

# **GILBERT TIGER FOOTBALL PLAYER – PARENT MANUAL**



# **BAND OF BROTHERS®**

**TOUGHNESS**

**HUMILITY**

**EFFORT**

**EXECUTION**

# **Welcome to the Gilbert High School Football Family!**

**Enclosed in this handbook is the information that will help you prepare for your involvement and continued involvement with the GHS football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program. Please refer to our website [gilberttigerfootball.org](http://gilberttigerfootball.org) or visit our Gilbert Grid Iron Club Facebook Page.**

**This handbook is divided into multiple sections, the first being coach directed information for both players and parents and the second is GHS Grid Iron Club events that are tied directly to the football program. If you have any questions please feel free to contact Coach Z ([ghsirontiger@gmail.com](mailto:ghsirontiger@gmail.com))**

**Dear Parents / Guardian Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the GHS Football Program in conjunction with The Gilbert Tiger Grid Iron Club, have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved.**

**Coaching is becoming tougher and tougher, so I'm enclosing this communication to all parents and players affiliated with the program. The purpose of this letter is two-fold. First, I would like to ask you for your support for the upcoming season. Second, I would like to explain to you a little about the program.**

**Our goal is to produce great people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills. This handbook is a look into what the Gilbert football coaching staff deems to be the important facets of our football program.**

**High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best football player they can be. We intend to teach the game of football, instill discipline, Create Above The Line Leadership Skills, encourage classroom success, prepare players through weight training and off-season conditioning, and build "UNITY" through hard work and commitment to a common goal of a successful football season.**

**In order to be successful, everyone involved should realize that a positive attitude is a must. Very few things in life worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making a great effort to get better every day for the good of the "TEAM". A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes. We, as coaches, expect players to give great effort in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "Team - Before Self". Coaches will show a genuine interest in the well-being and concerns of each player as an individual, however; coaches, players, parents and administrators cannot put their interests before the teams' best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the teams' goals, that player will be removed.**

**The GHS Football Program demands a lot of time from our student athletes and we do not and cannot tolerate absences or lateness for our practices, games or other scheduled events. There is a lot to learn in a relatively short amount of time so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games and other events such as teambuilding and fundraising. The coaching staff and I have spent / and will spend many hours with your son. We constantly try to improve each player in a variety of areas which will help them to compete to be a first team player. A few examples of those areas are as follows:**

- **Strength**
- **Agility**
- **Quickness**
- **Speed**
- **Size**
- **Football IQ**
- **Knowledge of The Offensive – Defensive – and Special Teams Playbook**
- **Courage Within The White Lines / Hitting Abilities / Physicality**
- **Toughness**
- **Attitude and Effort**
- **Attendance / Showing Up – Being Present / Being On Time**
- **Academics**

**We have had most of our players involved in the following activities:**

- **Weight Training**
- **Conditioning**
- **Agilities**
- **Speed Work**
- **Camps**
- **7 on 7 / Big Man Challenges**
- **Film Sessions / Film Study / White Board Instruction / Power Point Presentations**
- **Skill Development By Position**

**There will be some players who do nothing to prepare themselves, while others have and will work diligently and extremely hard to make themselves better. I am showing you; the parents the criteria that we have set forth in our program of what it's going to take to be a Tiger Football Player. I am asking for your help and encouragement with your son. Many parents believe that their son is destined to be a star, which is understandable, we are all human and we all want what's best for our kids. Realistically, only eleven players can be offensive, defensive, and special teams' starters. I am asking you as the parent to encourage, not complain; motivate not agitate; support not criticize, and be a great team parent.**

**Regardless of the outcome of our season (wins / losses). Your son will be a better person with the proper guidance and care from the Tiger coaching staff. My experience (over 30 years' experience as a player and as a coach) has taught me this. When negativity and negative parental influence is greater than the coaches' and team's philosophy, the player tends to either quit or will continue to complain about circumstances that are beyond one's control. What we don't want is a player who is going to rationalize, criticize, and seek excuses of why he didn't play or doesn't get more playing time. Let us as supportive parents prevent this. Please keep in mind the real purpose of why your son is playing football and wanting to be a member of the team – and that reason is to learn how to be a better person, be involved in something positive, to build relationships, and to learn about lessons in life. We as coaches understand that not everyone is going to agree with how we run our program; but parents must understand we as coaches are demanding discipline, teamwork, sacrifice, and 100% commitment.**

**We as a staff are seeking your positive guidance in regard to The Gilbert Tiger Football Program which in the minds of the coaches will certainly help guide your son to a better academic standing and keep him on the right track in life. Your son will be better equipped to cope with his future employer / boss, company policies, his future wife, civil laws, and other institutions of authority. Football is not for everyone. It takes a very special young person to play this game. Over the years I have had the great opportunity to coach a lot of great kids and besides having great talents they have had great parental influences.**

**In conclusion, I want to thank you for taking the time to read about our program philosophy and to consider ideas that may help you as a student-athlete football parent. Over the years I have had the great pleasure to have been able to work with super supportive football parents. We, the Gilbert Tiger coaching staff look forward to the opportunity to coach your son. I know we will guide him to be a great person with great character.**

**Sincerely,**

*Coach Derek Zellner*

**Coach Derek Zellner**

# **PLAYER CAMP OPPORTUNITIES**

## **2022 Football Off -Season Winter & Spring Football Camp Opportunities**

**Spring 2022 (6<sup>th</sup> / 7<sup>th</sup> / 8<sup>th</sup>) Spring Strength ~ Speed ~ Agility and Power Academy: \$ 100 (March 28<sup>th</sup> – April 22<sup>nd</sup>) M/T/TR**

**Spring 2022 Football QB / WR / Academy: \$ 165 (March 28<sup>th</sup> – May 13<sup>th</sup>) T/TR**

**Spring 2022 OL / DL Academy: \$ 165 (March 28<sup>th</sup> – May 13<sup>th</sup> ) M/W**

**Spring 2022 (6<sup>th</sup> / 7<sup>th</sup> / 8<sup>th</sup>) Future Tiger Youth Camp: \$ 125 (April 25<sup>th</sup> – May 13<sup>th</sup>)**

## **2022 Summer Strength and Conditioning Training**

**Spring 2022 (8<sup>th</sup> / 9<sup>th</sup> / 10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup>) Summer Strength ~ Speed ~ Agility and Power Academy: \$200 (May 30<sup>th</sup> – July 21<sup>st</sup>)**

**PLEASE EMAIL: [airraidaf07@gmail.com](mailto:airraidaf07@gmail.com) To Register for Any Camp and For Info On How Make Payment**



# **FOOTBALL TRAINING CAMP**



## **NORTHERN ARIZONA UNIVERSITY AIR RAID ACADEMY & FITNESS**

- **COST: \$440.00**
- **DATES: July 14<sup>th</sup> – 15<sup>th</sup> – 16<sup>th</sup> – 17<sup>th</sup>**
- **Transportation - Dorms - Practice Fields**
- **Conference Room for Meetings**
- **Dining Hall: Breakfast / Lunch / Dinner**

**SELL ALL 32 GOLD CARDS and YOUR CAMP IS PAID IN FULL**

# **GILBERT HIGH SCHOOL FOOTBALL MISSION STATEMENT**

**The Gilbert High School Football Mission Statement considers athletics to be an integral part of the high school environment and therefore seeks to complement and support the overall mission of the Gilbert Public School District.**

**The Gilbert Tigers High School Football Program will be based on the importance of academic achievement, team unity, character, and being productive members of society. These components will be fundamental to our success as a program.**

**At our core will be a desire to push ourselves academically and succeed as students. We understand and believe this increases our chances of success outside of football. We also believe that those who are motivated to succeed academically are also motivated to succeed athletically.**

