

VISTA PANTHERS FOOTBALL
PARENT/PLAYER ACKNOWLEDGMENT

We the undersigned have read the entire contents of the Panthers Football Handbook

Parent/Guardian Signature

Player's Signature



If there are any questions pertaining to this handbook, please do not hesitate to call me to discuss any of your questions.

Dave Bottom
Head Football Coach
Vista High School
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INTRODUCTION

The primary purpose of this handbook is to acquaint you with the rules and policies of the Vista High School football team. You are responsible to read, know, and to understand the complete contents of this handbook. In the event that there is something in this handbook that you do not understand, please bring it to my attention as soon as possible.

I firmly believe that you have the great desire to succeed at Vista and are willing to work in the order to accomplish this goal. If I as your coach do not believe this thoroughly, either you would not be here or I would not. The policies of this team are in this booklet so that you can refer to them from time to time during the course of the season. When the season is over, you will be return this booklet. The Handbook will be treated in the same manner as scouting reports or any additional written material that will be handed out by the coaching staff.

This handbook was created not to disrupt the lines of communication between you and your coaches, but to encourage it. You have indicated to me that you wish to be a part of a great football team and program. This can only be accomplished when you know what is expected of you. This booklet is merely a guideline for your benefit. In the event that you disagree with any policies in this handbook, see me at your earliest convenience.

STANDARDS

We ask three questions when developing these standards:

1. Will it make you a better man?
2. Will it make you a better student?
3. Will it make you a better athlete?

If the answer is yes, then it will be a standard, and there will be no exceptions. If the answer is no then we can move on. You are responsible for following the standards and expectations. Your responsibility as a player to follow up on any question that is not clear in this handbook.

WHAT WE EXPECT FROM YOU

1. To get an education.
2. To hustle 100% at all times.
3. To practice to the best of your ability.
4. To be honest with all of your situations.
5. To be loyal to school, administration, teammates, coacher, families and friends.
6. To play to the maximum of your potential at all times, both in practice, and in games. This includes sprints and conditioning.
7. To be prompt for all of the meetings and practices.
8. To never take an opportunity to criticize and never pass up one to praise.
9. To be part of something great.
10. To be a winner.

WHAT YOU CAN EXPECT FROM YOUR COACHES

1. To be loyal to you in all areas.
2. To be honest.
3. To provide the leadership and the training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To make all decisions predicated on what is best for the team, and then what is best for the individual.
7. To do everything within our power to improve our program and make this the best place in California to go to school and to play football.
8. To help you mature and grow as a man.
9. To help you reach your goals.
10. To be able to help you with any problems you might have, personal or otherwise.
Our door is always open.

VISTA HIGH SCHOOL'S APPROACH TO FOOTBALL

This year, as in every year, we have competition at all positions. Because of the intense competition for starting positions, it is important for you to understand how we will decide on Depth Charts as practice progresses. The following five (5) points are used:

1. **Knowledge of the assignment:** We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and should know their assignments.
2. **Hustle:** Everyone gives 100% and they will expect you to do so also. Extra effort wins games.
3. **Hitting and Mental Toughness:** We will discover during fall practice who has a strong desire to be physical and mentally tough. Football is a contact sport and played with mental toughness.
4. **Contribution to the Overall Team:** Football is one of the few team sports left. The individual who motivates his teammates to do better and is always enthusiastic and ready will make a greater contribution than one who does not possess this quality. One man who hates to lose is an invaluable player. Everyone can be a team player.
5. **Talent:** If the above four characteristics are equal, and they should be, then the young man who has the most talent and makes the most big plays will start. However, talent will not enter into our evaluation until we look closely at the first four qualities.

My main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach. In the event that you are still not satisfied, then come and see me. I am here for the same reasons you are.

1. To see you get an education and graduate.
2. To see that you have a meaningful experience.
3. To see that you mature and grow as a man.
4. To see that we have the best football team possible.

