

Apple Valley Eagle Football



NAME: _____

Player Handbook Fall 2026

Apple Valley Football Culture

Vision

To create Apple Valley High School pride through a commitment to others, organization, discipline, culture, and fundamentals. We strive to be the best place in the state to play high school football.

AVHS Football Values

Selflessness

“We before me”

Protect the team and teammates

Buy in to something greater than the individual

Competitiveness

“Any time, anywhere, any place”

Fail at full speed (100%)

Competition = growth

Resiliency

Respond to adversity by “leaning in”

Learn from all failures

Daily excellence

Joy

Enjoy the ride (peaks and valleys)

Celebrate TOGETHER

Make Practice the best part of your day

Program Non-negotiables

Always protect the team- “Everything matters. Everyone matters.”

Be early- Come prepared and organized

Communicate- Verbal and nonverbal

No whining, no complaining, no excuses

Responsibilities

Coaches – Teach and Demand

Players – Prepare and Perform

Policies and Procedures

We will have as few rules as possible (non-negotiables). A culture of Personal Discipline and Accountability will define our program. We will operate on the field, at school, and in the community with integrity, class, and respect. We believe each player knows right from wrong.

We ask four questions:

- Will it make you a better person?
- Will it make you a better student?
- Will it make you a better athlete?
- Will it represent AVHS Football in a positive manner?

If the answer is no, then you are not protecting the team, and you have the choice to do what is right.

Communication Protocols

Strong communication is a core function of our program being successful. We will over communicate on a daily basis to cultivate strong relationships and effective functioning. The following communication protocols will be followed to promote an environment of efficient, equitable communication:

- Communication will be conveyed:
 - Clear without personal attack
 - Aimed at clarifying and solving
- Playing Time
 - Position Coach 1st
 - Coordinator 2nd
 - Head Coach 3rd
- Parent Communication
 - As coaches, we will be available to be a resource and support for parents regarding all issues relating to academics, personal health, and social concerns.
 - Football related topics must be brought to the coaching staff by the student-athlete
- Electronic Communication
 - **Parent square** will be used for large group and individual communication between coaches and players.

Practice Attendance

- Missed practices or meetings, whether excused or unexcused, can have an effect on playing time and your ability to travel to games.
 - Important information is covered at each practice/meeting
 - Missing information will put yourself and your teammates at a health risk
- Players are expected to communicate with their coordinators about planned absences ahead of time.
- If you are late: Show Urgency, Be apologetic, Don't Let it Be a Habit

Injury Policy

- Communicate, Communicate, Communicate
- If players are hurt/injured, let a coach and AVHS training staff know immediately
- Meet with our trainers, and receive practice/rehab instructions/expectations
- Injured players are expected to complete rehab at practice, and attend practices with their position group when not rehabbing.

Varsity / Junior Varsity Dress Protocol

- Coaches discretion will be used to determine who dresses for JV/Varsity games.
- Coaches will take into account: Gold Standard behaviors, practice attendance, school and community behavior, and school attendance.
- Our goal as a program is for players to get as many snaps as possible. Both Junior Varsity and Varsity games are essential for our program and player development.

Equipment Room - Policies and Procedures

- Players are responsible for their equipment.
 - When used and cared for properly, our equipment will help to keep you from injury.
 - Check your helmet and pads daily to be sure all snaps/screws are ok.
 - Get needed repairs done immediately.
 - If you need something changed or adjusted, COACHES will make adjustments
- MSHSL required equipment must be worn during practices and games.
- Helmets will stay off the ground, and will never be sat on.
- Jewelry will be left in locker room/locker during practice and games
- Players will always be informed of the proper dress for the day.
 - **No Pads** = Shorts and jerseys. (preferably Eagle Apparel)
 - **Helmets** = Shorts, jersey, helmets
 - **Shells** = Shorts, shoulder pads and helmet
 - **Full Pads** = All required equipment
- We will all look the same on game day. Players are responsible for any auxiliary equipment, but any undergarments that are visible we prefer to be **Black, White, Gold, Brown, or Gray**

Locker Room and Facilities

- As an Eagle family, our locker room and school facilities are our home. It is our responsibility to value, respect, and care for our home. We want to ensure that our locker room and facilities are clean and safe environments for us on a daily basis, and that members of our team are the only ones accessing our home. Within the locker room, we will respect ALL team members', and will play music individually through personal headphones.

Travel Protocol

- Follow Travel Itinerary.
- All your equipment is packed and ready by the day before your game.
- Limit cell phone use to music only.
- **Do Right** - Be polite and clean the area around your seats
- All music in the locker room and on the bus will be played through headphones.
- We will leave ALL facilities CLEANER THAN WHEN WE ARRIVED.