**At our core will be a desire to foster team unity. We understand and believe that the best way to achieve success is together as a team. We will demonstrate trust, loyalty, and honesty at all times to one another. We will be a family. We will treat each other as equals and with the utmost respect. We will treat one another's property with the same respect that we treat our own.**

**At our core will be a desire to always do right within our community. We understand and believe that making good decisions as people leads to happy and productive lives. We know that we are looked upon as major influences in the community and that we can have a major impact on those around us. For these reasons we will aspire to make decisions that are for the good of our team, school, our community, and those around us. We understand that all eyes are on us at all times and that we must be appropriate role models, especially for those younger students who look up to us and aspire to one day be member of the Gilbert family.**

**Winning the Gilbert way means we are great students, great teammates, and even greater people.**

**The Gilbert Athletics Department achieves this mission by providing the means, direction, and motivation necessary to assist student-athletes to reach their fullest potential academically, athletically, emotionally, and socially and to ultimately be successful contributors our communities and society as a whole.**

**We want to educate and graduate our student-athletes. Above all else, our student-athletes of Gilbert High School will be athletes of character and will carry themselves with pride, honor, and dignity!**

# **PROGRAM PHILOSOPHY**

**As Vince Lombardi said, “Winning isn’t everything, but striving to win is”. This is the foundation of Gilbert High School’s football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.**

**Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, “The harder you work, the harder it is to surrender”. At the beginning of each season, players should make a commitment to strive for victory.**

**“How can I make the team better?” should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. This is how we define a successful season and football program.**

**Being a committed member of the Gilbert High School football team translates directly to living and leading *Above The Line* as well as behaving as a responsible member of Gilbert High School and the surrounding community. We must always remember whom we represent. Each player and player’s parents / guardians must sign the Player / Parent Contract, created by the Gilbert High football program, located at the back of this handbook.**

# **Being Tiger Strong Living Life Above The Line**

**It is a privilege to be a member of this football program and to be a Gilbert Tiger. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Be Tiger Strong and Live Above The Line with everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Gilbert High School Football has committed to being Above The Line. Remember the players who came before you every time you walk into the locker room, weight room, step on the field, or wear a Gilbert Tiger Football uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Gilbert Tiger all the time and forever.**

- **Relentless Effort - Embrace The Grind - No Excuses - No Explanations - No Regrets - Competitive Excellence**
- **4 – 6 – A – B (Going As Hard As You Can / Giving All That You Have / Give Me All That You Got)**
- **Academics - Leadership - Faith - Family (Personal) and (Team) - Belief - Trust - Event + Response = Outcome**
- **Character - Team Building - Work Ethic - Positive Culture - Discipline - Handling Adversity and Success - Attitude and Effort**
- **Sacrifice - It's Not "I" or "ME" Its "Us" and "We" and Finally; Always On Time – Never Miss – Attendance is 100%**

# **Living Life Above The Line**

**“We teach our players, in response to any situation they face, to press pause and ask: What does this situation require of me? Pressing pause gives you time to think. It gets you off autopilot and helps you gain clarity about the outcome you are pursuing, the situation you are experiencing, and the Above the Line action you need to take to achieve the outcome.**

**There are two important benefits of pressing pause:**

**A) It helps you avoid doing something foolish or harmful**

**B) It focuses you on acting with purpose to accomplish your goals; A productive pause could last only a split second, which helps you regain your focus and take control of your action. It could last an hour, a day, or longer. The purpose is to take the time necessary to be intentional about the way you think and act. Pressing pause does not come naturally; it is a skill that must be developed. The more you practice, the more skilled you become at being able to identify how and when to use it effectively.”**

**“It isn't hard to find people who are caught up in Below The Line behavior. All you need to do is look for those whose first reaction is to blame (others), complain (about circumstances), and defend (yourself), or BCD.”**

# **Program Alignment**

**Freshman and Junior Varsity Football Purpose:** Teach players the intermediate rules of high school football and the strategies of GHS football.

**Emphasis:** Prepare the players, both mentally and physically, for varsity football. The largest difference between a Junior Varsity player and a Varsity player is their aggressiveness. Junior Varsity players tend to be more timid for one of two reasons: (1) they do not understand the game and they play confused or, (2) they do not have the size, strength, and agility to play aggressively. The focus of JV football is to overcome these short-comings and develop players that are ready for Varsity.

**Weight Room:** Develop strength, agility, quickness, power, confidence, and endurance through a structured lifting, agility, strength and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed, and agility of the JV players will improve their ability to prepare for varsity.

**Varsity Football Purpose:** Teach players the advanced rules of high school football and the strategies of GHS football.

**Emphasis:** Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.

**Weight Room:** Continue to improve strength, agility, quickness, and endurance to physically dominate opponents

# **Cut Policy**

**We as a football program of freshmen, JV, and Varsity at Gilbert High it is our procedure to not cut players that might help the program. While the coaching staff would like to keep all athletes interested; Players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike, when a player is cut. Whenever possible, coaches will not cut players. Team selection for the Gilbert High School Football team is a continual process. All current Gilbert athletes are required to participate in all football related activities. Coaches will evaluate each player through skill tests as well as in game play. When determining what players will make the team, the coaching staff will look for the following:**

- **Skill Level**
- **Attitude and Effort**
- **Attendance**
- **Coachable**
- **Aggressiveness**
- **Intelligence / Field Sense**
- **Commitment which includes attendance of all football related activities; that includes during the Off-season.**



# **Captains Counsel**

- **Expectations:**

Being chosen as the captain of a football team is a unique honor and privilege — one that comes with a set of responsibilities and expectations just as unique. Not all captains will be the same, nor will they (or should they) be chosen for the same reasons. However, there are several characteristics that all football captains should have. This guide features three examples of such qualities.

- **Leadership:**

The ability to lead — or more specifically, to inspire others to follow — is definitely a rare quality. Again, when it comes to the vast majority of football-specific decisions (play-calling, formation choices, etc.) the coaches will make the calls. With regard to the captain specifically, however, leadership refers more to the players *wanting* the captain to lead them; to be able to look to the captain for direction. Here are a few ways that the captain should be able to lead the rest of the team: Ensuring players get to practice on time. Making sure the requisite equipment is on hand. Behaving appropriately outside of football (school, social events, etc.) Maintaining good study habits and grades making sure everyone works hard at practice, in the weight room, during the offseason, etc. There's a common thread that connects these instances of leadership and the many others not listed above: They all involve leading by example. That's the most important leadership-specific quality a captain should have.

- **Motivation:**

The ability to motivate is directly related to the ability to lead; specifically, when players are motivated, this energy is direct evidence that a captain *has* actually led the other players in some way. Whether it's inspiring players to burn that last morsel of energy during wind sprints at the end of practice, or encouraging a single player who's having trouble with a certain skill, a good captain can push players without browbeating them. In return, the players want to live up to the captain's expectations. Regardless of what movies and television shows would have you believe, a captain's obligation to motivate the other players doesn't only happen before the game-winning drive or on a last-minute defensive stand. While such melodramatic instances of motivation do occur, they happen less frequently and are less important than the everyday opportunities for motivation, like those listed above.

- **Work Ethic:**

If there's one absolute and irreplaceable quality that a captain should have, it's work ethic; the captain should be the hardest-working player on the team — period. He may not always be the most talented player, nor the fastest or strongest on the team. He should, however, always be the hardest worker. This trait is also linked to the two aforementioned characteristics; it's much easier to both lead and motivate others when they see first-hand that the captain puts every ounce of effort into practice drills, sprints, weightlifting, etc.