Consequently, the best football players, according to the criteria previously mentioned, will start. In closing let me reiterate that our starters will be determined on the field by their performance and not by me. I have great respect for you and believe that you will know your assignments, give 100%, will hit and will be a team player. I will continue to believe this until you prove me wrong.

WHAT WE EXPECT FROM VISTA PANTHERS FOOTBALL PLAYERS

1. **TO HUSTLE-** Everyone's expectation is to give 100% at all times. Not every player can be first team, All-league or All C.I.F., but everyone can hustle 100% of the time. Every player once they step onto the field is expected to give what they have until they are released from meetings, practice, or games.
2. **TO SHOW COURAGE-** Football is a great sport because it is a replica of life. In no other sport do you get knocked down more than football. This is true in life. You just need to get up and keep getting up with more determination than the last time and a drive to be successful. We feel it is important to all of our athletes to show courage. Courage is the primary way their teammates will respect them. The more honor and respect among the team the greater the team will be. Players do not respect ability; they stand in awe of ability. Ability is a gift; what the player does with his ability is the true test of a person. There is no way you can win without the players having great respect for one another.
3. **KNOW THEIR ASSIGNMENTS-** There have been great players who have been deaf, but never one who was lazy. Your chances to be successful are greatly jeopardized if players blow assignments. It takes all eleven men performing their functions effectively in order to have one successful play. Consistency is what all coaches aspire to achieve because only then can you be great. With missed assignments, you can never achieve consistency.
4. **CARE ABOUT WINNING-** All great organizations are marked by a desire to achieve. Many of our players have individual goals and we certainly encourage this, but nothing can compare with the thrill of a team all pulling together for one common goal of victory. If a player makes All-League, that doesn't make football a worthwhile endeavor for the third string player. The thing that makes it worthwhile to everyone is winning as a team. Everybody on a team must contribute to winning. The scout team is just as important to winning as the first string Quarterback, and we want them to feel that way. It is amazing how much you can accomplish when no one cares who gets the credit. The will to win is not nearly as important as the will to prepare to win!
5. **LOYALTY-** You can endure adversity, as long as you remain strong within. However, if you disintegrate from within, you are in severe trouble. Loyalty is defending any person or anything that comes under attack. Naturally, there will be things people will disagree with and they should voice their opinion to the person who can rectify a wrong- and that person is a coach- and nobody else. A slogan I have already used which I want you to remember is "Never take an opportunity to criticize or pass up one to praise." This sometimes difficult to follow, especially when you are under attack, but it is the only way you can win in the long run.

INJURY, TREATMENT AND TRAINING ROOM POLICIES

1. Everyone will dress in full gear, unless prior permission given from Coach Bottom or the team trainer.
2. If you are injured and not able to dress in full gear, you will nevertheless be required to attend practice and observe your position group. You must wear as much gear as permitted.
3. You are expected to exercise the parts of your body not injured.
4. Get treatment when ordered. (The injured man falls farther and farther behind.)
5. The training room is not a lounge area.
6. Enter the training room for scheduled appointments only.
7. No cleats allowed.
8. Leave equipment outside.
9. No food or drink allowed in training room.
10. Do not touch the ice machine.
11. Use ice cups for treatment only.
12. Shower before treatment.
13. All wraps, ace bandages, foam pads, and any other reusable items loaned by the Trainer is to be turned in after use or at the end of the season or you will be charged to replace them.
14. Report all injuries, regardless of severity.
15. For proper care, prevention and treatment of an injury, be honest both with the coaches and the trainers.
16. Ankle wraps or taping of ankles is mandatory for practice if you are on injury list.
17. No treatment is given during practice.
18. No self-treatments.
19. No roughhousing or profanity.
20. You may not leave field when injured unless given permission.
21. Treatment is considered the same as practice, it means required.
22. Failure to show for treatment will be considered the same as missing practice.
23. Players on the tape list that show to practice without being taped will run extra.
24. Tape is not to be used for equipment repair. Tape is only for injury or prevention purposes.

