

# **Simley Spartan Football**



## **Program Manual**



## **Vision**

Simley football will relentlessly strive to develop quality young men who respect themselves and others while in the pursuit of excellence in the classroom, on the field of competition and in the community.

## **Mission**

Through hard work and toughness, members of the Spartan football team will learn to accomplish their goals with an unmatched tenacity. We will push ourselves in every facet of life; academics, athletics and at home. We will work to become positive leaders that hold the tradition of Simley in high regard. Spartan football players and staff will consistently represent the Inver Grove Heights community in model ways and make a conscious effort to improve ourselves each and every day. This mission defines who we are and will drive our actions on a day-to-day basis.



## 5 Spartan Values

### 1. **TEAM**

Above all the TEAM must come first, our actions directly affect the man next to me and I will not let him down

### 2. **Hard Work**

We will be unmatched in our work ethic every day

### 3. **Toughness**

Demonstrated physically and mentally, when adversity arrives we will meet it head on and together we will overcome

### 4. **Accountability**

Through positive influence we will hold each other to the highest of standards

### 5. **Excellence**

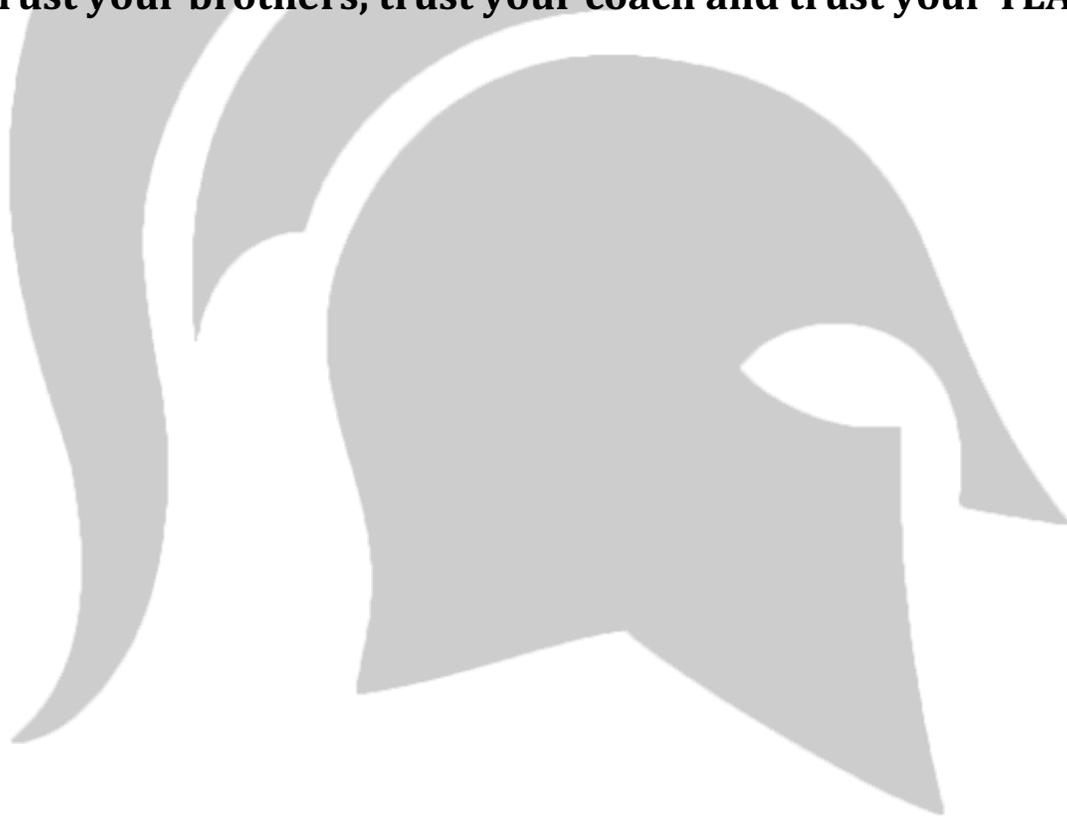
We will strive to be excellent in everything we do



## What does it mean to be a Spartan?

The Spartan military was one of the **most feared** in ancient times. This fact was not attributed to the individual skills of each warrior, instead it was due to the fighting style. In battle, the Spartans fought as **one unit**, with each man relying on the warrior next to him for protection. If one failed to do his job, the entirety of the group would indeed fail as well. We must approach our sport in a similar fashion. Each of us **has a role** to play that fits into the greater scheme of the **TEAM**. We all bring **special talents** and must utilize these to become the best we can be. **Trust** must be instilled early and often in order for us to succeed.