- **A Higher Standard:** There's no magic formula to becoming a team captain. Those who want the captaincy know how hard they have to work to get the honor, and they need to willingly put in the effort. That's why you don't see a football team with 20 captains — not everyone is cut out for it. Attendance and participation in all Captains Council meetings is the baseline expectation, in or out of season. Respectful communication at all times and to all persons, and in reference to all programs, coaches, administrators, and opponents. Sharing of information with teammates, coaches, and others. "Walk the walk" at all times. Speak "greatness" at all times how to become a member of the captain's council?

## **Gilbert Football Captain Expectations**

### **Personal**

- Have a vision for the team and the season.
- Be an example of dedication and positive work ethic.
- Exhibit positive sportsmanship and character.
- Work to your ability in the classroom.

### **Toward Your Teammates**

- Encourage positive practice intensity and enthusiasm.
- Accept all team members and help make Tiger Football a positive experience for all team members.
- Support and show interest in underclassman and junior high kids.

### **Toward the Coaching Staff**

- **Serve as a liaison between the team and coaching staff.**
- **Communicate any concerns, ideas, or problems to the staff.**
- **Be supportive of the coaching staff at Gilbert HS.**

### **Toward the Trainers / Assistant Trainers / Student Trainers**

- **Help the trainers understand how important they are and make them feel appreciated.**
- **Communicate to the coaching staff if the trainers are being treated poorly by any player.**

### **Strength Training**

- **The captains should be committed to strength training in our program.**
- **You will be expected to lead by example with a solid work ethic and consistent attendance.**
- **You are expected to promote strength training to our younger players by encouraging a positive message on the benefits of extra training.**
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### **Practice Expectations**

- **Be dependable and prompt for practice.**
- **Help set a positive and enthusiastic atmosphere at practice.**
- **Help set the standard for great intensity and competitiveness / Set the pace during conditioning**

### **Game Expectations**

- **Help set the expected pre-game atmosphere in the locker room.**
- **Help set an intense and enthusiastic atmosphere during the game.**
- **Display good sportsmanship during and after the game.**
- **Encourage your teammates and remain positive through both good times and times of adversity.**

### **Eligibility Rules**

- **Be a year-round example of adherence to the AIA / School / Team rules regarding alcohol and drugs chemicals.**
- **Address players who are rumored to be violating team rules and report to the head coach.**
- **If you would like to be considered as a Tiger Football Captains Counsel Member, you must write an essay stating why you would like to be considered a captain and what type of leadership you would bring to our program. You will have the opportunity to present your goal of becoming a captain of the team and why you deserve this honor and responsibility. If you do not indicate your interest, you will not be considered for a captain position on this team.**

# Coaching Staff Expectations

**Be a positive role model:** Carry yourself in a professional manner at all times, on the field and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the field reflect how you would want your own child to be treated.

**Coach every player:** They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his skills.

**Communicate:** A football program consists of many parts; it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

**Commitment:** We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

# **Parent Communication**

**The GHS coaching staff in conjunction with the Gilbert Tiger Grid Iron Club will make every attempt to keep our players and their parents / guardians up to date on football program issues and events. We have multiple ways of communicating with parents and players. They are email, website and Twitter.**

- **Please be sure that your email is updated with the Gilbert Tiger Grid Iron Club Secretary or email info to:**  
[\*\*gridirontigers@gmail.com\*\*](mailto:gridirontigers@gmail.com)
- **Please refer to the website. Significant information is available including coaches' bios, game schedules, rosters, meetings, camp info, training schedules, etc.**
- **[Please sign up for Twitter](#) this is a great way to get information and to receive GHS Football messages, game scores, and highlights. You don't have to use this account for anything but following the team, Coach Z and our Booster Club, but you will learn that social media is a critical tool for players looking to play at the college level.**

***You Can Follow Coach Z and The Gilbert Tiger Grid Iron Club and Receive Up To Date Information***

# **Player Expectations**

**We will operate the GHS Football Program in accordance with the rules, regulations, and policies as outlined by the AIA, GPS, and the administrative policies of GHS. Within that framework we will provide a football program of the highest quality that meets the needs of our students, alumni, school, and community.**

**As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.**

**As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.**

**All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.**

**Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from community service, extra conditioning, suspension, or dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins. We expect our players to exhibit **Above The Line Behavior.****



**\*\* Players Are Expected and Required To Be In The Proper Practice Uniform On A Daily Basis. If A Player Is Out of Uniform He Will Either Be Asked To Leave and Return In The Proper Uniform or Do Extra Running. Coming To Practice Properly Dressed Is A Form of Self-Discipline.**

- **Black Shorts**
- **Black Socks**
- **Grey / Gold / Black Gilbert Issued Football Shirts**
- **Team approved attire**

# **Parent Expectations**

- **Be positive with your athlete. Let them know you are proud they are part of the team. Focus on the benefits of teamwork and personal discipline.**
- **Encourage your athlete to follow all training rules. Help your son to remain committed to the team.**
- **Allow your athlete to perform and progress at a level consistent with his ability. Athletes mature at different ages; some are more gifted than others.**
- **Always support the coaching staff when coaching decisions are made. The coaches need your backing to keep good morale on the team and at home.**
- **Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.**
- **Stay calm in injury situations. Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your son's injury.**
- **No parent is allowed on the field unless the training staff requests it.**

# **Parent Expectations**

- **Cheer for our team and players. Opponents and referees deserve respect. Realize that high school players will make mistakes. Your support is needed during tough times.**
- **Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team.**
- **Preoccupation with statistics can be very distracting.**
- **An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged. Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.**
- **Winning is fun but building positive team values is most important. The concept of working together to perform a task will have lasting benefits.**
- **Winning takes place when all the little things are done correctly.**
- **Find the time to get involved to help build a solid support system for coaches, boosters, and athletes.**
- **Help students keep jobs and cars in proper perspective. Materialistic values can detract from the commitment to the team.**
- **Teenagers should have the opportunity to take advantage of extracurricular activities.**

# **Parent Expectations**

- **Athletes must attend all practices, games and team events. Stress the necessity to make a commitment to the team.**
- **Reminder That Its Football Season**
- **There Are No Days Off – Players Are Expected To Be At Practice Daily – *This Is Especially True For October Break.***
- **Emphasize the importance of well-balanced meals and regular sleep patterns. An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.**
- **Persistence and being able to accept a role is extremely important for the team to be successful. Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.**
- **Parents are to not approach any member of the coaching staff at any time before, during, or after a game.**
- **Any Concerns Regarding Playing Time – Please Set A Meeting With The Head Coach and The Positional Coach of Your Son**

# **The Ten Commandments of Parents**

**1.) Be positive with your son; let him know he is accomplishing something special by being part of the team. Don't put him down.**

**Encourage Don't Discourage.**

**2.) Don't offer excuses for him if he is not playing; There is usually a reason for it. Encourage him to work hard and do his best.**

**3.) Please Respect All Coaches - Don't put down and criticize his coaches; Remember the coach represents the "boss", the "authority", the "parent", the "teacher", the "law", etc. If there is a concern about a certain situation or coach, contact the head coach and schedule a meeting. If you constantly bad-mouth your son's coaches, how can you expect the youngster to respect and play for them?**

**4.) Life Above The Line; Whether he is a first-stringer or a seventh-stringer, players must follow rules pertaining to the team such as drugs / alcohol, girlfriends, social media, promptness, and school / grades. Football is a very demanding sport and coaches must concern themselves with a player's off-the-field activities in order to get the maximum physical and mental performance out of their players.**

**5.) Insist on good grades, good attendance, being smart with the use of social media, and promptness at school; Check the number of hours your son spends on homework. It is the duty of the parents to see that their son is working in the classroom. No matter how good a player is, if he doesn't have good grades he runs the risk of becoming ineligible. Eliminate the use of the car, video games, cell phone, computer, television, etc. that cut into study time.**

