

**Walter Williams High School
Bulldog Football 2011**



“Expect to Win....Find a Way!”

PROGRAM GOALS

We want to build a program at Williams that everyone—players, coaches, parents, students, faculty, administration and community—can be proud of. We want to build on the great tradition of the past to return Bulldog football to a championship level. We believe that there are many good young people here that want to have such a program and who are willing to work hard together to achieve it. The coaching staff is committed to providing the positive leadership necessary to achieve consistent success. In order to build the program we all want, it is important for players, parents and coaches to keep in mind the basic goals that serve as our foundation. Those goals are:

1. The football program must be an integral part of our school and one of which everyone can be proud.
2. We must do things the right way and win the right way.
3. We must work hard and earn what we get.
4. We must develop team unity and maintain a team concept.
5. We should have fun playing and practicing the game.

The coaching staff believes there are certain fundamental principles that are essential to our success. We don't just want to win games—we want to help our players develop into the finest young men they can become. We believe character is important, both on and off the field. Some of those principles are:

1. **LOYALTY.** We want our players to be loyal to the program, their teammates, and to the coaching staff. Loyalty is essential to building a strong program.
2. **COMMITMENT.** We want a commitment to excellence. Once you make a commitment, carry it to completion.
3. **HIGH EXPECTATIONS.** We want our players to have high—but reasonable—expectations of what they can accomplish as individuals and as a team.
4. **SELF-DISCIPLINE.** We all should be accountable for our own actions. Players should do the right thing—even when no one is watching. They should work hard even when they don't feel like it.
5. **MAKE RESPONSIBLE DECISIONS.** This goes hand in hand with self-discipline. Your teammates depend on you. Decisions you make on and off the field will affect your teammates, so make responsible choices. You are accountable for them.
6. **PLAY HARD.** We will never accept less than your best effort—and neither should you.
7. **PLAY WITH ENTHUSIASM.** Enthusiasm is contagious. It can inspire you and your teammates to greatness.
8. **BE A TEAM.** Work together, play together, succeed together.

We will never ask more than the best you can do. Neither you nor we should ever accept anything less.

ACADEMICS

Football takes a great deal of time, which means that players must learn to budget their time to do their schoolwork. The same attitude of hard work, self-discipline and commitment that are required to be successful on the football field will also make you successful in the classroom. Just as we expect your best on the field, we expect your best in the classroom.

1. Do the work teachers assign and do it on time. Do the best quality work possible. Don't wait until the last minute—it's easier to keep up than to catch up.
2. Treat teachers with respect. If you work with your teachers, they will work with you. Most teachers respect the commitment you make to football.
3. Plan your day so you can get your assignments done. You may have to give up something else. You chose to play football because you wanted to. Choose to do your schoolwork because you want to. Do not make excuses. Never use football as an excuse for not doing your schoolwork. This is not acceptable.
4. Parents should help their sons set definite times for doing homework and studying for tests throughout the year, not just during the season.
5. If you need help in a course, ask the teacher in a polite way. They will usually help. Also, ask your coaches.
6. We will check to see how you are doing in the classroom, both in terms of academics and behavior. Any problems will be addressed. We expect our players to be positive leaders and good examples for others in the school.
7. Remember, if you don't meet academic eligibility requirements, you can't play. We can't—and we wouldn't if we could—change your grades. We'll help you get whatever help you need to keep up and be successful in class—but we won't do it for you or arrange for you to get something you don't earn.

ELIGIBILITY RULES FOR HIGH SCHOOL ATHLETICS

- A. Academic Standards
 1. North Carolina High School Athletic Association
 - a. Must pass a minimum of 3 courses second semester
 - b. Must be promoted
 1. Must have the required number of credits for your grade
 - c. For football, eligibility is based solely on 2nd semester
 - d. Rising freshmen are automatically eligible if they are promoted and assigned to our school
- B. Attendance Requirements
 1. Must be in attendance 85% of previous semester (no more than 13 absences)
- C. Practices
 1. Must have 11 separate days of practice to participate in a scrimmage or game

MEDICAL REQUIREMENTS

- A. Physicals
 1. Must have a medical examination to participate in practice, games or offseason workouts
 2. Physical is good for one calendar year
- B. Injury Policy
 1. All injuries must be reported to the Head Trainer, who will handle them
 2. If out of practice for five or more days, must have a doctor's release to return to practice
 3. If you see a doctor, we must have a note from the doctor before you can practice or play
- C. Concussions
 1. No player who is suspected of having a concussion may return to play without being cleared by a doctor
 2. Players who have had a concussion must follow gradual return to play guidelines once they are symptom free

Day 1: Low levels of physical activity (i.e. symptoms do not come back during or after the activity). This includes walking, light jogging, light stationary biking, and light weightlifting (low weight – moderate reps, no bench, no squats).

Day 2: Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate intensity on the stationary cycle, moderate intensity weightlifting (reduce time and or reduced weight from your typical routine).

Day 3: Heavy non-contact physical activity. This includes sprinting/running, high intensity stationary cycling, completing the regular lifting routine, non-contact sport specific drills (agility – with 3 planes of movement).

Day 4: Sports Specific practice

Day 5: Full contact in a controlled drill or practice.

Day 6: Return to competition

EXPECTATIONS FOR PARENTS

1. Closely monitor your son's academic progress. Notify the coaches and teachers if you see think there is a problem.
2. Make sure your son gets plenty of rest and nutrition. Make sure he stays properly hydrated.
3. Support our program, help us build unity and a quality program. Help build the program up, not tear it down. You have more influence on your son than anyone else. If he hears you being critical of coaches or other players, it becomes impossible for us to coach him and difficult for him to be the teammate he needs to be.
4. If a problem arises, discuss it with a coach. We will try to work it out. However, ***we will not discuss playing time with parents.*** It is the coaches' decision. We will be glad to discuss with the players what they need to do to improve, but we will not discuss playing time with parents.
5. Set the right example for your son.
6. Let the players play and the coaches coach.

EXPECTATIONS FOR PLAYERS

1. Do what you're supposed to be do, where you are supposed to be doing it, and when you are supposed to be doing it.
2. Be an example of the right kind of man on and off the field.
3. Commit yourself to excellence! No excuses!
4. Work hard. "The harder you work, the harder it is to surrender".
5. Develop yourself physically through our weight, agility and running program.
6. Listen to your coaches and follow their instructions.
7. Communicate with the coaches.
8. Work and play as a team.
9. Do not let outside influences be distractions from the team goals or your individual goals.
10. Read your calendar and keep up with scheduled events each week.
11. You are expected to be at practice, on time, every day. If you are not going to be at practice or if you are going to be late, you MUST talk to your coach in advance. If you're not at practice and I don't know where you are, we have a serious problem. (See expectation #1—that is our fundamental rule)

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