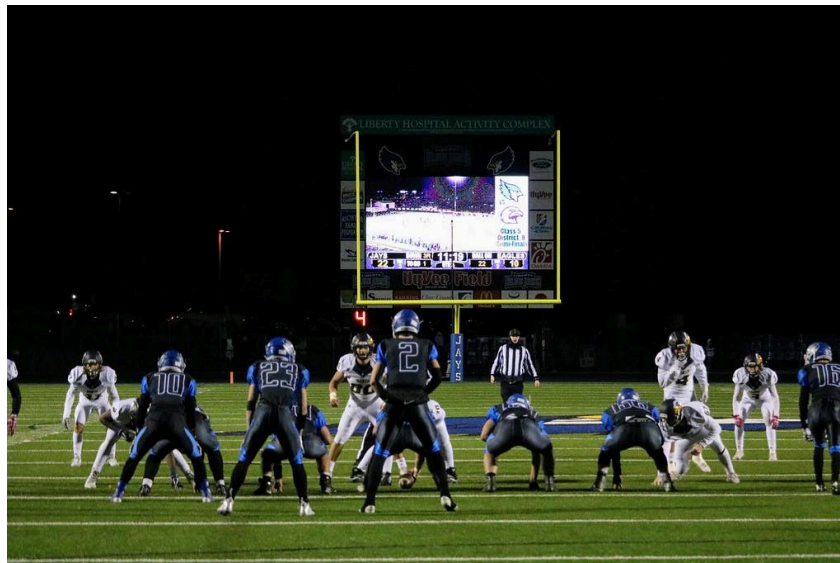


2018 LIBERTY BLUE JAY  
FOOTBALL  
PLAYER/PARENT MANUAL



# LIBERTY FOOTBALL PHILOSOPHY

**Mission Statement:** To develop quality young men for life while pursuing excellence on the field.

## **2018 PROGRAM GOALS:**

1. Become the best football team we can.
2. Represent Liberty High School as best we can.
3. Have each player take something from our program that will help later in life
4. Focus on the positives, correct the negatives

**BLUE MACHINE** - Our team philosophy. Together we are the Blue Machine!  
It takes 3 areas of the machine to be great, Culture, Execution, and Toughness!

## **TEAM PERFORMANCE GOALS** – What we will measure and emphasize to win

1. Win Turnover margin
2. Win number of negative yardage plays
3. Outrush our opponent
4. Gain advantage in Special Teams

## **PARENT / COACH COMMUNICATION**

**We encourage players to be a self advocate in their concerns, we will only communicate on playing time concerns in the following order.**

1. Player / Position Coach talk
2. Player/Head Coach/Position Coach talk
3. Player / Head Coach / Position Coach / Parent talk

**Feel free to call anytime regarding injuries, school problems, or academic issues. Playing time issues will not be discussed over email or phone.**

### **Varsity**

Chad Frigon 816-736-5355 (School)  
Email: [cfrigon@liberty.k12.mo.us](mailto:cfrigon@liberty.k12.mo.us)

### **JV**

Ted Alexander 816-321-4021 (School)  
Email: [Theodore.Alexander@nkcschools.org](mailto:Theodore.Alexander@nkcschools.org)

### **Sophomore**

Jason Maeder 816-736-2753 (School)  
Email: [jmaeder@liberty.k12.mo.us](mailto:jmaeder@liberty.k12.mo.us)



## **POLICIES AND PROCEDURES**

### **TEAM POLICIES:**

Players will be expected to abide by the following policies and team rules:

1. Adhere to the Core Covenants established by our team
2. Adhere to all Liberty Public School policies as well as the specific standards of the football program.
3. Attend class.
4. Be on time for practices and games and meetings.
5. Communicate directly with coaches regarding practice or game conflicts.

Consequences not related to MSHSAA or LHS policies will be dealt with on a one on one basis.

### **SCHOOL ATTENDANCE:**

Players must attend three classes in order to practice or play. This policy does not pertain to field trip situations or excused appointments.