**6.) Don't criticize other players because you dislike their parents; Don't try to live your life vicariously through your son. Football is a youngsters' game; let them play it. Don't show animosity or jealousy to any of your son's teammates because they carry the ball more, score more touchdowns, or even get good press. This type of envy rubs off on your son and it can devastate a team. Who cares who scores or makes the big play as long as everyone does their job to the fullest?**

**7.) Don't be a know-it-all; The coaches work with the players nearly year-round and they know what each player can and cannot do. As a fan, you are entitled to scream your head off, but please don't become belligerent and arrogant toward players and coaches. Coaches know their talent. Respect that.**

**8.) Insist on your son's respect for team rules, school rules, game officials, and sportsmanship; There are valid reasons for rules in any society. Don't let him make fools out of his family, school, and team for some uncalled-for gesture or incident that brings him shame. Self-respect begins with self-control. Expect Above The Line Leadership and Behavior Both On and Off The Field.**

**9.) Encourage your son to improve his self-image by believing in himself; Don't compare and contrast your son with family members who played previously. Every youngster is different. Don't add pressure by expecting him to live up to an older brother's individual accomplishments.**

**10.) Encourage your son to play for the love of the game, not for a scholarship; This alleviates a lot of pressure on the youngster. Scholarships are in the hands of college recruiters. Gilbert High School doesn't give them. If your son is good enough, colleges will find him. Many talented players fizzle because the pressure on them to get a scholarship causes them to become selfish. Insist on unselfishness; football is the ultimate team sport. Good things usually happen to the unselfish, hardworking athlete.**

# **Parents and Players Code of Conduct**

- **I will enjoy** my child's opportunity to experience the benefits of playing high school football.
- **I will trust** in my child's ability to have fun and to perform and achieve excellence on his own.
- **I will help** my child learn the right lessons from winning, losing, individual achievement, and mistakes.
- **I will respect** my child's teammates as well as fellow parents and fans.
- **I will give** encouragement and applaud only positive accomplishments whether from my child or his teammates.
- **I will support** the efforts of the coaching staff.
- **I will not instruct** from the sidelines or the stands.
- **I will ensure** that my child will attend all practices and games and will inform the coach in advance if unable to attend.

# **Parents and Players Code of Conduct Cont.**

- **I will respect** all facilities made available to my child.
- **I will respect** the equipment and uniform loaned to my child for practice and play.
- **I will respect** the officials and their authority during games.
- **I will never** demonstrate threatening or abusive behavior.



# **Forms of Communication**

## **FOOTBALL WEBSITE**

**[www.gilberttigerfootball.com](http://www.gilberttigerfootball.com)**

## **FACEBOOK**

**Gilbert Tiger Grid Iron Club**

## **EMAIL**

**BOOSTER CLUB - [gridirontigers@gmail.com](mailto:gridirontigers@gmail.com)**

**COACH Z – [derek.zellner@gilbertschools.net](mailto:derek.zellner@gilbertschools.net)**

## **TWITTER**

**Coach Z@zdawgzilla**

**Gilbert Tigers GC@TigersGrid**

**Gilbert Tiger Gold@GilbertTigerGo1**

**Gilbert Tiger Football Tiger Strong@TigerStrongAZ**

# **Varsity ~ JV ~ Frosh ~ Dress List**

**There Are Going To Be Circumstances Where J.V. and Freshman Players Are Asked To Dress For The Friday Night Varsity Game. That Does Not Mean That The Athlete Will Be On Varsity The Following Year. There Are A Variety of Reason For Putting Players On The Varsity Dress List and They Are As Follows:**

- **Numbers Game / Low Roster Numbers**
- **Injuries**
- **Limited Depth At Positions**
- **Position Coach Request**
- **Recommendation By The Lower Level Head Coach and Coaching Staff**
- **Lower Level Team Leaders Get An Understanding About “Friday Night Lights”**
- **Injured Players / Players Who Are Not Dressing Due To Grade Issues Will Wear A Game Day Specific Uniform of Dress**
- **No Cell Phones Out On The Sidelines During Games ~ Its Not A Good Look For You or Our Team**
- **Injured Players or Players With Grade Issues Will Travel with The Team and Be On The Sidelines During The Game ~ You Will Not Be In The Stands or Running Around ~ You Will Be Your Team!!**

# **Varsity Lettering Criteria**

**Criteria 1:** A participating athlete (regardless of grade level in the Varsity sport) must earn game participation in  $\frac{1}{2}$  of the available periods (quarters or halves) in the season plus 1 additional period.

**Criteria 2:** A Senior who participates in the given sport at the Varsity level for: 4 years (began varsity eligibility as a freshman) who does not meet criteria 1 in any year of participation will receive a letter upon completion of their 4th (senior) year. 3 years (began varsity eligibility as a sophomore) who does not meet criteria 1 in any year of participation will receive a letter upon completion of their 3rd (senior) year.

**Criteria 3:** It will be the coach's discretion for a Senior who: Participates in the program, but does not meet the requirements under criteria 1 or 2. Participates in the program, but receives a long-term or season-ending injury that prevents him / her from meeting the requirements in criteria 1 or 2.

**Criteria 4:** It will be the coach's discretion for an underclassmen (freshmen, sophomore, or junior) who: Participates in the program, but receives a long-term or season-ending injury that prevents him/her from meeting the requirements in criteria 1. Play a minimum of 10 quarters and be a regular member of the rotation.

# **Coach – Parent – Player Meetings**

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussions with coaches is discouraged. It is **NEVER** acceptable for a parent to attempt to discuss playing time with a coach before, during, or after a game or practice. It is also **NEVER** acceptable for a parent to attempt to discuss the performance or playing time of another participant.

The Head Coach, the athlete, and / or the parent meetings may help to resolve **OTHER** issues creating concern or dissatisfaction. Such meetings **MUST** be scheduled beforehand and will be on campus. Any meeting with a parent may also include an **assistant coach, trainer, or an administrator**. Meetings can be scheduled by contacting Coach Z or The Director of Football Operations through email. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you toward contacting Coach Z. If a meeting is requested it should be done through Coach Z or The Director of Football Operations only. The vast majority of player concerns will be worked out at this level. If the player or parent were not satisfied with what transpired at the coach's level, the next step would be to involve the Athletic Director. If all else fails, the Principal will become involved. ***During the season parents WILL NOT discuss player concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email but a response should not be expected within this time period.***

# **Attendance**

**All players are expected to be present and on time to practice.**

- 1) Any player who is late to practice will be held after practice to make up for the time they missed. (ATL Reminders – Above The Line)**
  - **Any player who misses practice without notifying Coach Z in person, by phone, text or by email ahead of time will be dealt with accordingly.**
  - **1<sup>st</sup> Unexcused Absence = Player Does Not Start / Loses Playing Time**
  - **2<sup>nd</sup> Unexcused Absence = First Half Game Suspension**
  - **3<sup>rd</sup> Unexcused Absence = Suspended For The Game**
  - **4<sup>th</sup> Unexcused Absence = Suspended Indefinitely / Removal From Team**
- 3.) In the case of an unforeseen emergency, parent must contact Coach Z**
- 4.) All illness and sickness absences need to have a prior approval or doctor's excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.**

# **Attendance**

- 5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)**
- 6. The GHS Football Program expects that an athlete must be at school for the entirety of 4 class periods to be eligible for games on that day.**
- 7. Any circumstances (Dr. visit, Dentist, etc.) please notify Coach Z via email if your son will be out of school or miss practice due to an appointment. Missing practice for any reason can result in loss of playing time.**