**Trust your brothers, trust your coach and trust your TEAM**





# Player Expectations

- Give your best effort in all that you do, this includes the classroom, field, weight room, and at home
- Adhere to all team and school rules
- Attend all classes
- Treat teachers, coaches, managers etc. with respect
- Eliminate excuses, and complaining
- Be a man of action and a man of your word
- Be on time
- Commit to this program 100%
- Take care of yourself both mentally and physically
- Know your assignment
- Understand your role and the impact you have on the TEAM
- Represent Simley High School with the utmost class
- Compete in every aspect of life
- Your words can have a lasting impact on those around you, think before you speak
- NEVER QUIT

**Leadership Council** – 2-3 players from each grade will represent their teammates once a week with Coach Mensen

- This will be treated as a job; players will apply and be interviewed by the coaching staff
- Discuss important team topics such as:
  - Team Chemistry
  - Leadership Training
  - Organize Team Building Activities
  - Mentorship among young players



# Coach Expectations

- Never lose track of the fact that young people we work with are students first, athletes second. Make sure that each one of your athletes understands that we care about them personally
- Coaching is teaching, we should strive to. Maintain a classroom decorum in our coaching
  - **Shout praise – Whisper criticism**
  - **Avoid Profanity**
  - **Keep a cool head at all times – Attitude Reflects Leadership**
- Give your best effort in all that you do
- Be a positive role model for the young people you interact with
- Promote Simley athletics and be loyal to the program year round
- Actively recruit our community for potential players
- Attend all staff meetings
- Understand your role and the impact you have on the TEAM
- Be fully prepared for all practices, games and meetings
- Value the success of everyone involved in the program
- Commit to this program 100%
- During the offseason, devote time to increasing your football knowledge
- Effectively communicate ideas with staff
- Always be optimistic
- Find ways to make our athletes great
- NEVER QUIT

“Coaching is about human interaction and knowing your players.  
Any coach will tell you that” – Bill Parcells



# Parent Expectations

We understand that parents have valuable opinions, and care deeply about the success and wellbeing of their child.

1. Above all support your son
2. Work to promote a positive atmosphere that will help your son develop
3. Treat all staff with respect
4. Hold your son accountable for being on time to all events
5. Model great sportsmanship

## Appropriate Concerns to Discuss with Head Coach

1. Situations involving your child
2. Ways to help your child improve
3. Your child's **attitude, effort, character, or commitment** level
4. Concerns regarding your child's behavior

## Inappropriate Concerns to Discuss with Coaches

1. Playing time of any student-athlete, including your son
2. Team strategy, practice organization, or play calling
3. Other student-athletes

## Correct Procedure to Follow if a Concern Arises

1. Your son should speak to the coach about the issue first. This will help student-athletes grow into young adults
2. Contact the head coach to set up an appointment. If the coach cannot be reached immediately please leave a detailed message. If the concern is an emergency, please contact the athletic director to set up a meeting
3. If a meeting with the coach did not provide a satisfactory resolution, call and schedule an appointment with the athletic director to discuss the situation. Both the athlete and the parent must be present at the meeting, along with the coach. **The AD will only intervene if the issue has already been discussed with the coach.**

**Please do not confront a coach before or after a game or practice. Meetings of this nature normally do not assist in creating a resolution to the situation. A 24-hour cooling off period is always appropriate.**



# Classroom Expectations

Our athlete's **first priority** is to get an education. It is our responsibility, as coaches, to emphasize the importance of an education, to **prioritize academic achievement** and to take an active role in helping our athletes realize educational success. We will have the players set goals for academic achievement just as we do for athletic accomplishment and we will **continually monitor** their academic progress throughout the year. Our plan for the academic success of our student athletes is as follows:

