



## **ACS EAGLE FOOTBALL**

### **FAQ 2010**

#### **1. PHYSICALS:**

- ARE THEY REQUIRED AND WHEN ARE THEY DUE?**  
Yes, prior to spring practice and they are good for 1 year.
- WHERE DO I GET THE FORM?**  
The form is available for download on the GHSA website, or from the front office.
- CAN MY PHYSICIAN PROVIDE THE PHYSICAL?**  
Yes, you may obtain the physical from your own physician, but the physician must sign the approved form.

#### **3. PURPLE/GOLD KICKOFF GAME & POT-LUCK DINNER:**

- WHAT IS THE PURPLE/GOLD KICK OFF GAME AND WHEN IS IT?**  
The evening will begin with a covered dish dinner for all families and players. Each grade will be assigned a category of food to bring. This event is a fantastic evening of fellowship and information. Opportunities will be available for Eagle Foundation membership and volunteer sign ups. It's also a great time to buy close-out spirit wear items from previous seasons at discount prices. It is amazing how many T-shirts these boys can go through! The evening will conclude with a scrimmage game between the players. All players are given playing time based upon performance and attendance during summer workouts.

#### **4. COMMUNICATIONS: HOW DO I KNOW WHAT IS GOING ON?**

- Become a member of the Eagle Foundation (see question # 7).
- Make sure your email address is on the secretary's master list of players and contact information. Contact Mrs. Michelle Bennett.
- Check our website frequently at <http://www.athenschristian.com>
- Contact your team mom (see current Team Mom's contact information on web site).

5. **HOW DO I KNOW WHAT COMMUNICATION APPLIES TO MY PLAYER?**

Email communications are sent by Eagle Foundation and frequently sent out to all players, so sometimes determining what information applies to your son can be tricky. Here's a quick way to know:

- Communications from Coach Forman or the Eagle Foundation that state, *ALL PLAYERS*, obviously means all players.
- Some communications will specifically state and only be sent to 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup> grade, 10<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup> (seniors). Beginning in the spring, boys will be referred to as what grade they will be entering into in the fall. For example, a spring 8<sup>th</sup> grader will be referred to as a 9<sup>th</sup> grader or rising 9<sup>th</sup> grader.
- Things that are directed to all "Varsity Players" include all players that have earned the right to dress out with the varsity team on Friday nights, regardless of which grade they are in. See question next question for definition of "Varsity Players".

6. **ACS EAGLE FOUNDATION: WHAT IS IT AND WHY SHOULD I JOIN?**

- The ACS Foundation is the Eagle Athletics Booster Club. Membership is made up mostly by parents of players, but that is certainly not a requirement.
- Our membership drive is one of our two primary revenue sources. The best news is your membership not only benefits our program, but provides a tremendous value to you and family members. Please contact Mr. Bennett regarding membership.

7. **"VARSITY" PLAYER: WHICH TEAM IS MY SON ON?**

- If your son meets all summer weight training (at least 80%, see next question) and camp requirements, they will also be dressing out on Fridays with the Varsity team. Coach Forman feels that if a player does the work over the summer and makes the commitment, they deserve the honor of being on the Varsity team. They will attend all Varsity events, unless specifically told not to, and have their pictures included in the Varsity photos. They will also get to participate in the players' pre-game meals every Friday. **Please keep in mind that just because your son dresses out for Varsity on Friday nights, does not mean he will get playing time.**

**8. SUMMER WEIGHT TRAINING/PRACTICE & 80% RULE = VARSITY:**

- Summer weight training will begin on the First week of June until the last week of July. Weight training times will be 7:00-9:00am or 9:00 on Mondays, Tuesdays and Thursdays. If a player attends 80% of the summer workouts (17 of the 21 offered), and attends Team Camp in August, then they will have earned the right to be on the Varsity Team. While summer weight training is not mandatory, the 80% requirement must be met to participate with the varsity team. Even if your son is not planning on participating on varsity, it is highly encouraged that they attend as many sessions as possible. Since we will not be able to start team practices until 08/01/09, it is important for the players to stay active, connected and in-shape over the summer.
- There will also be 7 on 7 drills on Tuesday evenings. This is generally for Varsity and Junior Varsity players.
- Super Eagle Testing will be the last week of July. These days are strongly encouraged. See next question.
- Added bonus for rising freshman- having your student at the school over the summer allows them to get to know other students and the campus before school starts. It makes the transition at the start of the school year so much easier for them!