# **Academics**

**You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team, you must attend class regularly, and achieve a minimum GPA of 2.3 Even though we expect you to strive for much greater (3.0 and above would be outstanding). In 2021 we placed 27 student-athlete football players on the All-Academic Team. Poor behavior and low achievement make all of us look bad. Strive to Be Above The Line. The academic progress of all team members will be monitored throughout the season and school year. Grades must be turned in on game day to your position coach.**

# **Hazing**

**No player will ever be ridiculed by another player either in the locker room, training rooms or on the field. The freshmen and Junior Varsity players will be respected by the Varsity team, and vice versa.**

**Hazing Definition: The imposition of strenuous, often humiliating, tasks as part of a program of rigorous physical training and initiation. Individuals involved with hazing may be expelled from school, suspended from enrollment for a definite or indefinite period of time, and / or face additional sanctions which may include the school / school district referring the case to outside law enforcement agencies. Recognized students or individuals involved with hazing will be given a suspension from meeting or playing for the duration of the season; or disqualification from recognition and awards.**

- **Capturing or Kidnapping.**
- **Total or Partial Nudity.**
- **Compelled Sexual Activity**
- **Bullying**
- **Forced Consumption of any Liquid or Food.**
- **Paddling or Whipping.**
- **Branding, Cutting, Labeling, Touching or Shaving Parts of The Body**
- **Any Form of Forced or Unwanted / Unwarranted Bodily Penetration**



# **The Weather**

## **Inclement Weather and / or Heat Advisory**

**When a practice is scheduled we will do something as a team regardless of the weather (obviously, extreme occurrences provide exceptions) so practice will always be on. When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:**

- **Move practice to the gymnasium**
- **Watch film and wait out the weather for an opportunity to go back outside**
- **Go to weight room and wait out the weather.**

**In a situation where we go inside to wait out the weather practice will end at the scheduled time. Again (obviously, extreme occurrences provide exceptions)**

# **The Locker Room**

**The locker room floor will be free of trash and equipment that does not belong there. Please respect the locker room. Players are to keep all football items in their lockers which will be locked. Players will need to provide their own locks. This year there will be locker assignments. This will aid in the tracking and collection of all equipment.**

## **LOCKS on LOCKERS**

**All players are to provide their own lock and are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment; If a player loses any piece of equipment then they are responsible for the cost of replacing it new!! Players need to report any faulty equipment to Coach Z or please see the equipment manager ASAP.**



# **Alcohol, Tobacco, Illegal Substances**

**The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and / or football activities will result in dismissal from the team.**

**Policy JICG and Regulation JICG-R (Tobacco Use By Students) Students are prohibited from possessing, using, distributing or selling tobacco, tobacco substitutes, electronic cigarettes, or other chemical inhalation devices or vapor products in any form while on school premises or at any school-sponsored function.**

**The nonmedical use, possession, sale, or distribution of drugs, being under the influence of drugs or possession of drug paraphernalia is prohibited. Nonmedical is defined as "a purpose other than the prevention, treatment, or cure of a diagnosed medical condition" consistent with accepted practices of the medical profession.**

**Students in violation of this policy will be subject to disciplinary action in accordance with JIC, *Student Conduct*, which may include suspension or expulsion (permanent removal from the Gilbert Public Schools). Students may be subject to prosecution in accordance with the provisions of the law.**

**For purposes of this policy, "drugs" shall include, but not be limited to:**

- **Controlled substances prohibited by law**
- **Alcoholic beverages**
- **Substance used to alter a psychological or physiological state**
- **Prescription or over-the-counter medication, except those for which permission to use in school has been granted pursuant to Board policy and regulation JLCD and JLCD-R, *Administering Medicines to Students***
- **Hallucinogenic substances.**
- **Inhalants.**

# **School Suspensions**

**Suspension dictates that the student shall not be allowed to attend his / her regular classes or school sponsored activities for a prescribed number of days and shall be declared ineligible (practices or contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.**

- **A second suspension within a competitive season will result in ineligibility for the remainder of the season in the case of athletics. Any player suspended from school will receive the following consequences.**
- **1st Suspension = Coach's discretion based on the infraction (i.e. 1 game suspension)**
- **2nd Suspension (different incidents of being suspended from school) = Removal from the team**

# **Equipment Care**

**All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the GHS football program. The average cost of outfitting you with essential and proper fitting safety gear is around \$800.00 per athlete. The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. Players are to purchase their own cleats and a 7 Piece Girdle (highly recommended). Practice pants, practice jersey, and girdle (*if you choose to not purchase a 7 Piece Girdle*) are issued to the athletes; so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:**

- **Helmet: Cost \$450.00 and up.**
- **This is not a device made to use as a weapon.**
- **The use of the helmet other than a safety device is strictly prohibited**
- **Inspect & tighten facemask screws weekly.**
- **Inspect & tighten chinstrap screws weekly.**
- **Inspect chinstrap buckles weekly.**
- **Wipe down your helmet weekly (inside & out) with a damp cloth.**

# **Equipment Care Cont.**

- **Shoulder Pads: Cost \$200.00 and up**
- **Inspect all straps, strings, & clips weekly.**
- **Tape all your straps after proper clip adjustment has been received.**
- **Wash the molded plastic with a damp cloth.**
- **Clean Shoulder Pads on a regular basis with boiled water and a disinfectant / pool water is great also.**
  
- **Pants, 7 Piece Girdle, Belt, & Practice Jersey need to be washed regularly to keep them from stinking, staining, and housing bacteria.**

# **Weight Room Requirements**

**All Football players will be required to participate in a weight-training program during the season. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with the team during the off-season. The players have the opportunity to earn awards for weight room attendance and achievements. It is cliché, but games and championships are won during the off-season. Your football team is built November through July, not August through November. We will have off-season workouts during the school year after our regular season. These workouts will take place during class time, after school, before school, etc. The players will be notified and kept up to date on their expected attendance times for their workouts. They will include strength training, speed training, agility training, endurance training, and team building. Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the GHS football team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.**

# **Agility – Strength – Speed and Power**

**The philosophy of the Gilbert Tiger Strength and Conditioning Program is to train athletes to win through the consistent improvement of their physical capacities. Training will focus on functional movements that are multi-joint, multi-directional, multi-planar, and multi-level prescribed in a sequence that has a purpose. Training will improve general, overall athleticism – speed, power, agility, quickness, balance – and provide the student-athlete the opportunity to participate in many athletic activities at a high level. The Gilbert Tiger Strength & Conditioning Program will challenge our student-athletes in the aspects of leadership, attendance, work ethic, attitude, effort, character, and commitment.**

**One of the major factors of our success for the future is the stability of our Strength and Conditioning Program. As we emphasize a total conditioning program for each individual athlete. This means that all areas of conditioning are given special consideration; there is not an area neglected. Each of these areas will be addressed in the off-season. You as an athlete must be committed and dedicated. Your performance will be greatly affected by your own personal level of conditioning. The Off – Season Conditioning Program is designed to maximize the athletes Agility, Strength, Power, Cardiovascular Endurance, Speed, Reaction Time, Mental Toughness, Flexibility, and Size. The strength program will also develop the athletes confidence and overall potential as a person and athlete. This program will also minimize the potential for injury. When the athletes follow this program as it is designed and outlined, the athletes success will be unlimited.**



# **Commitment To Task**

**A Total Commitment to your task means pursuing your goals, playing your part, and doing your job to the absolute best of your ability, no matter what it might be. Just as every person has specific tasks they are expected to accomplish in life, so too does every athlete have a set of tasks they are expected to fulfill on their team.**

**Committing to your task means having a concrete purpose and passion for it, whether your job is large or small. It means making your task or goal a top priority in your life and consistently attacking it with enthusiasm by adopting the kind of attitudes and actions that maximize your chances of achieving it.**

