

DURANT FOOTBALL
2022



#DAYBYDAY

#WEGETBETTERANDBETTER



Introduction

The primary purpose of this handbook is to acquaint you with the rules and policies of the Durant High School Football Team. 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 our attention as soon as possible.

We firmly believe that you have a great desire to win the district championship and are willing to work in order to accomplish this goal. If we did not believe this thoroughly, either you would not be here or we would not. Our policies have been put in this booklet so you can refer to them time to time during the course of the season.

This handbook was not made to disrupt the line of communication between you and your coaches, but to encourage it. This is not our football team, but it is **YOURS**. You have told us that you wish to be a part of a great football team and program. This can only be accomplished when you know what is expected of you. In the event you disagree with any of the policies in this handbook, see us at your earliest convenience. We want the same thing as you, and that is a district championship.

**DURANT HIGH SCHOOL
FOOTBALL STAFF
COACH DIEDERICHS**



Mission Statement

The coaching staff of Durant High School is committed in our mission for character and excellence in our football program. The quest will be positive in nature, with high expectations for players, parents, and coaches. This journey will begin as soon as a potential player makes a firm commitment to get on board. We will stay focused on our goals and press on everyday to make ourselves better in the classroom, reach our potential athletically, and develop character traits that will allow each player to be a productive member of our school community.

Having a great **ATTITUDE** at all times is critical to the success of our program. A consistent positive **ATTITUDE** in the classroom, at home, in the halls, at practice, and at games will provide immeasurable benefits for individual players and the team as a whole.

Assumptions

Our program is based on **FOUR** assumptions. If any of these are NOT true, you are encouraged to dismiss yourself from the program.

1. We assume you want to achieve excellence in the classroom, developing your best behavior and striving for the highest grades possible.
2. We assume you want to be a better person because of what you learn in this football program.
3. We assume you want to reach your full potential as a football player.
4. We assume you want to win a district championship.



Attendance

1. Players are expected to attend ALL meetings, practices, weight room workouts, and team functions. **Be on time!** Not knowing about an event or the time is not an excuse! If the team is there, you must be there.
2. If you are unable to attend, you must personally notify the Head Coach of your team prior to the activity. Be sure to allow our staff enough time to make preparations for this absence.
3. An unexcused absence will result in an extended OSI (**Opportunity for Self Improvement: A running time after practice that helps a player improve his overall conditioning**), and 1-quarter suspension from the next game. The second unexcused absence will result in a 1 game suspension.
4. A player, who comes late to a practice, game, or weight lifting session, during the season, will be assigned an OSI for the first and second offense. A third tardy to a team function will result in a 1 game suspension.

Coach's Rule

There are many benefits that go with being a member of the Durant Wildcat Football program. Along with this goes a tremendous responsibility. Any act that hurts the image of the team will be punished. The severity of the punishment will be in accordance with the damage of the act. This will be determined by the Head Coach. Never do anything that will tarnish the good name of Durant Wildcat Football.



Suspension from the Team

A player must be suspended for three reasons:

1. **Selfishness**- Evidence by stealing, lying, poor attendance, tardiness, drug or alcohol use.
2. **Immaturity**- Evidence by a lack of character, lack of discipline, disrespects for others and refusal to follow the direction of the coaching staff.
3. **Code of Conduct Violation**- Evidence by a violation of the DHS Code of Conduct in your student handbook.

Only the Head Coach can suspend a player from the squad. **As the Head Coach, I reserve the right to handle each case on an individual basis.**

Appointments

Parents are urged, when at all possible, to schedule appointments, doctor visits, etc. around practice times. Your cooperation concerning this matter is appreciated. Our first practice is August



The Durant Wildcat Approach to Football

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, I feel it is important for you to understand how we will decide on Depth Charts as practice progresses. The following five points will be the criteria used in selecting starters and developing depth charts.

1. **Hustle and Effort**: Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they expect you to do so also. Extra effort wins games. Everyone can give 100%.
2. **Hitting and Mental Toughness**: We will discover during the fall season who is aggressive and mentally tough. Football is a contact sport and it must be played with mental toughness. Everyone can hit.
3. **Commitment to the Overall Team**: Football is the ultimate team sport. Because football is the ultimate team sport a commitment to the team during the off-season (i.e. strength and speed, 7 on 7, football camp, etc.) is vital to the success of the team during the season. 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. One man who hates to lose is an individual player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing.
4. **Knowledge of the Sport**: 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.
5. **Talent**: If the above four characteristics are equal and they should be, then the young man who had the most talent, makes the most big plays, will start. All five characteristics will be given equal value. Obviously if you are injured it will be difficult for us to evaluate you.