**9. SUPER EAGLE TESTING: WHAT IS IT?**

- Super Eagle Testing is the last week of July during morning workouts. The boys are tested on most of the strength (weight lifting max-outs) and agility drills (40 yd., box jumps, etc.) that they have been working on over the summer. It is a way to chart their progress and compare themselves with their teammates. Results are posted in the weight room with the overall leaders and leaders for each grade. No studying is required, just a lot of hard work.

**10. MANDATORY PRACTICE & TEAM CAMP, WHEN DOES IT BEGIN?**

- 8/01/10, in shells only. If they are not here on this day, don't expect them to be on the team. The first day in full pads will be 08/01/10.
- Expect two a day practices (early morning and early evening) for a total of 5-6 hours per day from August 1 until school starts. Players should be in condition and well hydrated prior to practice. After school starts, practice will be 4-7pm every day.
- Team camp is TBA at a later date. All players are expected to attend. Cost is also TBA at a later date.

**11. GAMES:**

- 9<sup>th</sup> grade and JV games are on Thursdays at 6pm. Boys are fed a snack, but you may want to send a sandwich to eat after school on Thursdays. If the 9<sup>th</sup> grade game is home, then the 8<sup>th</sup> game will be away, and vice versa.
- Away games: players ride a bus to and from away games. Parents should fill out a release form if they plan on picking their son up at ACS after away games.

**12. JERSEYS:**

- The boys may wear their varsity jerseys on Game Day Fridays to school.
- Your son will be responsible for having clean game clothes each week.

**13. FOOD: WHEN DO THEY GET FED?**

- Meals are NOT provided for the players on Thursdays (9<sup>th</sup> grade and JV games), but snacks are distributed to the players. You may want to send an extra snack (peanut butter sandwich, snack bars, crackers, etc.) for your player to eat quickly right after school on Thursdays, before warm ups begin, or the bus leaves for away games.
- All Varsity players are fed in the cafeteria on Fridays right after school. These meals are provided by donations from local Church sponsors. It is a full meal, and usually the right type food they will need to fuel them through the end of the game. Again, 9<sup>th</sup> graders that have earned Varsity privileges are included in this meal. If your son has special dietary needs (allergies, etc.), please contact the coordinator of players' meals to make other arrangements.
- Thursday night dinners are for seniors only. See next question.

**14. THURSDAY NIGHT DINNERS, WHAT ARE THEY AND WHO CAN ATTEND?**

- Thursday night dinners are a new Eagle tradition, the event will be for Seniors only

**15. LOCKER ROOM DECORATING?**

- Moms, or dads, get together once a week to decorate their players' locker room. The rooms are done with a theme for that week based upon the team we will be playing and there is a slogan such as "Cage the Lions". Decoration suggestions are crepe paper, balloons, big signs on paper, and individual locker decorations. The guys love it when there are personalized things on their lockers or the walls. Contact your Team mom if you are interested.

**16. LETTERING: HOW DOES MY SON EARN A LETTER?**

- Players letter by meeting any of the following criteria: Play in 20 quarters of Varsity games, be a part of the program for three years, be a projected Varsity starter who is injured and unable to complete the 20 quarters due to that injury.

**17. END OF THE YEAR AWARDS BANQUET & SENIOR SCRAPBOOKS**

- In January, all players will participate in the end of the year banquet. Letters and other awards are given out.
- In addition, seniors will have a separate banquet where their moms present them with their scrapbooks. Senior moms take note, plan now to work on your son's scrapbook this fall (usually on Monday night in the ACS cafeteria, Senior Mom needs to reserve the space at ACS).