1. We will create an environment in athletics that promotes self-esteem, positive attitudes, and good character. We want the students to feel good about their involvement in athletics and enhance their desire to be a part of the team. We feel that by promoting confidence, we will increase self-motivation, which is arguably the most important key to future individual successes.
2. We will build and maintain a positive rapport with teachers so that we can work **TOGETHER** on the academic and behavioral progress of our students.
3. Grade checks will occur on a weekly basis, and in the case of a failing grade, players will receive **probation** until that grade changes. If probation lasts more than two weeks, the player will begin to lose playing time.
4. Academics will **come first** and if a player has make-up work and/or extra help this will not impede his playing time. A note from the teacher is required.



# Levels of Play

## **Freshman**

This is designed to be a developmental team for our student-athletes. They will learn the basics of high school football including; program values, systems, and what it means to be a Spartan. Emphasis will be on player development and retainment. All athletes will get a chance to participate on both sides of the ball. Players and parents can expect:

- Development of fundamental skills
- Equal practice opportunities
- Learning rules of the game
- Demonstrating great sportsmanship in winning and losing
- Prioritizing skill and character development over winning
- Coach's evaluation of athlete's attitude, skills and team role will determine playing time

## **IV/B-squad**

This is a transitional level for high-school athletes. At this level, players will continue to receive developmental coaching of skills and techniques. Many varsity special teams spots are available to this team and these spots are reserved for those who exemplify our values as well as demonstrate ability to conduct themselves at a high level. Emphasis will still be placed on player development and retainment with the future of the varsity team in mind. Players and parents can expect:

- Reinforcement and refining of fundamental skills
- Demonstrating great sportsmanship in winning and losing
- Development of more sophisticated athletic strategies
- Specific defining of individual athlete's role within the team concept
- Focus on physical conditioning and development
- Prioritizing skill and character development over winning
- Coach's evaluation of athlete's attitude, skills and team role will determine playing time

## **Varsity**

This is the pinnacle of high school competition. The emphasis at this level will be on how can we make the team better. No one individual will put himself above the team. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of competition. Playing time is not guaranteed, but should be strived for. Roster spots will be limited to those who demonstrate the highest understanding and practicing of the Spartan Values. At this, the highest level of high school competition, players and parents can expect:

- Developing a proficiency in physical skills of the sport
- Developing and implementing of sophisticated strategy, situational analysis, and other mental aspect of the sport
- Specifically defining an individual's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding the value of physical conditioning of the sport
- Winning within the rules of sportsmanship and fair play
- Coach's evaluation of athlete's attitude, skills, and team role determine playing time.



# Practice

1. Attendance is mandatory for **all players** (unless prior discussion with the head coach has taken place)
2. Players will be dressed in the correct practice gear and on the field **at least 5 min** before the predetermined practice time. This time will be posted in the locker room each day.
3. When three whistles are heard, the team will quickly gather in their warm-up lines
4. Helmets will be on **at all times** on the field, offenses to this rule will result in immediate team conditioning. **BE DISCIPLINED**
5. Athletes are expected to **hustle** in every aspect of practice. This includes to and from drills, while participating in the drill and especially while conditioning. **LOAFING WILL NOT BE TOLERATED.**
6. When not participating in a drill, athletes are expected to be getting **mental repetitions**. These are invaluable and can lead to dramatic improvement.
7. Ask **questions** when you have them. We must practice good habits and techniques.
8. **Trust** your coaches, they are working to put you in the best possible situation to succeed. If I trust them, so should you.
9. Take care of your **Teammates**. Football is a violent sport but we must understand tempo for the safety of the team. (Air, Touch, Thud, Full-Go)
10. What you do speaks louder than what you say, lead by example and let your actions speak for you.
11. SPARTAN TIME – We will use this time to get better. Conditioning is not a punishment, it's an opportunity. We will run together and we will run with a purpose.