TEAM ROOM, LOCKER ROOM AND EQUIPMENT ROOM RULES

1. Tardiness because of equipment is never tolerated. Get there early. Helmets and refitting problems are to be taken care of after practice. If you are having equipment problems and practice is about to start---get to practice.
2. Wash all game and practice clothes.
3. Do not cut or alter equipment.
4. All gear must be hung up properly and promptly to dry.
5. NO loaning of gear. If it is issued to you, it is yours to wear. You are responsible for your equipment.
6. You have the best equipment money can buy, take care of it!
7. Do not leave valuables in your locker.
8. Equipment room is off limits to players, unless invited in by the equipment person.
9. Keep the team room clean. Pick up your trash.
10. All tape is to be placed in the trash cans.
11. Do not write on White boards in team room. This is for coaches.
12. Material on the White boards is to be read and is there for preparation.
13. Work to improve your language—eliminate profanity, and obscene words.
14. Treat equipment person with respect.
15. Non team members are not allowed in the team room.
16. Only players are allowed in locker room after game.
17. No cameras are to be used in team or locker room at any time. Zero photos or videos are allowed in the team room. Violation of this rule will result in suspension or possibly removal from the team.

GAME DAY CONDUCT

All the work and effort put forth for one primary objective—to win the football game. We expect you to win, but more important, we expect you to play to our maximum abilities, regardless of the score or time remaining in the game.

SCHOOL DAY:

1. Players must on time and attend all classes
2. Players must be in appropriate game day attire all day.
3. Players must attend team meal and lunch meeting.

PRE-GAME:

1. You play for Vista high and you are a winner. You are the most prepared football team in the county and you will prove it.
2. Conduct yourself in the locker room in an orderly manner at all times, and remember: you are always preparing to play a game.
3. Use your time wisely; do not wait until the last minute to tape.
4. Make sure you have all of your gear before you leave the locker room.
5. Walk from the locker room to the bus with shoes on and unlaced.
6. No cleats on the bus, take shoes off before you board.
7. Be polite and respect the bus driver.
8. Keep talking to a minimum, this is a time to focus and go over your assignments in your head.
9. After arriving, do a secondary equipment check.
10. Upon unloading from the bus, go directly to the locker room to get ready.
11. Stay in locker room until a coach comes to get you.
12. When a coach is addressing the team there will be complete silence.
13. Upon leaving locker room, check your uniform is tucked and all pads included.
14. Pre-game warm-up is important take it seriously.
15. After pre-game return to locker room and finish preparing.

THE GAME:

1. Captains always check the coaches on all penalties.
2. Be polite to game officials- address them as “Sir”
3. Never lose your poise.
4. Do not talk to your opponent in a derogatory manner.
5. Encourage your teammates and help them up.
6. Never come off the field unless someone comes in for you.
7. Never go on the field unless put on by a coach.
8. Always play with energy and excitement.
9. Play with intelligence reckless.
10. Always have your helmet on while on the sidelines.

11. Always sprint on and off the field.
12. Keep in the game mentally at all times.
13. Stay behind the “get back” line at all times.
14. No fighting at all in any form.
15. Maintain discipline.

HALF-TIME:

1. Get to the locker room as a team as quickly as possible.
2. Get into position meetings as soon as possible.
3. No talking until meetings is complete.
4. Once all coaching is done take care of personal business
5. Before leaving locker room, check all equipment.

POST GAME:

1. Shake hands with opponent and be mature at all times.
2. Do not ever embarrass the team or your school with derogatory remarks.
3. Get to the bus as soon as possible.
4. Remove cleats before boarding the bus.

AFTER ARRIVING BACK TO SCHOOL:

1. Thank the bus driver as you unload.
2. Make sure you have all of your gear.
3. Captains will make sure bus is clean.
4. Help any injured players to locker room.
5. Go directly to locker room for any final coaching points.
6. Return Jersey to cleaning bin.
7. Report all injuries to trainer.
8. If you are told to see a doctor from a coach or the trainer, you need to go see one.