**Most of the time you will get to pick the specific tasks and goals you want to pursue as you try out for certain teams, compete for specific spots or positions, or apply for various jobs in the work world. It should be easy to totally commit to the tasks or jobs you want to be a part of and most interest you.**

**But you will also have many tough and tedious tasks assigned to you, especially by your coaches as well as your bosses in the work world. Rather than bemoaning your assigned task, complaining about the person who gave it to you, sloppily doing it with poor quality, or blowing it off completely, make a Total Commitment to execute it efficiently and effectively, exceed expectations, and do it all with enthusiastic attitude. This kind of exemplary commitment to your task will quickly set you apart from the rest, get you noticed by the leaders, and position you for greater responsibility. Although you may initially be assigned menial tasks when you first start as a freshman or new employee, if you do them in an enthusiastic and exemplary manner you will impress your leaders, quickly move up the ladder, and soon get more meaningful and exciting tasks and roles.**

# **Commitment To Training**

**Along with your Total Commitment to your task, you will also need to make a Total Commitment to your training. Committing to your training means putting your heart, mind, and soul into your preparation, practices, lifting, conditioning, etc. It means preparing yourself with quality in every way possible to consistently be at your best.**

**A Total Commitment to your training means you consistently put out maximal effort in all of your workouts and refuse to give into fatigue, frustration, and or failure. It also means striving to find every possible way to develop and improve by using strength training, conditioning, watching video, mental training, leadership training, speed training, etc. Finally, it means taking care of yourself by watching what you eat and having a healthy diet, hydrating properly, getting enough rest and sleep, stretching and rehabbing to prevent and minimize injuries, avoiding or abstaining from using alcohol and drugs, etc.**

# **Commitment To Team**

**In addition to committing to your task and training, it is also highly likely that you will need to make a Total Commitment to your team. As an athlete, you are almost always in some way a part of a team setting. Even though some of you may compete in an individual sport where you don't necessarily need to rely on your teammates in competition to be successful, you will still spend a great deal of time training, traveling, and competing with your team. So you will need to make a Total Commitment to a larger team typically comprised of the following people:**

**Teammates - You will need to make a Total Commitment to your teammates. Your commitment to them begins with and revolves around being a great teammate. Of course being a great teammate means a variety of things including being a selfless, a team player, consistently giving your best effort, attending all practices and games, not just showing up when its convenient for you.**

**Coaches - You will obviously need to make a Total Commitment to your coaches. When you become a part of the team, you agree to live by their particular vision, values, and standards. You will need to commit to being coachable, honest, hard working, responsible, accountable, etc. You will also need to understand, accept, and ideally embrace the role that is assigned of you for the benefit of the team.**

**Surrounding Others - In the athletic world, there is usually a whole team of people such as athletic trainers, academic advisors, strength coaches, nutritionists, teachers/professors, fans, community members, etc. who will have certain expectations of you. You must make and fulfill Serious Commitments with these people as well. To gain the respect of your teammates, coaches, and surrounding others and create a productive culture, there are certain commitments you will need to make and keep with these people.**

# **Off-Season Training Activities / Camps**

**Spring Football Attendance is Mandatory and Essential if you want to be an integral part of the team. The purpose of Spring Practice is for coaches to teach, evaluate, and condition players and introduce the upcoming season's offensive, defensive, and special team's philosophies.**

**The summer is a time to get a jump-start on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are mandatory; they are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 100% of summer workouts. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let Coach Z know BEFORE you leave. Be responsible and communicate with Coach Z. BE COMMITTED to your team and its goals. You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole.**

**Varsity and JV workout times are at 5am - 7:30am**

**Frosh workout in the afternoons at 4 - 5:30 (Monday thru Thursday).**

**All Levels will participate in open field on Tuesday and Thursday Evenings from 6:00 - 7:30pm**

# **Hydration**

**Proper hydration is one of the most important factors in maintaining peak athletic performance. Ensuring adequate hydration in athletes' means looking at their entire day and week, not just focusing on the game or meet. Staying hydrated throughout the day will make restoring lost fluids easier and allow you to play harder and longer.**

**Pre-Exercise: Approximately 2 hours prior to any exercise, quickly consume 2 cups of water. This will help get your body the fluid it needs and avoid that full belly feeling during exercise. During exercise The key point about hydrating during exercise is to drink at regular intervals. Our internal thirst sensors take a while to kick in so it's best to drink a little bit every few minutes (two big sips every 15 minutes is a good goal) so you are providing your body with a steady stream of fluid. Athletes should aim to drink 2 cups of fluid for every hour of exercise. In order to continue to fuel your body and replace used energy and electrolytes, a standard sports drink is the easiest option. The sports drink has carbohydrates, sodium and potassium which will help keep you going. The temperature of the liquid matters, but only by athlete preference. There is conflicting evidence about temperature and increased performance, so the important thing is what the athlete will drink. If they prefer it cold or room temperature, it's best to provide them with it so they are more likely to drink it because having all the fluids available doesn't help if they aren't consumed!**

# **Hydration**

**Post-Exercise:** immediately after exercise athletes should consume 2 cups of fluid and a snack to help with muscle recovery. The ideal post-exercise snack will have a combination of carbohydrates, sodium, and potassium. A couple options are: 2 cups of a sports drink and a handful of pretzels or a few saltine crackers and peanut butter - 2 cups of water and a cup of honeydew melon or cantaloupe and low-fat yogurt After the athlete has consumed the initial 2 cups of fluid and the snack, they should aim to consume 1 cup of fluid every 15 minutes for the 3 hours after exercise. This may seem like a lot, but your body has been working very hard and has lost more nutrients than you think. Keeping hydrated will help avoid the sluggish feeling after exercise and for days to come.

Children are more susceptible to becoming overheating. Signs of dehydration include dark urine or decreased urination frequency. Young athletes should learn to monitor their urine color and consume additional fluid as needed. Heat-Related Illness Heat exhaustion and heatstroke are significant risks for children who are exercising, especially in the heat in the middle of the day. Heat exhaustion is less severe, and can be treated by cooling off the person. Heat stroke should be treated by calling 911. Low Blood Sodium because sodium is lost in sweat, failing to replace sodium while replacing fluids can lead to low blood sodium.

**Signs of Heat Exhaustion:** Weakness • Cold - Clammy Skin • Feeling Faint • Fatigue • Nausea • Weak Pulse • Dry Skin.

**If Severely Dehydrated Signs of Heatstroke:** High Body Temperature • Rapid Pulse • Headache • Confusion • Nausea • Cramping • Bloated Stomach • Swollen Fingers and Ankles • Seizures • Coma

# **Injuries and Health Concerns**

**If you have an injury or health concern, please see one of the GHS Athletic Trainers before going to a doctor. If a player is taken to the hospital then either Coach Z or the Athletic Trainer will notify a parent. Players should report any updates in medical conditions or medications being taken to both Coach Z and The Athletic Training Staff. Players should also report health conditions such as skin rashes or mononucleosis to Coach Z and The Athletic Training Staff so appropriate action can be taken to prevent spreading to teammates. Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing physical activity and part of practice getting 'mental reps' by analyzing practice.**

# **Hurt vs. Injured**

In the world of sports there is a drastic difference between being hurt and being injured. Too many times these words are used interchangeably, but that is certainly a mistake. Players' toughness seems to be evaluated by the level of pain that they can endure while still competing at a high level. As all athletes know, playing with pain is a large part of the game. However, being **"hurt"** and **"injured"** are two different animals.

Being **"hurt"**, generally means that a player will continue to be in pain while competing, without much risk of further damage. Yes, there will be pain and discomfort, but most times no further structural or long-term damage will be risked. Athletes have regularly been praised for **"playing hurt"** they are able to deal with the pain/discomfort and push through it. Pain is certainly a part of sports (especially at the higher levels), and playing hurt is a necessity.