## Attendance

- Players are expected to attend **all team events**, including lifts, meetings, and practices. This is nonnegotiable and must be upheld for the good of the team.
- **All** absences will result in additional Spartan Time at the end of the practice or meeting. This is not necessarily a punishment, but it is a 'make-up' for time lost.
- If an absence is unavoidable, this must be communicated **in advance** with the coaching staff. 'I slept in' or 'I don't have a ride' is not acceptable. Be prepared and be accountable.
- An unexcused and uncommunicated absence will result in the following consequences:
  - **1<sup>st</sup> offense** - Player participating in additional Spartan Time and sitting out the first quarter of the next game
  - **2<sup>nd</sup> offense** - Player and player's position group participating in additional Spartan Time and player sitting out entire next game
  - **3<sup>rd</sup> offense** - Player and team participating in additional Spartan Time and player must meet with coaching staff in order to become reinstated
  - **4<sup>th</sup> offense** - Player is suspended indefinitely from all games
- Tardiness - being late to events is also unacceptable and will result in additional Spartan Time as well. If this becomes a habit, tardiness will be treated as absences:
  - **3 tardies** = 1 unexcused absence



# Offensive Philosophy

We will be a ruthlessly efficient offense, focused on execution, technique and finishing. We will build our offense to utilize our players strengths and maximize success through personnel. We will control the line of scrimmage and clock to wear down opposing defenses.

## Offensive Goals:

- Win
- Average 4yds a play
- 1 or less turnovers per game
- No penalties
- 300 yards per game
- 5 scores per game
- 4+ Big Plays (15yd run or 25yd pass)
- Convert on 3<sup>rd</sup> Down – 60%
- Score TDs in the Redzone – 80%

# Defensive Philosophy

We will be 11 hungry beasts, flying around and remaining fundamentally sound. We will use physicality and great technique to impose our will. We will pride ourselves on stopping the run and allowing our athletes to be athletes. We will rally to the football and play as one unit.

## Defensive Goals

- 3+ Takeaways a game
- Limit Big Plays
- No 'Sudden Change' scores
- Allow 2 or fewer scores per game
- 3 yds or fewer per rushing attempt
- 50% or lower completion rate
- Win on 3<sup>rd</sup> Down – 70% win rate
- No Two-Minute Scores (Before Half or End of Game)



# Special Forces Philosophy

Special Forces is an integral part of our success. This will not be a 'play off', this will be an opportunity to flip the field and create a Big Play. We will focus on technique and execution with an unmatched urgency.

## ***Delta*** (Punt Team)

- Flip the field
- No Big Plays/TDs
- No Blocked Punts
- 100% Effort

## ***Recon*** (Punt Return)

- Ensure we have possession of the ball after the play
- Blocked punts create tremendous momentum, we will get after it
- Catch all catchable punts in the air and limit net gain of the punt
- 100% Effort

## ***Airborne*** (Kickoff)

- Opponent starts inside 25
- No TDs
- Stay in Lanes
- 100% Effort

## ***Rangers*** (Kick Return)

- Ensure we have possession of the ball after the play
- Start outside the 35
- No Mental Errors
- Recover all Onside Kicks
- 100% Effort

## ***Snipers*** (PAT/FG)

- 100% on PAT
- 75% of all FGs
- No Blocks

## ***SEALS*** (FG Block)

- Create pressure on kicking team
- No Fakes
- One block in every 10 attempts
- No Penalties



# Injury Policy

Injuries may occur on occasion in our sport. We take all injuries **very seriously** and want to help our athletes get back to 100%. We have **trained professionals** to help our athletes return from these injuries but it is imperative that they are allowed to do their jobs properly in order to best assist our players. Spartan football will use the following levels of injury in order to assess practice participation for injured players. The levels are as follows:

- A. **Green** – Players can participate in all drills but are not to be taken to the ground. This is typically used to bring a player back into action who has either been out for a while or who is in danger of aggravating an injury
- B. **Yellow** – Player is out for a day or two but will be able to participate in the game. The player will wear helmet, yellow jersey and pants without pads. He may participate in all non-contact drills and will visit the trainer directly after school in order to receive treatment.
- C. **Red** – Player is out for several days or weeks but can participate in meetings and walkthroughs. During practice time he expected to be with trainer receiving treatment for injury
- D. **Out** – Player is either out for the season or indefinite period of time. Player should attend meetings and practice and can assist where possible with the team. We encourage these players to remain as a part of the team and receive treatment when necessary.