We will give every athlete an opportunity to earn a position on our team. It's our desire to play as many people as possible but obviously we cannot play everyone. The above was written so that you will know exactly how we will evaluate you. Our best athletes will lead us to a district championship.

My main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see one of the coaches. I am here for the same reason that you are:

- a) To see that you get an education and a diploma
- b) To see that you mature and grow as a man
- c) To see that we have the best football team possible.

Consequently, the best football players, according to the criteria previously mentioned will start. In closing, let me reiterate that our starts will be determined on the field by your performance and not by me. I have great respect for you and believe that you will know your assignments, give 100%, will hit and will be a team player. I will continue to believe that until you prove otherwise.



Expectations

What we expect from you

We expect:

1. To get a quality education.
2. Pass every class.
3. To hustle 100% at all times.
4. To have FUN!
5. To give unselfish love towards your teammates and to respect them.
6. Practice to the best of your ability.
7. To be totally honest in all your dealings.
8. To be extremely loyal to your school, administration, teammates, coaches, families and friends.
9. To play to the maximum of your potential at all times, practice and games, this includes conditioning.
10. To be prompt for all meetings and practices.
11. Never take an opportunity to criticize and never pass up one to praise.
12. To be a part of something great.
13. To be a winner.
14. To set personal and team goals and strive towards them.

What you can expect from your coaches

You can expect:

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To treat you as a man and to love and respect you.
7. To make decisions predicated on what is best for the team and then what is best for the individual.
8. To do everything within our power to improve our facilities and make this the best place in Iowa to go to school and play football.
9. To help you mature and grow as a man.
10. To help you reach your goals.



Team Guidelines

1. Use of profanity will not be tolerated and will be punished. If this is a recurring theme you will be removed from practice.
2. Be a positive role model at school and in the community.
3. Be at school and to class on time.
4. Under no circumstances will a player take another player's equipment or damage personal belongings of a teammate.
5. In order to be successful, we must fight through heat, rain, aches, pains, and get our work done.
6. The locker room will be neat and clean at all times. It will be monitored daily. There are to be no spikes worn inside the building and absolutely no horseplay.
7. No jewelry is allowed while in any type of football attire.
8. We will take a businesslike approach. "If you aren't here on business, you have no business being here."
9. Coaches will make personnel decisions based on what's best for the team, not the individual player. Playing time will not be negotiable.
10. As a player, if you are dissatisfied with your position, or playing time, don't complain! Speak to your coach. Work harder and have a great attitude.
11. Handle your emotions in a positive manner. Always strive for self-control in times of adversity. Displays of temper include throwing equipment, will be dealt with harshly.
12. Football is supposed to be fun. Practice and play with enthusiasm.
13. There will be no walking on the football field during practice or games. Players will hustle at all times. Lack of hustle is a show of selfishness and will be dealt with harshly.
14. Players will always be positive with their teammates. Negative comments or insults will not be tolerated. We are a family and must support each other as such.
15. **Parents-** Please be a positive influence with your sons. All decisions about positions, playing time, etc., are based on what's best for the team. It is a policy at Durant that parents/guardians are not to approach **ANY** coach after any game. You must set up a meeting the next day. That meeting will be with the head coach and any other coach(es) you desire.
16. On game day, each player will wear a dress shirt, tie, dress pants and dress shoes. We wear our Football jerseys on the field only.
17. On game night, everybody will wear their uniform in the same manner. It is up to the captains to what color of sleeves you wear. We are a **TEAM**.
18. Show respect towards your coaches. Coaches should be addressed as either, "Mr." or "Coach" from players. Players in return will be treated with respect by their coaches.
19. Whenever a coach is speaking with you, you will give him your undivided attention and always establish eye contact with him.

20. Take care of all of your equipment handed-out to you. It is very expensive to replace, so take care of it like it is your own.
21. After games we will leave the field as a **TEAM**, the same way we entered the field. You can talk to friends and family afterwards.
22. On road trips, all cell phones will be handed in before we leave the school. You will receive them back after the game.
23. During the season, use Facebook or Twitter wisely. Any inappropriate use will result in expulsion.
24. On Thursday meals we will wear our camp shirts and shorts as a **TEAM**. This is a special time we get together to enjoy great food and fellowship. Be a gentleman and be respectful.
25. During the season we will lift 2 x a week as a team. Mondays, Thursdays Our lifting sessions are considered an extension from practice and are mandatory.

DURANT FOOTBALL PLAYER

DURANT FOOTBALL PARENT