Being **"injured"** on the other hand is much different. Athletes that are injured are not physically able to participate in the competition, due to the risk of long-term damage or general health concerns. While players that are **"hurt"** can continue to participate, players that are **"injured"** are not – as the damage is much more serious. Often athletes that are injured will attempt to participate in spite of their injury, which can be a big mistake. Athletes want to be seen as tough, and will sometimes put themselves at further risk in order to do so (playing injured).



# **Hurt vs. Injured**

**While there is certainly grey area in this conversation, there is a distinction between being “hurt” and “injured”. Here are a few examples of the distinction:**

- **Mild ankle sprain = hurt (can play)**
- **Broken ankle/severe sprain = injured (can't / shouldn't play)**
- **Bruised ribs = hurt (can play)**
- **Broken ribs = injured (can't / shouldn't play)**
- **General headache = hurt (can play)**
- **Concussion = injured (can't/shouldn't play)**
- **Knee contusion (bruise) = hurt (can play)**
- **Torn ACL = injured (can't / shouldn't play)**

**The severity and damage of the issue will clarify which category it will fall under. Again, there is some grey area here, but this general distinction works the vast majority of the time. An athlete's level of pain tolerance would be tested while playing “hurt”, as it is usually just a pain/discomfort issue. Being “injured” is completely different, and is a much more serious issue. Most of the time athletes know if they are “hurt” or “injured”, but other times the lines are less clear. Playing “hurt” is respected (and expected). Playing “injured” is not smart, as there are risks for further damage and long-term issues. Pain and discomfort are a large part of competitive sports, but there is definitely a difference between being “hurt” and being “injured”.**

# **Nutrition and Team Meals**

## **Nutrition**

**Players must do their best to stay away from soda, fast food, fatty foods, fried foods, and sweets. Players must try and consume pasta, breads, meat, fruits and vegetables, and milk are preferred.**

**Players Need To Drink Lots of Water. Stay Hydrated At All Times. Clear Urine Good – Dark Urine Bad.**

**On game days do not consume soda and candy. Think healthy. The better you eat, the more energy you will have and you will feel and play better. It is also very important to get at least eight hours sleep per night**

## **Team Meals**

**Pre-game meals are a privilege and a tradition at Gilbert High School. It is an honor to attend, and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. TAKE PRIDE and SAY THANKS in that and BE THANKFUL. You may speak in a low voice while at the team meal. But no horseplay is to be taking place. If your actions take away from our team's focus, you will be asked to leave. The parents and supporters who give us the team meals are not your butlers, maids, waiter, waitress, or personal servant. Show your appreciation by acting polite and always disposing of your trash properly. Thank the parent supporters as you leave.**

# **Parents Attending – Observing Practice**

**All practices are open to parents unless otherwise notified. However, it is prudent for parents to stay off the field and not communicate with any players or coaches. The time allocated for practice is short and all attention needs to be on practice. Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings. Also, due to limited space parents will not be able to go into the weight room when the team is lifting. However, when the team is doing drills in the gym parents are welcomed to sit in and observe.**

# **Football Building Life Skills**

- **Teamwork:** The ability to work with others is extremely important in today's world.
- **Commitment:** Players must be at all practices and follow team rules.
- **Work Ethic:** Peak physical condition can only be attained through hard work.
- **Pride in Performance:** A feeling of accomplishment is realized through persistent application of effort.
- **Friendships:** Lifetime relationships are developed through participation in sports.
- **Achievement:** Players represent their communities, schools, and families. A feeling of togetherness is experienced.
- **Enthusiasm:** In order to be successful, both football and life must be approached with enthusiasm.
- **Persistence:** One learns to get up and go again after being knocked down.
- **Confidence:** Self-esteem is enhanced through a series of achievements.

# **Parents Attending – Observing Practice**

- **Athletic Ability:** The skills essential for football are valuable in other sports.
- **Have Fun!** Football is fun to play and exciting to watch.
- **Identity:** The team provides all participants with a sense of belonging.
- **Courage:** Performance under pressure helps conquer fear.
- **Challenges:** Participants learn how to overcome obstacles to success.
- **Better Grades:** Numerous studies indicate students active in school activities perform better in the classroom.
- **Responsibility:** The game of football holds individuals accountable for their actions.
- **Success in Life:** According to the American College Testing Service, participating in high school activities is a major indicator of success later in life.

# **The Gilbert Tiger Grid Iron Club**

**What is The Gilbert Tiger Grid Iron Club? Who We Are The Gilbert Tiger Grid Iron Club Members? The GTGC organizes all of the off-field activities associated with Gilbert Football including; community service projects, team fundraising, weekly team meals, game day programs (advertising, players ads, etc.), merchandise sales (game night and team spirit gear), special game night activities (senior night), fundraisers, end of the season banquet and much more.**

**The Board Members for the Gilbert Tiger Grid Iron Club are essentially the administrative staff for the Football Program. The purpose is simply to provide the program with the necessary funding and to facilitate activities essential to developing players and coaches both in the off-season and throughout the regular season, as well as to give back to the school and community.**

**The Main Job of The Grid Iron Club is To Raise Money (As Much Money As Possible For The Program)**

# **The Gilbert Tiger Grid Iron Club**

## **MISSION STATEMENT:**

**The Gilbert Tiger Grid Iron Club is an all-volunteer organization that is committed to supporting coaches, athletes, and the football program in a positive way both on and off the field. The purpose of the GHS Grid Iron Club is to promote, develop, encourage and support The Gilbert Tiger Football Program. Our goal is to enhance a more integrated relationship among the parents, administration, faculty, coaching staff, football players, and the local community. The Gilbert Tiger Grid Iron Club wants to foster and promote a spirit of unity and goodwill among the members. If you are interested in joining, helping, volunteering with the Gilbert Tiger Grid Iron Club please email Coach Z; and he will get the needed contact information that is needed.**

# **\$\$ Fund Raising \$\$**

**With the high cost of running and financing a football program, it is essential that we perform various fundraisers. The district gives the football program "ZERO DOLLARS" to function. In addition to the basic expenses, some other major expenses are field equipment, HUDL, games to be filmed at all levels, team building events, 7 on 7 Tournaments / Big Man Challenges, travel, meals, field paint, banquet expenses, banquet awards, footballs, etc.**

**We are also currently trying to raise funds for some long-term major improvements to the program in regards to equipment; Such as new updated uniforms, new updated helmets, and new updated shoulder pads. We have several fundraisers planned and the dates will be posted on the website's calendar of events. Fundraising is a Team Function! One misconception is that our game ticket sales go directly to the football program; they do not! The money from our ticket gate goes to the school's general athletic fund and is a tremendous source for all school athletic programs. If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can raise money for the football program. *It is critical that all players contribute to the team and/or participate in fundraisers.***



# **Community Service**

**We continually ask ourselves, "What is the mission of our high school athletic programs?" For some members of our community or for some parents, the answer would center on how well the team does in terms of wins and losses. This viewpoint would evaluate the season based upon winning the region title or how far the team advances in the playoffs. We associate educational athletics as being the intentional efforts of our coaches to teach skills, behaviors, character lessons, life skills, and attitudes that extend far beyond the X's and O's of our sports. Some of these positive character traits are:**

- **hard work**
- **discipline**
- **teamwork**
- **perseverance**
- **sportsmanship**
- **respect**
- **character lessons**
- **learning how to win and lose with dignity and humility**

# **Community Service Cont.**

**In addition to these we will add community service as another character trait that can be used in our pursuit of educational athletics. We define community service as giving back to the school and surrounding community through volunteerism. Service is doing something for somebody else without any expectation of getting anything in return. It is a selfless way for our team to give back to their community. Throughout the year, the team will participate in several community service activities. These activities will have the secondary benefit of being team building events.**