### **INJURY PROCEDURE:**

If an injury occurs during practice or during a game, a coach or trainer will make an effort to contact a parent. If it is an emergency and we cannot contact you, we will get your son to a doctor if you consent. A trainer is present at varsity games and practices as well as most sub varsity level games. The trainer will treat non-emergency situations.

All injured players will dress for practice and games unless the trainer and head coach decide it is not practical. All injured players are required to attend practice.

### **IN CASE OF ILLNESS:**

Please contact by email the Varsity, JV, or Sophomore coach that your son plays for

### **Physicals**

All athletes must have a MSHSAA physical turned into the athletic office before they can participate in fall practices that begin in August. Physical forms can be downloaded from the LHS website or picked up at the LHS front office.

# POLICIES AND PROCEDURES

## **FOOTBALL EQUIPMENT:**

The football equipment your son wears is the best money can buy. The coaching staff individually fits each player. We teach the most up-to-date techniques in the game of football. Your son is taught safe blocking and tackling techniques. He is constantly reminded to avoid leading with the head.

## **EQUIPMENT POLICY:**

Your son is responsible for the equipment issued to him. Players must pay for any unreturned or damaged equipment.

## **RETURN POLICY:**

School equipment must be returned when the season is complete

1. If a student quits or is removed from the team equipment must be immediately returned to the coaching staff so it can be checked in and accounted for.
2. All equipment will be returned at a specific date after the season is complete. Not turning in your equipment will result in a fine on the school debtors list

## **NUTRITION:**

**Pre-game:** A good pre-game meal consists of carbohydrates and should be consumed 3 to 4 hours before game time. Avoid proteins and sugars, as they are hard to digest. Pancakes, pasta, and breads are examples of good pre-game foods. Pre-game meals will be provided to those dressing out before varsity games.

**Hydration:** Hydration is a daily must. You cannot wait until the day before or day of activity to hydrate. Hydrate regardless of weather conditions.

**Game Week:** A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important. The drinking of fluids during the week and the night before the game is very important.

**Pre Game Practice:** Players will wear camp issued shirt and shorts to practice on Thursday

**Game Day:** Players will wear the jersey specified by the team to school the day of the game.

## **PRACTICE POLICIES**

1. A player must be at practice unless he is sick and not in school or if excused by the Head Coach. All missed practices will be made up regardless of reason for the time missed.
2. A player must attend three classes in order to practice or to participate in a game. A player is allowed to practice or play in a game if he is absent from school due to a school field trip or school function.
3. An injured player must be at practice and dressed in practice uniform unless the Head Coach excuses him.
4. A player must be at Saturday Film/Meetings unless the Head Coach has excused him.
6. A player with an unexcused absence from practice will not start for that particular game. A second unexcused absence could lead to squad dismissal.
7. All Players will have meetings or film on Saturday mornings, 8:30 AM
8. Any player who has been late or missed a practice during the week will make up Blue Jay Run on Saturday morning. Any player who did not dress out properly during the week will make up conditioning on Saturday morning.

### **GAME DRESS LIST:**

Liberty High School will dress out all eligible players grades 10-12 for home football games. For away varsity games a travel list will be posted during the week. All Sophomore players and Juniors who are not playing varsity will dress for Home JV games. A travel list will be posted for away JV games and sophomores not on that list report to varsity practice on those days. All Sophomores not on varsity will dress and travel to all sophomore games.

### **LETTERING POLICY**

A letter will be awarded to any player who plays in a varsity game when it is not in a sub-down situation. Seniors who complete the season in good standing with the team will also letter.

### **CAPTAIN'S**

Weekly captains will be picked by the coaching staff to lead the teams during games. Varsity games will have an Offense, Defense, Special Teams, and JV/Sophomore captain.

## Calendar

Our Blue Jay Calendar including all team activities, practices, and games is one line on the Football website on the Liberty High School webpage. Any changes in our calendar will be made on the calendar on this site. <http://athletics.liberty.k12.mo.us/jaysfb>

## Blue Jay Runs

Blue Jay runs consist of a series of over and backs on the football field and are used for two purposes within our program

1. To make up time and activity missed for excused absences (i.e. sick, family emergency)
2. As a reminder for athletes to adhere to the Core Covenants established by our team

Blue Jay runs will be done on Saturday after Film/Practice so every player has the opportunity to start each week with a clean slate. Players must have Blue Jay runs complete in order to participate in games. If a player cannot make up a run on a Saturday they may do it after a practice with additional added on.