VISTA PANTHERS

FOOTBALL LETTERING POLICY

At the conclusion of the football season each year, the Varsity Football Coaching Staff conducts a staff meeting for the sole purpose of determining the Varsity Letterman recipients. The staff discusses each player on an individual basis regarding his contribution to the football team. The player's individual position coach gives a brief summary of each player's play and contribution the past season. On the basis of this meeting, it will be subjectively determined whether the playing time and contribution to the team deserves the recognition of a Varsity Letter. The criteria for Lettering in Varsity Football at Vista High School are as follows:

1. An athlete who has participated in the Panthers football program for a period of four years regardless of playing time will letter.
2. An athlete who remains a starter for every game on the special teams will letter.
3. An athlete who has been in the program for his first three years of high school and is injured during the course of his senior year will letter.
4. An athlete who transfers from another school for his senior year must have adequate playing time (as determined by the staff) to letter.
5. A player that plays in more than 30% of the seasons plays.

An athlete must fulfill ONE of the above mentioned requirements in order to letter. The athlete must also fulfill ALL of the following requirements to letter:

1. Finish the season on a positive note, adhering at all times to the Vista athletic code.
2. The athlete must maintain the academic standards established for eligibility determined by the C.I.F.
3. The athlete must be in good standing with the school in regards of overall conduct.

RIGHT TO MODIFY THE RULES RESERVED:

The Vista Panthers Varsity Football Staff reserves the right to modify or suspend these criteria to cover special cases submitted to them for consideration by the Head Coach or the Athletic Director. The Head Coach reserves the right to establish the requirements for all football letters and special awards.

VISTA HIGH SCHOOL PLAYER SAFETY

The coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. The technique taught to you by the coaching staff is designed to minimize the risk of injury to you and your opponent.

The protective equipment you wear is the finest available and should not be abused by you. It is for your protection and should not be used in any manner as a weapon against an opponent or teammate. Of particular importance is the football helmet, when used properly, it protects you. When used improperly it can become a dangerous weapon to you and to your opponent. The helmet should never be used to deliberately strike or hurt and opponent or teammate.

The following are some specific rules relating to the conduct and the safety of our game. It is important for you to know these rules and adhere strictly to them. Unethical conduct and acts of poor sportsmanship, whether within the rules or not, will not be tolerated by the coaching staff. Play the game hard, with enthusiasm and with intensity, but play it within the spirit and letter of these rules. Win with character.

RULE: No player shall strike an opponent with his fist, or deliver a blow with an extended forearm, elbow, or kick or knee opponent.

RULE: There shall be no piling on, falling on, or throwing the body on an opponent after the ball becomes dead.

RULE: No player shall deliberately use his helmet to butt or ram an opponent.

RULE: There shall be no spearing.

RULE: No player shall intentionally strike an opponent with the crown or top of his helmet.

PENALTY: 15 yards and possible disqualification.

TEAM POLICIES

1. MEETINGS:

- a. The purpose of meetings is to dispense information and correct mistakes. Therefore, team members must be able to learn during classroom meetings.
- b. No excuses will be accepted for a team member missing or being late to a meeting or practice. If you are ill or any other big problem, CALL IN.
- c. Behavior during the meeting is important. You must pay attention, sit up and be alert, and have paper and pen to take notes.
- d. Meeting attitude and behavior will be evaluated and could be an influence on your role for this season.

2. PRACTICE:

- a. You are expected to be on field and fully ready for practice at least 10 minutes prior to start.
- b. All players groups will be assigned field set up and tear down duties each day: Failure to not complete will result in additional work by entire position group.
- c. Practice is mandatory for all injured or not, if you are physically unable to practice you will dress in as much gear as you can safely and will stand and move with your group getting mental reps. This is not a time to play.
- d. There will be no walking on the football field.

3. ABSENCE AND PLAYING TIME:

- a. **If you miss meeting or practice this will affect your playing time.**
 - i. **1 meeting or practice = miss 1 quarter of play**
 - ii. **2 meetings or practice= miss ½ of play**
 - iii. **3 meetings or practice= miss entire game**
 - 1. **If you are not starting, your playing time will be adjusted accordingly.**
 - 2.