Academics

- We want to be known for our **excellence** in the classroom.
- We as a coaching staff are here to support and promote life long successful habits. We will do anything we can to help anyone struggling in the classroom.
- *Academic Eligibility*
 - Must be on track to graduate
 - Must be working towards graduation
 - Must have passing grades at the point of grade checks

School Attendance

- School is a players' access to football in high school and beyond. As an Apple Valley community we need to support each other, and our players, in reinforcing the importance of attending school daily.
- Daily School attendance is required, no matter what class is on the players' schedule.
- Players must attend at least 4 classes daily to be eligible for athletics.
 - If missing a partial day for appointment absences must be excused.
 - Unexcused absences or chronic excused absences can result in ineligibility for practice or play.

Behavior Expectations

- At school, on the field, and in the community we represent something larger than ourselves, *Apple Valley Football*.
- As a part of Apple Valley Football, we are held to a higher standard. We will represent Apple Valley football in a positive manner, and will be positive leaders in the community.
- All MSHSL codes of conduct regulations and chemical regulations will be followed and enforced with all members of the team.
- Conduct detrimental to the team on the field, at school, in the community, and digitally will affect playing time, and potential team membership. All disciplinary actions will be communicated clearly to players and families.

Communication with the Media Newspaper, Social Media and Television

Always:

- Always praise your teammates, family and program leaders for your success. The public wants to hear this and will admire you for it
- Coaches – Praise your players, other coaches and administration
- Accept responsibility, give out praise
- Be cooperative and informative without putting our business on the street

Never:

- Compare players / coaches
- Discuss strategy
- Downgrade opponent (Praise Them)
- Give an opponent a statement that he could use against you later
- Talk off the record (There is no such thing)
- Use Lots of I's (use We's)

Social Media – (Facebook, Twitter, Instagram, Snapchat) Can be very damaging to personal, family, AVHS football program and institutions when misused. Nothing is ever permanently deleted.

Tentative August Camp Schedule

JV/Varsity

Monday 8/17	
7:00am – 7:30am	Equipment Room open
7:30am – 8:30am	Team Meeting and O/D Meetings
8:45am – 10:45am	Practice #1 (Helmets)
11:00am – 11:30am	Lunch Together
11:30am – 12:30pm	Team Meeting and O/D Meetings and Film
12:45pm – 2:30pm	Practice #2 (Helmets)

Tuesday 8/18	
7:00am – 7:30am	Equipment Room open
7:30am – 8:30am	Team Meeting and O/D Meetings
8:45am – 10:45am	Practice #3 (Helmets)
11:00am – 11:30am	Lunch Together
11:30am – 12:00pm	Team Meeting
12:00pm – 1:00pm	Lift/O/D Meetings
1:15pm – 2:30pm	Walk Through

Wednesday 8/19	
7:00am – 7:30am	Equipment Room open
7:30am – 8:30am	Team Meeting and O/D Meetings
8:45am – 10:45am	Practice #4 (Shells)
11:00am – 11:30am	Lunch Together
11:30am – 12:30pm	Team Meeting and O/D Meetings and Film
12:45pm – 2:30pm	Practice #5 (Shells)

Thursday 8/20	
7:00am – 7:30am	Equipment Room open
7:30am – 8:30am	Team Meeting and O/D Meetings
8:45am – 10:45am	Practice #6 (Helmets)
11:00am – 11:30am	Lunch Together
11:30am – 12:00pm	Team Meeting
12:00pm – 1:00pm	Lift/O/D Meetings
1:15pm – 2:30pm	Walk Through
3:00pm – 6:00pm	Team Photos/Gold Card Blitz Night

Friday 8/21	
7:00am – 7:30am	Equipment Room open
7:30am – 8:30am	Team Meeting and O/D Meetings
8:45am – 10:45am	Practice #7 (Full)
11:00am – 11:30am	Lunch Together
11:30am – 12:30pm	Team Meeting and O/D Meetings and Film
12:45pm – 2:30pm	Practice #8 (Full)

Monday 8/24	
6:00am – 7:00am	Walk Through
2:30pm – 3:15pm	Lift
3:30pm – 5:30pm	Practice #9 (Full)

Tuesday 8/25	
6:00am – 7:00am	Walk Through
2:30pm – 3:15pm	Team Meeting/O/D Meetings
3:30pm – 5:30pm	Practice #10 (Full)