For Blue Jay runs used as reminders to adhere to our team core covenants they will be assigned in the following manner. We hold our upper classmen to a higher standard than underclassman. Blue Jay runs assigned for time missed will be the same for all classes.

Sophomore = Incident x 1

Junior = Incident x 2

Senior = Incident x 3





## **Roles of Players Within Our Team**

**Starter** – Offense or Defensive Starter, 22 of these spots available to be filled by the best person possible regardless of class

**Contributor** - Offense, Defense, or Special team player that contributes on the field for varsity football.

**Developmental** – Player who contributes during Sophomore and JV games while developing their skills to prepare for varsity competition.

**Supporter** - Player who supports the team in various roles both on and off the field. Practice Squad or Scout teams are important roles within our program.

## Blue Jay Power

Blue Jay Power is the strength and conditioning program at Liberty High School. We base our training on the Squat, Bench, and Hang Clean and include many other supplemental lifts. We include agility, speed, core and cross fit training into many of our sessions. Our overall goal is to build an explosive, mentally confident and strong athlete to compete for the Blue Jays.


### Dominator

When we test in the Squat, Bench Press, and Hang Clean we track how many athletes score above 315 in the Squat, 225 in the Bench, and 225 in the Hang Clean for a 1 rep max. This gives us a comparison to teams we have had in the past. Players we score above these scores on all 3 lifts are recognized as a Dominator and receive a shirt, picture on the weight room wall, and an helmet sticker for the season.

### Blue Jay Power Impact Standards

In the chart below Impact levels are listed for different positions in our program. These are to be used as a guide and for goal setting and to help look at strengths and weaknesses of each individual athlete. We have had impact players who did not meet any of these levels, and we have had players who were well above these levels and did not make an impact on the field. Ultimately, we are working to develop tools that help you become an impact player on the field.

#### BLUE JAY POWER IMPACT STANDARDS

 HANG CLEAN	BACK SQUAT	BENCH PRESS	40 (ELECTRIC)	VERTICAL JUMP	PRO AGILITY	
DB, RB WR, QB	ABOVE 225	ABOVE 325	ABOVE 225	BELOW 4.89	ABOVE 28	BELOW 4.29
LB, DE, TE	ABOVE 250	ABOVE 350	ABOVE 250	BELOW 5.09	ABOVE 26	BELOW 4.49
OL/DL	ABOVE 275	ABOVE 400	ABOVE 275	BELOW 5.29	ABOVE 24	BELOW 4.69

## **Program Citizenship and Performance Expectations**

### Blue Jay Elite

We measure how well players meet the expectations within our team by our Blue Jay Elite Program. During the off-season we expect our players to be good students (3.0 or above), be out for a sport or attending training sessions with our team, attending team and school functions, and volunteering within our school or community. Player points for meeting these expectations will be posted weekly in the off-season and with player scoring over 75% of the possible points being considered "elite". Prior to the season starting these players will be given a helmet sticker for earning Blue Jay Elite.





## Characteristics of Blue Jay Parents

*“As parents, encourage – do not complain; motivate – do not agitate; be a team parent.”*

1. **Be Positive** - Be positive with your son. Let him know it is a great accomplishment to simply be a part of Liberty Football program. Encourage him to find his role within our team and then be best he can be at it. Sometimes this role is not what you or they have envisioned.
2. **Be Excuse Free** - Do not offer excuses about playing time, losses, or disappointments. There is usually a reason for it. Encourage him to work hard and do his best and have fun.
3. **Be Supportive** - Do not criticize his coaches. The coach represents: the Boss, Authority, the Parent, and the Teacher. If you constantly criticize your son's coaches, you cannot expect him to play for them. He is being taught to be a complainer, not a doer. Discuss problems with your son. If needed, have your son talk to his position coach and then follow the line of communication. Problems do not get solved unless your son communicates with his coaches.
4. **Be Involved**- Being involved in our program as a supporter or volunteer shows your son how important his role on the team is to your family. Volunteering with Blue Jay Nation, our football program, attending games, and simply talking about practices and games are all ways to be involved in the program
5. **Be Demanding** – Demand your son working to his ability academically and following school and program rules. Check the number of hours your son spends on homework. Check how much time he studies game film. Demand he is on time to scheduled