**18. HOW DO I GET INVOLVED?**

- Join the Eagle Foundation (see question # 7)!
- Wear ACS “EAGLE” spirit wear. Available for sale at the scrimmage, at each home game.
- Don’t wait to be asked to help. There are so many positions that need to be filled, it is impossible for Eagle Foundation officers to individually ask people to help. Just find someone and ask them, “What can I do to help out?” There are volunteer opportunities that range from season long commitments to one time only tasks. There is something for everyone, even if it is helping to decorate the locker rooms or providing names of potential sponsors. Every little bit helps and makes this a better team and program for your son.
- Also, each family is asked to work one session of concession duty during the season. Freshman/JV parents should volunteer to work at a Friday night games and Varsity parents should plan to work at a Thursday night game. Volunteer sign-ups will be on the website shortly.
- Get ready for a long and exciting season! Being a part of this program will provide your son with so many things that will last them the rest of their lives. As a parent, you will find that being involved is very rewarding and gives you the opportunity to get to know and fellowship with some of the best people you will ever meet.

**19. If I, a parent, have a question or concern, how do I get those answered?**

The Football Program at Athens Christian School exists for the benefit of our student-athletes. All decisions will be made with the best interest of ALL the players in mind. Varsity football is a very competitive sport, and we play in one of the strongest regions in the state of Georgia.

Here are rules and roles to focus on for parents, players and coaches.

**COACHES ROLES:**

1. Set a good example for players and fans to follow.
2. Be positive, firm, fair and consistent.
3. Make playing time and strategy decisions with thought and care.
4. Establish and organize practice for the team on a daily basis.
5. Be a good communicator with players and parents.
6. Keep academic progress of athletes.
7. Be available to talk with players and parents.

**PARENTS ROLES:**

1. Be a fan of everyone on the team: be most concerned with the success of the TEAM.
2. Respect the decisions made in games.
3. Respect other fans, coaches and players.
4. Talk with your son; if he has questions and it’s necessary to answer them, contact the coach using the guidelines below.
5. Be supportive of your son. He gets coached at practice everyday. Be positive in what you say, and careful what you tell him. If you are telling him something different than he is hearing in practice, it will negatively affect his performance.

### **PLAYER'S ROLES:**

1. Be positive and have an unselfish, team oriented attitude.
2. Support your teammates. Treat them like family.
3. Be at practice everyday – work hard to improve.
4. If you have a question, concern or are unhappy about something, talk with your coach before you talk with anyone else. Come directly to us.
5. Know and follow school rules.
6. Challenge yourself to improve as a student, an athlete and as a person.
7. Notify your coach of any scheduling conflicts in advance. If you are going to miss practice or workouts – it is *YOUR RESPONSIBILITY* to communicate that.

**If you have a question or concern, please take the time to think about what your question is. Follow this process:**

1. Talk with your son about your question. What is your son's perspective? Can he solve the problem himself?
2. Set up a meeting with the coaches if you still have questions. This many times can be done over the phone. This should be informational, ask questions, listen and have a discussion. Remember – The coaches make decisions for the good of the team based on practice, ability, attitude and chemistry. Varsity football is a competitive situation, and our responsibility is to put the best players on the field.
3. If questions remain, set up a meeting with our Athletic Director and the Head Coach.

### **THERE ARE FOUR SIMPLE GUIDELINES FOR THESE MEETINGS:**

1. **The conversation must be respectful and in a professional manner in regard to both language and conduct.**
2. **Everyone gets a chance to talk, but everyone must listen as well.**
3. **Emotional control by all parties is critical.**
4. **Meetings WILL NOT occur on game day, or immediately after a practice. They are held only by appointment.**

## **WHAT IS IT PROPER TO ASK ABOUT?**

It is fine to discuss the treatment of your child.

You are welcome to ask about how your son can improve.

Asking about your son's attitude and behavior are also acceptable.