Other injury policies:

1. Players who **do not** seek counsel from trainers are considered to not be injured and will be required to participate in all meetings and practices
2. Injured players are **expected** to attend training room hours in order to receive treatment
3. Doctor notes are the **only notes** we accept for sitting out from athletics and be careful on seeking doctor advice for minor pains. It is always advised to see our trainers first
4. Muscle soreness and fatigue are **not injuries**. Athletes will be pushed to learn the difference between pain and injury



# Lettering Policy

Simley Spartan football's lettering policy will be based on a point system that is outlined below. **Any player expecting to letter must finish the season in good standing and be listed on the final section roster:**

- Players need to score a minimum of 1000pts in order to earn a varsity letter.
  - Potential points are available in the following areas:
    - Participating in a varsity half – 100pts
    - Starting on offense or defense at anytime during the year – 500pts
    - Each year participating on the Simley Football team – 250pts
    - Participating in another varsity sport (within the previous calendar year) – 250pts
    - Participating in Spartan sponsored community events – 100pts
      - Team Makes it to Section Championship game – 900pts
    - Coaches Discretion – up to 300pts



# Alcohol, Drugs, Bullying & Hazing

Simley High School and ISD 199 take these things very seriously and our football team will operate under a **zero-tolerance** policy for any violations. Discipline for such violations will be handled in accordance with District policies which adhere to MSHSL guidelines. Consequences include but are not limited to: additional Spartan Time, suspension from team events, & removal from the Simley Spartan Football Team

## Social Media

Social Media can be a tremendous platform to promote and celebrate our program. We only want to see positive posts/snaps/tweets regarding **OUR TEAM**. It will **NOT** be used to provoke or bash opponents. We will do our talking between the white lines, no need to talk before or after the games. Remember, content online can be not be taken back and can have profound effect on others. Players violating this policy will be subject to the following penalties:

- Meeting with Head Coach
- Meeting with Head Coach, AD and Parents
- And/or penalties to be determined by the Head Coach which could include but is not limited to suspension from games



## FIFTEEN TIPS FOR POSITIVE PARENTING IN EXTRACURRICULAR ACTIVITIES

- 1. Be positive with your athlete. Let them know you are proud they are part of the team.** \*Focus on the benefits of teamwork and personal discipline.
- 2. Encourage your athlete to follow all training rules. Help the coaches build commitment to the team.** \*Set a good example in your personal lifestyle.
- 3. Allow your athlete to perform and progress at a level consistent with his ability.** \*Athletes mature at different ages; some are more gifted than others.
- 4. Always support the coaching staff when controversial decisions are made.** \*The coaches need your backing to keep good morale on the team.
- 5. Insist on positive behavior in school and a high level of performance in the classroom.** \*Numerous studies indicate extracurricular involvement helps enhance academic performance.
- 6. Stay calm in injury situations.** \*Parents can help minimize the trauma by being in control and offering comfort.
- 7. Cheer for our team and players. Opponents and referees deserve respect.** \*Realize that high school players will make mistakes. Your support is needed during tough times.
- 8. Promote having fun and being a team player. Very few high school athletes receive scholarships.** \*Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- 9. An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged.** \*Encourage athletes to do their best regardless of brothers or sisters who may have been outstanding players.
- 10. Winning is fun, but building positive team values is most important.** \*The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.
- 11. Help students keep jobs and cars in proper perspective.** \*Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
- 12. Athletes must attend all practices and contests.** \*Stress the necessity to make a commitment to the team. Practice is important.
- 13. Emphasize the importance of well-balanced meals and regular sleep patterns.** \*An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
- 14. Many athletes enjoy participating in several sports.** \*Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
- 15. Persistence and being able to accept a role is extremely important for the team to be successful.** \*Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent



***A SPARTAN'S  
GREATEST STRENGTH  
IS THE  
BROTHER  
STANDING NEXT TO  
HIM***