events and class. It is the duty of the parent to see that their son is working in the classroom. Power School is updated often and you can sign up for daily notifications on current grades and tardies. If you are going to take away something, don't take football which is a positive. Players with GPA's above a 3.0 will be recognized at our end of the year banquet and on the wall outside of our locker room doors.

6. **Be Humble** - Do not live your life vicariously through your son. Do not develop envy toward other players. Football is a game – let them play it. Do not show animosity or jealousy for any of your son's teammates because they carry the ball more, score more touchdowns, or get more publicity. The important thing is that every player on the team does his best and works toward team accomplishments!
7. **Be A Fan** - The coaching staff at Liberty High School works with your son and his teammates every day. They know what each player can do and what each player cannot do. As a fan, you are encouraged to be "into the game," but please be positive toward our players and coaches.
8. **Be Respectful** - Insist on your son's respect for the game of football, the officials, and our opponent's players and coaches. Instill in him the importance of sportsmanship. Make sure he understands how important it is to have "class." It takes years to develop a "class" program, but it can take seconds to destroy it.
9. **Be a Developer** - Develop in your son a positive self-image. Do not compare and contrast your son with former family members or other players. Help him in any way possible to feel good about himself and his role within the Liberty Football team.
10. **Be Encouraging** - Encourage your son to play football for the "love of the game." Winning will take care of itself. Post-season awards will take care of themselves. Scholarships will take care of themselves. Usually, good things happen to teams and individuals who happen to be unselfish, hard working, and committed.

***“Uncoachable athletes become unemployed adults. Let someone be tough on them”  
Sign outside Alabama Locker room***

## Characteristics of Blue Jay Players and Coaches

*The following characteristics of Blue Jay Football Players will be individually taught weekly throughout the season and emphasized daily.*

1. **Be Committed** – “There’s a difference between interest and commitment. When you’re interested in doing something, you do it only when it’s convenient. When you’re committed to something, you accept no excuses, only results” When you invest in something it means more to. “When you don’t invest very much, then losing doesn’t hurt very much, and winning isn’t very exciting”
2. **Be a Leader** – Great leaders not only set an example with their own actions, they go out of their way to make others better. Great leaders choose to do what is best for the team, when it may not be the easiest or best choice for themselves.
3. **Be Positive** - Things turn out best for people who make the best out of the way things turn out. As an athlete you will face adversity. It is up to you on how you react to that adversity. Look for the positives in every person, situation, or outcome you face. Being positive in a negative situation is not being naïve, it is being a leader
4. **Be Mentally Tough** – Mental toughness is the ability to block out outside factors and focus on the task at hand. Weather, social life, school, family, work and other outside factors can all be excuses to limit your effort and attitude. Mentally tough athletes are able to block out these factors and get the job done.
5. **Be Excuse Free** – Excuses are easy to make. They help cover up the truth. If it is important to you, you will find a way. If it is not, you will find an excuse. An excuse is just a self-imposed road block to success.
6. **Be Energetic** – Your energy level has a direct relationship with your performance and how you affect others. Low energy athletes bring others around them down to their level and have a negative result on the team.

7. **Be United** - Within our team there are many things that can keep us apart and not together. Age, athletic ability, social status, income level, race, body type, personality and religion are all things that can separate groups within a team. Make it a point to not separate any group or person within our team. Knock down any barrier that can keep us apart. The ability to become a part of something bigger than yourself is part of becoming a team. Putting your individual goals behind the team goals will make us united.
8. **Be Uncommon** – There are two ways to be uncommon. One is as an individual or as a team you are inherently more talented than others. The other way as an individual or a team to become uncommon is to do things that others have the opportunity to do, but choose not to.
9. **Be Consistent** – Anybody can do what is right every once in a while. It is hard to do what is right all the time. What you do every day matters more than what you do every once in a while
10. **Be Confident** – There is a big difference in being confident or cocky. When you prepare for success you should have confidence you should succeed. Cockiness comes from uneasiness knowing you haven't prepared well, and masks the reality that you haven't done what you need to do to perform at a level to help the team. As a Blue Jay you will have every opportunity to prepare yourself to walk into any competition knowing you have prepared well enough to be confident you will be successful