## **THINGS THAT WILL NOT BE DISCUSSED:**

- 1. PLAYING TIME**
- 2. GAME STRATEGIES**
- 3. OTHER PLAYERS**

Our goal as a staff is to make this experience a great enjoyment, education and memory. We work hard to know your son, to make him better on the field and in life, and care for him very much. There is no correlation between how much a young man plays in the game, and how much we care about him. We are striving to build better young men, and their value as a person is completely independent of playing time. Life teaches us lessons in many ways. We want what is best for the team, and THEN for your son as an individual

### **6) Why do we practice so much?**

Football is no longer a simple game. There is much more information to disseminate in a brief period of time than in any other sport. Coordinating 11 young men at one time play after play, takes a great amount of repetition. This takes time. There are no shortcuts to success. As we all know, before a house can be built, you must first build a foundation. The building is only as strong as the foundation. The same is true in the game of football. We feel that we must build a strong foundation with a lot of time, sweat and hard work. It takes time to build a champion... A LOT OF IT!! This time translates into victories, and winning makes the game nights more exciting and rewarding for everyone involved. Our practice average between 2 ½ hours to 3 hours. The practices will shorten as the season progresses.

### **7) Will we lift weights as part of this program?**

Yes! Our program depends on our players improving physically. We have a tremendous weight training facility. All of the equipment we need to get "Bigger, Stronger and Faster" is there. Our administration has made a commitment to improve facilities and equipment continually and we will not waste this opportunity. Weight Training is a priority for our program. We will train year-round, making the Weight Room available to all of our athletes, even when they are participating in other sports. Weight training is vital for all athletes in that it is highly effective in the prevention, mitigation and rehabilitation of injuries. Studies have shown that even light training strengthens joints and tendon strength to the degree that strains and sprains are held to a minimum. In Football, games are won (and lost) due to the work done (or not done) in the Weight Room. We feel our Strength, Agility and Conditioning Program are second to none.

### **8) Why do we have to work year-round?**

If we do not spend all of our available time working to get better, our competition will definitely pass us by. I believe our players really want to be Champions; I consider it my job to supply our players with the best opportunity to achieve that goal. The players' job is to show up on time, work as hard as they can each time we lift or run, and be attentive to our coaches. A few hours each week spent on Strength and Agility is not too much to ask. We must convince our players that NO ONE will outwork the "EAGLES"! Together, we will accomplish all of our goals.

### **9) What if I want to play another sport?**

Many of our players do participate in other sports; we encourage them to. All of the coaches at this school recognize that weight training not only increases the ability of athletes to perform, but, reduces the possibility and severity of athletic injuries. They are aware of our program's requirements and will work with us in any way possible to accomplish both teams' goals. Our players must take time during the off-season to lift weights. Summer baseball and summer basketball are **NOT** reasons to miss weight training and/or speed and agility sessions.

### **10) If I get hurt, do we have a plan to take care of me?**

Dancing is a contact sport, Football is a collision sport. A certain number of injuries are unavoidable. THERE IS A DIFFERENCE BETWEEN BEING HURT AND BEING INJURED. We would never ask an injured player to practice or to play in a game. However, all players are expected to practice and/or play with small hurts. All of our coaches have training in basic First Aid, and, as a staff, we constantly update ourselves on new trends or practices. Our team doctor is a specialist in Sports Medicine. He is available to see any of our players within 24 hours. We will treat and provide taping for any player prior to practice each day. Such players are expected to be in the Training Room promptly, with no need to be late for practice. "I was getting taped" is NOT an excuse for being late to practice. If a player needs medical treatment, our team doctor or certified athletic trainer will decide whether or not the player is injured bad enough to miss dressing for practice. INJURED OR SICK PLAYERS ARE EXPECTED TO ATTEND PRACTICE. There are very important learning/teaching sessions going on and all players need to be present. Remember that often players can remedy the small hurts at home, with logical treatment. If unsure of the treatment, please ask the trainer or our team doctor. The general rule to keep in mind is R.I.C.E. R = rest, I = ice, C = compression and E = elevation. Ice cannot hurt the injury, but heat may set back recovery as much as weeks! We ask that all of our players who are injured see our team doctor. If that is a problem, please see me.