4. FILM AND ONLINE FORUMS:

- a. HUDL, JUSTPLAY, and BLAST are all required apps that all players to have. Players will be expected to log in each week and watch, take notes on all information provided by coaches. The use of each of these apps will be treated under same guidelines as meetings.

5. LOCKER ROOM, FILM ROOM AND MEETING ROOM:

The locker room, film room and meeting room are expected to be kept clean. The area in front of each locker is the responsibility of its respective squad member. Put used tape and any additional trash in waste basket.

6. VALUABLES:

It is important that each team member keep his valuables in a secure place. This includes the locker room area. Everybody in this community knows that the team is practicing and they know that the team is practicing and they know the practice schedule. Obviously, the team room will be virtually vacant during these times on the field. SECURE YOUR PROPERTY!!!!

7. OUTSIDERS:

During football, non-members of the football team are not welcome in the locker room without permission from your Coach. If you plan on meeting a friend, make arrangements for some place other than the team room.

8. VISTA POLICIES FOR INJURED OR ILL PLAYERS:

Everyone will dress in full gear for practice unless excused beforehand by Coach. If injured to the extent that you cannot dress in full gear or will be available only for limited work; you will, be required to report to all practice sessions on time and in gear assigned. Injured players will be assigned special exercises, running or calisthenics intended to speed up the recovery time and maintain conditioning. These exercises are to be done on the field or in the pool under supervision of the athletic trainer or an assistant coach. Do not leave the field without permission.

9. EQUIPMENT:

Nobody is allowed in the equipment room when it is unattended. The equipment is for your use and protection not your recreation. All equipment will be turned in at the completion of the season. Do not alter equipment. It is mandatory that you wear all issued pads and equipment at every practice.

10. ATHLETIC DEPARTMENT PERSONEL AND OTHER TEACHERS AND ADMINISTRATORS:

The entire Athletic Department believes in you and wants each of you to do well in your sport. The Athletic Director, the coaches, the equipment manager and trainers are all pulling for the success of the Panther Football Team. All of these individuals must be treated with respect.

11. GROOMING, SHOES AND OUTSIDE ACTIVITIES:

We expect every squad member to be neat and clean and, for health reasons, hair not become an issue it be kept clean. Wear shoes at all times. If you have a question about outside activities please ask.

12. PLAYER-COACH RELATIONSHIP

If you have a problem, it is recommended that you go to your position coach and ask for help and service. If it is something personal my door is always open please never is afraid to ask me, I am here for you.

13. DECISION MAKING:

It is important that you understand how we go about making decisions. I listen to my coaches and evaluate the situation thoroughly. It needs to be clear that outside influence will not be accepted, choices for this team will be made from my staff and myself. We will decide what the best options for the team are.

14. PLAYER-TO-PLAYER:

Not every member of the team will be best friends with all the other team members. However, it is extremely important that we respect one another and that we do not allow cliques to develop.

15. TRAINING STANDARDS:

Proper diet and proper rest are extremely important in your physical development as an athlete. Eliminate smoking and drinking of alcoholic beverages. You should understand that you are representing the team at all times. There will be possible suspension for violation of training rules.

16. TRAINING STANDARDS (DRUGS):

The use of illegal drugs is strictly prohibited. Non-negotiable- immediate suspension from the team!!!!!!!!!!!!

17. STEALING:

Stealing is strictly prohibited with possible suspension from the team. If caught stealing from a teammate: You will be suspended from the team. No questions asked.

18. OPEN-DOOR POLICY:

If you have question or doubts to where you stand on this team, my door is always open and we will discuss it.

19. LAST, BUT NOT LEAST:

YES SIR, NO SIR, PLEASE, THANK YOU... are seven big words. USE THEM!!!!

VISTA PANTHERS FOOTBALL
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PLEASE RETURN THIS SECTION