## Athlete HUDL Account

1. Each athlete will have an account on [www.hudl.com](http://www.hudl.com) . This account will have all of their contact and roster information along with video they can access of practice and games. They log in using their school email and password.
2. **Scouting Report** - On Sunday evening athletes will receive a scouting report of our upcoming opponent prepared by the coaching staff. Athletes are expected to look over this before practice on Monday regardless of the position or class.
3. **Highlights** – Athletes are responsible for marking their own highlights. If they have a play that they would like to mark as an individual highlight they “star it” and it goes to their own highlight page.
4. **Messages** – Athletes who enter their cell and email will receive important information, updates, and reminders through text messages and email.
5. **Playbook** - The HUDL playbook page will be accessible to athletes to view and help with learning our schemes.

## Athlete Teambuildr Account

Each Athlete in our program has a Teambuildr account on [www.teambuildr.net](http://www.teambuildr.net) This account is where our workouts are weight training workouts are sent daily for both off season training and class. This account tracks each players gains in each lift and shows how they compare to their teammates.





## BLUE JAY NATION

Blue Jay Nation is the PTA and Booster club for Liberty High School. Within Blue Jay Nation each club, activity, or athletic department has their own branch in which they can support their own group. When you join Blue Jay Nation part of your membership goes to the Blue Jay Nation parent account and the other part goes to sports or activities you choose. Below are some specific ways we use Blue Jay Nation to benefit our football program.

- Funds raised through Blue Jay Nation pay for Pre Game Meals, Post Game Snacks, Banquets, and other items that cannot be met through our normal budget.
- Fundraising opportunities through Blue Jay Nation for our football program include Card Sales, The Fall Kick Off event, and various other volunteer opportunities.
- Parents can volunteer to work concession stand events throughout the year that benefit the football program through funds raised.

### Blue Jay Nation Chairs

#### Class Chairs:

Blue Jay Nation Football representative	Marcy Streich and Traci Biesmeyer
Senior Parent Representative	The Gray's
Junior Parent Representative	The Trester's
Sophomore Parent Representative	The Boyd's
Freshman Parent Representative	The Dipotos

#### Committee Chairs:

Card Sales	Andy Schneider
BJN Fall Kick Off Event	The Roush's and The Horn's
Fan Shirts	Clayton and Karla Gray
Homecoming	Fran Rathjen
Pre-Game Meal	Traci Biesmeyer and Katie Lawson
Post-Game Snacks	Marcy Streich
Tunnel and Smoke Machine	Brian Streich
Banquet	Rose Mesh and Tammy Delisser

## 2016 FOOTBALL STAFF

### **Varsity:**

Chad Frigon - Head Coach, Offensive Coordinator  
Brian Van Hauen – Defensive Coordinator, Outside Linebackers  
John Neldon – Running Backs,  
Jordan Moree – Offensive Line  
Greg Chastain – Linebackers  
Grant Brown – Defensive Line, Fullbacks, Special Teams Coordinator  
Scott Rainey – Wide Receivers  
Ted Alexander – Defensive Backs, JV Head Coach  
Jason Maeder – Sophomore Head Coach  
Patrick Williams – Tight Ends

### **Freshmen:**

Stan Grosdidier – Freshman Head Coach  
Steven Van Egdome – Freshman Assistant  
Josh Griffis – Freshman Assistant

### **8<sup>th</sup> Grade:**

Wiley Meade – 8<sup>th</sup> Grade Head Coach  
Joe Eikel – 8<sup>th</sup> Grade Assistant Coach  
Chris Ward – 8<sup>th</sup> Grade Assistant Coach  
Open Spot – 8<sup>th</sup> Grade Assistant Coach

**Trainers:** Jarrod Sheets and Deanna Neldon