**11) My family goes on vacation in the summer...what if I am going to be gone when practice starts?**

Please change your vacation to another time, any time in early June or July would be best. Players that miss practice time will never be able to catch up to the rest of the team and their playing time will be greatly effected. We will train on a set schedule during the summer months and this will be posted very early. All players receive a full week off the week of July 4th. I will personally call any employers if need be to ensure that player's availability. There are no employers out there who will not cooperate with our kids and help them to participate in extracurricular activities.

**12) Where do we dress for practice? And, will I have my own locker?**

Each team has its own locker room area with individual lockers for each player. Every boy is expected to keep his locker area clean and neat on a daily basis. Any wet and/or muddy cloth should be taken home and washed promptly. All players are encouraged daily to maintain his equipment and locker in a clean and orderly fashion. Security is always a potential problem in the locker room. Only players are allowed in this area. Each player is issued a combination lock and these are checked daily to ensure all lockers are locked. The locker room is generally unlocked only when our team is dressing or undressing. Any player involved in theft of any kind will be subject to dismissal from the team and disciplined as outlined in the student handbook.

**13) Where do we practice? And, can my parents or friends watch practices?**

All of our teams practice on the fields directly adjacent to our school. Parents and friends are encouraged to attend practice. However, we request that only players, coaches and team auxiliary personnel be on the field itself during practice. Our practices are always open to any Youth League coaches who would like to attend. They may be on the field at any time.

**18) What are the chances of getting a full college scholarship to play football?**

The chances of a high school football player making it to college on full scholarship or the pro level are slim. Here is the "BREAKDOWN":

Number of high school players	967,000
Number of high school seniors	268,000
Number of NCAA players	47,000
Number of NCAA freshman positions	16,400
Number of pro rookies each year	215
Percentage of high school players who play in college	6.2
Percentage of college players who turn professional	2.4
Percentage of high school players who turn professional	1.0

These statistics are part of the reason we stress academics so much in our program. It is much more important for our players to get a college diploma than it is for them to play college football.

**19) Will we have a banquet and will there be awards given?**

We grade film and give out helmet awards each week. Grades are determined by a 3-point system for each play. Grades are given for % achievement, big plays, scores, big hits, etc. We will always have a nice banquet to honor our players...whether we are 0 – 10 or 10 – 0. The effort and commitment that our players give will be honored. The banquet will be a shirt and tie affair, with dinner and awards. All awards are voted upon by the team and coaching staff. All seniors receive a plaque with the team picture. If we win a Region Championship, all players receive a picture plaque. We do not supply letter jackets. All awards given are at the expense of the Football Program.

**2) What are the academic rules and expectations for players?**

We all work under the current GHSA. rulings. As the Head Coach, I ask the players to keep a 2.0 cumulative G.P.A. based on his classes taken. We, as parents and coaches, must work together to ensure each student/athlete maintains proper academic advancement throughout their High School years.

To ensure this, we will have weekly Study Halls and weekly Progress Reports. Freshman players will have Study Hall 2 days per week while JV and Varsity players will attend Study Hall every Thursday afternoon (or whenever our schedule dictates). Interscholastic sports provide a vital service by helping to keep youngsters in school and motivate them to keep up with their grades. Sports programs also assist the school faculty, staff and administration with discipline. If needed, we can "motivate" our players in ways teachers and administrators cannot. Our players will not be discipline problems in school, in public nor on the field. Our Progress Reports and Study Halls will continue during the off-season.

Studies have shown that students who participate in extra-curricular programs generally tend to maintain or improve their grades. This is due to, eligibility requirements, constant motivation from the coaches, and, referring to our program, participation in our weekly Study Halls and Progress Reports. When a player quits or is removed from the program, his grades usually decline.