



Player Expectations
West Milford Football
Player Expectations

As a member of the Highlander Football Team, I expect the following things from you:

PROGRAM GOAL:

“CULTURE TRUMPS EVERYTHING”

“I. E.A.T.!”

I play/live with Intelligence, Effort, Attitude/Accountability, and Toughness”

Definition: It is an attitude to do the right things at the right time on and off the field. It is not what you do that determines if you are successful, it is how you do what you do that determines your success. Football players who “play to win” see the following:

- * teammates as friends, not competition
- * coaches as teachers to make you better, not an enemy
- * practice as an opportunity approached with aggression, passion, and investments that will get a return (success), not as spending / wasting time

ACTIONS TO ACHIEVE THIS GOAL:

1. HAVE FUN: BIG GAMES / FRIDAY NIGHTS
2. CHOOSING THE RIGHT: ATTITUDE / EFFORT / AGGRESSION LEVEL
3. DISCIPLINE / DO THE LITTLE THINGS RIGHT

PROGRAM PHILOSOPHY: INTELLIGENCE + EFFORT + ATTITUDE + TOUGHNESS = SUCCESSFUL TEAM

INTELLIGENCE: A player that plays with more attention to detail and takes coaching will always out play ANYONE. A player that plays with intelligence can find a way to be himself in the right position to be successful.



EFFORT: The amount of effort each player exerts is also a choice and it is not limited to talent level. Football is a game that demands an all out effort and proper fundamentals all the time. As a team and as individuals we must look at the “man in the mirror” and ask this question: **AM I DOING MY BEST?**

ATTITUDE / ACCOUNTABILITY: Accountability is the obligation or willingness to accept responsibility, or to account for one’s actions. Accountability is realizing that one individual decision costs not only you, but the entire football team as well. A team that is held accountable will make the unpopular choices so the team and not the individuals will benefit. Who will get in their teammates' face after a blown coverage or a fumble? Who will be the leader that steps up and makes sure everyone from a back-up to a star player is held accountable for the team's play? Accountability separates those players who raise their level of play year after year and those who remain stuck and never reach their potential.

TOUGHNESS: Mental toughness comprises at least six primary attributes--determination, concentration, self-confidence, resilience, poise, and motivation. Although most people have an intuitive notion of what mental toughness is, no generally accepted definition has emerged. Football coach Vince Lombardi understood mental toughness as "a perfectly disciplined state of mind that refuses to give in".

TEAM: Football is the ultimate team game that depends on people who are unselfish and believe in synergy (a force created when the combined sum of the parts is greater than their individual sum) Every decision that is made will be based on the good of the team rather than the wishes of individuals. It is amazing how much can be accomplished when nobody cares who gets the credit.



RULES / EXPECTATIONS / RESPONSIBILITIES

“ACT LIKE A CHAMPION”

Football players must know that we represent more than ourselves. We represent the entire team, school and community and therefore we are accountable for our actions at all times. Any action that is detrimental to you is also detrimental to our football team. We expect a West Milford football player to do the right thing at the right time.

A. ACADEMIC RESPONSIBILITY

The reason you are in school is because of academics. The difference in where you are now and where you want to go is your education.

1. Eligibility: if you are not eligible, you cannot help the team
2. Be on time for class. **SIT IN THE FRONT OF THE CLASSROOM**
- 3.. It is easier to keep up with schoolwork than it is to catch up on schoolwork. You need to do your schoolwork everyday

B. WMHS POLICY:

West Milford School District Policy will be enforced at all times during the season and during the off-season. Policies are included in the West Milford Student Handbook. A player who has points practices with the team but does not participate in any games until all points are at zero. Consequences not related to WMHS policies will be dealt with on a one on one basis.

Each player is a representative of the West Milford Township High School and their community. It is required that each athlete present themselves in a positive and sportsmanlike manner.

Athletes, coaches, and fans are expected to show opposing teams, schools and officials with proper respect.

Appropriate behavior will be maintained at all times. No abuse, distasteful or obscene language or unsafe actions are permitted.

C. ATTENDANCE POLICY:

Regular attendance at football practice and games is essential if you are to learn the skills and strategies that make you and the team successful.

Missing practice jeopardizes our success, lets the team down, and reflects a lack of commitment to our goals. Missing practices will result in a



reduction in playing time. If you are not going to be at practice you must contact YOUR Coach immediately. (this includes absences during the school day)

D. MEETING EXPECTATIONS:

1. Be prompt (prompt means that being early is being on time)
2. Purpose of meetings: to learn from them / this eliminates mistakes on the field
3. Be prepared: bring a pen or pencil and your playbook
4. Discipline: you are responsible to concentrate on the meeting the entire time you are there. There is no such thing as a dumb question. Asking a dumb question is better than correcting a dumb mistake. There are no excuses for not knowing the material when the meeting is over.

E. PRACTICE EXPECTATIONS

1. Be prompt (prompt means that being early is being on time)
2. Purpose of practice: Rep fundamental skills into muscle memory (auto-pilot) / eliminates mistakes on the field
3. "Out Practice" our opponents / Invest your time: time is the only variable that is equal in every program. We will invest our practice time expecting a greater return on Game Day.
4. Discipline: you are responsible to work hard and work smart during practice: It can be that a player is busting his tail, but if he does not know his assignments or what he is doing he cannot play.

F. PLAYING TIME

9th / 10th / JV: Everyone who commits will play. Playing time may not be exactly equal for all players.

Varsity: Playing time based on attitude and ability. Efforts are made to play as many players as possible but there are no guarantees.



G. LOCKER ROOM EXPECTATIONS: HAVE PRIDE IN OUR HOME!!!

1. Coaches will supervise the locker room any time it is being used.
2. Players should not leave any valuables unlocked in the locker room as the school is not responsible for lost or stolen items.
3. There is ZERO tolerance for any poor behavior in the locker room
4. We will spend less time in the locker room. Players are expected to report to film/weight room/or field by 2:20
5. No cleats will be worn in the locker room
6. All garbage will be properly thrown away
7. All clothing/pads/shoes/etc. will be stored and locked in your locker

H. Harassment/Intimidation/Bullying/Hazing

All players must follow school policy on Harassment/Intimidation/Bullying. There is absolutely no place for any form of harassment, intimidation, bullying or hazing on the football team. This includes during practice, in the locker room, on bus rides, during events, and in school. Penalties such as suspension and removal from the team by the school and football program could occur.

I. Uniforms

Any uniforms and equipment issued to the football team by the coaching staff is the responsibility of the student athlete. Uniforms and equipment that are lost, stolen, damaged or not returned are required to be paid by the student athlete.

J. Social Media

Football players must follow all school sportsmanship rules when using social media. Inappropriate language or unnecessary comments in contrast with our guidelines are strictly prohibited

@WMMFA

highlanderfb.org

K. Transportation



Player Expectations

Players must travel to and from away games on the team bus.

Team will travel together.

Players are expected to have rides home from practices each day

Transportation forms must be filled out and completed for alternate rides home under special circumstances

L. Injuries/Medical Notes

Football is a contact sport. Due to the physicality of the sport there is always the possibility of injury.

If a player is injured they must notify the coaching staff first. Coaches will notify the athletic trainers and protocol will be followed.

ANY time a player is taken to the doctor or hospital a note must return back to the school form doctor in order to return to competition.