazzei**

- ▣ jmazzei@hinsdale86.org

- ▣

- ▣ **Head Freshmen Coach: Mike Moretti**

- ▣ mmoretti@hinsdale86.org

- ▣