Wednesday 8/26	
6:00am – 7:00am	Walk Through
2:30pm – 3:15pm	Lift

3:30pm – 5:30pm	Practice #11 (Full)
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Thursday 8/27	
6:00am – 7:00am	Walk Through
2:30pm – 3:15pm	Team Meeting/O/D Meetings
3:30pm – 5:30pm	Practice #12 (Full)

Friday 8/28	
6:00am – 7:00am	Walk Through
2:30pm – 3:00pm	Team Meeting
3:15pm – 4:15pm	Pre-Game
4:15pm – 4:30pm	Challenge

Sat (8/29)	
9:00am – 11:00am	Scrimmage @ Eagan

9th Grade

Monday 8/17	
7:00am – 7:30am	Check-In
7:30am – 8:00am	Team Meeting
8:00am – 10:00am	Practice
10:00 – 10:45am	Break/Helmets
11:00am – 12:00pm	Walk Through

Tuesday 8/18	
7:00am – 7:30am	Check-In
7:30am – 8:30am	Team Meeting
8:30am – 10:30am	Practice
10:30 – 10:45am	Break/Gold Cards
11:00am – 12:00pm	Equipment handout

Wednesday 8/19	
7:00am – 7:30am	Equipment Room Open
7:30am – 8:30am	Team Meeting
8:30am – 10:30am	Practice
10:30 – 10:45am	Break
11:00am – 12:00pm	Practice

Thursday 8/20	
7:00am – 7:30am	Equipment Room Open
7:30am – 8:30am	Team Meeting
8:30am – 10:30am	Practice
10:30 – 10:45am	Break
11:00am – 12:00pm	Practice

Friday 8/21	
7:00am – 7:30am	Equipment Room Open
7:30am – 8:30am	Team Meeting
8:30am – 10:30am	Practice
10:30 – 10:45am	Break
11:00am – 12:00pm	Practice

Mon-Fri (8/24-8/28)	
2:30pm – 2:45pm	Locker Room/Equipment Room Open
2:45pm – 4:30pm	Practice

Sat (8/29)	
9:00am – 11:00am	Scrimmage @ East Ridge

Tentative In-Season Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JV/VARSITY 2:45-3:00: Team Meeting 3:00-3:30: O Weightroom D Film/Install 3:30-4:00 D Weightroom O Film/Install 4:00- 5:00 Practice Install (Helmets or Shells)	2:45-3:00: O/D Film or Meeting 3:00-3:15 Transition to Field 3:15-5:00 Practice (Full)	2:45-3:00: Transition to Field 3:15-5:00: Practice (Full) 5:00-5:30: Lift	2:45-2:55: Team Meeting 3:00-3:45: V/JV Game Script (Helmets) 3:45-4:00 Challenge	Gameday: Refer to Game Day Schedule	Film and Recovery: 8:00-9:00: Lift and Recovery 9:00-10:00: Film
9TH GRADE 2:45-3:00 Team Meeting 3:00-4:30	2:45-3:00 Team Meeting 3:00-4:30	2:45-3:00 Team Meeting 3:00-4:30	Gameday: Refer to Game	Film and Recovery: 2:45-4:30:	OFF

Practices	Practice	Practice	Day Schedule	Recovery/Film	
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2026 Varsity Schedule

8/29	Scrimmage @ EHS	9:00am
9/3 (Thu)	Rochester JM	6:00pm
9/11	@ Waconia	7:00pm
9/18	Two Rivers (HC)	6:00pm
9/25	@ Hastings	7:00pm
10/2	@ St. Thomas Academy	7:00pm
10/8 (Thu)	Burnsville (Tackle Cancer)	6:00pm
10/14 (Wed)	@ Mankato East	7:00pm
10/21 (Wed)	Owatonna	6:00pm

2026 JV Schedule

8/29	Scrimmage @ EHS	9:00am
TBD	@ Rochester JM	TBD
9/12	Waconia	12:00pm
9/19	@ Two Rivers (HC)	9:00am
9/26	Hastings	12:00pm
10/3	St. Thomas Academy	12:00pm
10/9	@ Burnsville	4:30pm
10/13	Mankato East	5:00pm
10/20	@ Owatonna	5:00pm

2026 9A Schedule

8/28	Scrimmage @ East Ridge	9:00am
TBD	Rochester JM	TBD
TBD	@ Waconia	TBD
9/17	Two Rivers (HC)	4:30pm
9/24	@ Hastings	4:30pm
10/1	@ St. Thomas Academy	4:30pm
10/9	Burnsville	4:30pm

TBD
10/20

@ Mankato East
Owatonna

TBD
5:00pm