**Community Service is a Team Function!**

***TIGER CLAUS: This year our goal would be to do a toy and clothing drive for under privileged kids for the holidays.***

# **Team Building**

**Team building has many key elements; the most important elements are earning trust, communication, and teamwork. These elements can be built in many different ways. Through team camps, recreational events, community service, fundraising events and standard team preparation. Throughout the year (on and off season) the team will participate in several team-building events. The team will attend mini- training camp opportunities, spring football, summer strength and conditioning, 7 on 7 Tournaments, Big Man Challenges, and football camp. All the team building events will be posted on the website's calendar of events. *Team Building and Fundraising Events are Mandatory!***

**We hope this handbook answers your questions and motivates you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and / or a breakdown in communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team. As the 2022 season progresses, you may at one time or another have questions in regards to a variety of different issues. Please feel free to contact Coach Z and every effort will be made to provide you with the information you need.**

***"Individually we have responsibilities, that when executed together, will allow us to succeed as a team!"***

# **Pay to Play Fee**

**The Gilbert Public Schools assess a participation fee for each athlete who participates in a sport. This fee will need to be paid to the school's Athletic Office prior to the first practice for all sports. No refunds will be issued unless the student-athlete does not make the team in a "cut" sport.**

**Payments may count towards your ECA (Extra Curricular Activity) Tax Credit. Contact your financial advisor for details. If payment of the athletic fee is made online using the ECA Tax Credit, please make sure that you supply your student-athlete's Athletic Office with a copy of your receipt for proof of payment.**

**Financial concerns will be addressed on an individual basis. Please contact your student-athlete's Athletic Office for further information.**

## **High School Participation Fee:**

**The Pay-to-Play fee is \$100 per student for football.**

# **Tax Credit**

**The Arizona State Legislature has established a law which allows a Tax Credit for a donation up to**

**\$400 if filing jointly**

**\$200 if filing individually**

**to any school extra-curricular activity. THIS INCLUDES Gilbert High School Football. You can apply this tax credit toward a reduction in the amount of state income tax you owe when you file your taxes for that year. Not only parents, but grandparents, aunts, uncles, and friends can contribute to the Gilbert. When doing tax credit please designate where the funds are to go. Please Designate Gilbert Tiger Football**

**High School Football Program fees by way of this tax credit if they file an Arizona State Income Tax Return. A tax credit form can be obtained from the district website. [www.gilbertschools.net](http://www.gilbertschools.net)**

# **Register My Athlete**

**Please visit [www.registermyathlete.com](http://www.registermyathlete.com)**

## **To Complete The Required Athletic / Registration Paperwork:**

- **CREATE AN ACCOUNT AND REGISTER AS A PARENT**
- **ADD A NEW ATHLETE (your student)**
- **REGISTER YOUR STUDENT FOR A SPORT**
- **YOUR REGISTRATION CHECKLIST:**
  - **Select and click on English for READ ONLY Documents**
  - **Eligibility Clearance Checklist,**
  - **Athletic Clearance Form**
  - **Athletic Elective Credit (Not P.E. Credits)**
  - **MTBI / Concussion (Please do not print these forms.)**
- **Once you have read and agree to terms, click the box, I AGREE for each form.**
- **You must complete the steps above before you can electronically sign.**

**Parent/Guardian and Athlete must electronically sign and click the box E-Sign**

# **Register My Athlete**

- **DOCUMENTS TO BE UPLOADED**

- **Annual Pre-participation Physical Evaluation: (all 4 pages)**

**Click on PRINT / VIEW / SAVE for AIA physical form. (Physicals are to be renewed every year)**

**IN ADDITION FOR ALL FRESHMAN AND FIRST TIME ATHLETES - Complete concussion course online once in the athlete's high school career at <http://aiaacademy.org/brainbook/>. Student will need to Register as Student, complete the course and print the certificate of completion and upload or turn into the Athletic Office.**

- **ATHLETIC PARTICIPATION FEE**

**Participation Fee: \$100.00 per sport. This must be paid prior to the receiving uniform/equipment from the Equipment Manager. You may pay online on [registermyathlete.com](http://registermyathlete.com) or pay online using AZ State Tax Credit at <http://www.gilbertschools.net> or bring payment to the athletic office.**

# **Physicals – Health Insurance – Eligibility Forms**

**All players must have an updated physical exam on file with the athletic office in order to participate in games and / or practices. All players are also required to have health insurance. If a family does not have health insurance please visit the athletics office to speak with The Gilbert HS Athletic Secretary for assistance.**

**All GPS athletes that participate on the junior high school AND high school level must complete Eligibility Packets listed below:**

**Please refer to *Student Eligibility* (Required)**

**AIA Physical Clearance Forms (Forms A, B & C Required)**

- [\*\*Form 15.7-A\*\*](#)      **Please Access The Gilbert Athletics Office Website For These Form Links**
- [\*\*Form 15.7-B\*\*](#)      **Please Access The Gilbert Athletics Office Website For These Form Links**
- [\*\*Form 15.7-C\*\*](#)      **Please Access The Gilbert Athletics Office Website For These Form Links**



# **Physicals – Health Insurance – Eligibility Forms**

**[Helmet and Shoulder Pads Acknowledgement Form](#)**: This form is required and must be completed and submitted along with the GPS Athletic Clearance Eligibility Packet and the AIA forms listed above. The GPS Athletic Clearance eligibility packet and all three AIA forms must be completed in their entirety. Once completed, please return to the athletic department at your student's school. Additionally, the concussion video located under the Brain book tab via the AIA website must be viewed. Please see link below:

***All GPS athletes that participate in sports on the high school level will need to take the A.I.A.***

## **Concussion Awareness Training:**

**This is a 50 minute course that once completed, the student will print up a certificate and take it to their athletic office at their high school. The athletes will only need to take this course once in their high school career. Please click on the link below to start this course.**

# **College Recruiting and Scholarship Facts**

## **What To Know When It Comes To College Recruiting**

**Contrary to the belief of many high school athletes, parents can and should be a big part of their athlete's college recruiting experience. I think everyone would agree that it is better for parents to be involved, than not to be involved. Parents are motivated to help their athlete, they have the best handle on the family budget and many times they come up with questions that need to be answered.**

**That said, to some parents landing any athletic scholarship at any cost seems to be more important than the college degree itself. They temporarily forget that the most important reason to go to college is to get an education and tend to get caught up in the excitement of landing a college scholarship. While it might be great to tell all your friends that Johnny, Jr. has an athletic scholarship at XYZ University, the most important aspect is that the college is the right fit in all regards.**

**If you truly want to help your athlete, here are my thoughts on what to remember and things to consider while your athlete is navigating their recruiting journey. Remember, this is free advice. Only 2% of high school athletes receive a scholarship to an NCAA School to play college sports.**

## **Don't Criticize The Coaches, Teammates or The Officials**

**Everyone knows a parent or two who sits in the stands and complains about the coach, screams at the officials and is either too critical of their own athlete, or believes their athlete never makes a mistake. If you are one of those parents, just understand that you might be sitting next to or near a college coach scouting your athlete. Yikes!**

**College coaches know that this kind of behavior teaches a young athlete to make excuses instead of making adjustments. Additionally, it creates tension and tense athletes typically don't perform very well. Finally, and perhaps most importantly, this behavior will most likely continue into college. Here's a good rule of thumb: Discuss strategy or game situations with your athlete in the car on the way home and just enjoy watching your athlete compete while you're at the games.**

## **Don't be a Helicopter Parent**

**A Helicopter Parent is defined by Google as “a parent who takes an overprotective or excessive interest in the life of their child or children.” To some extent, all parents have been Helicopter Parents at one time or another, but the problematic Helicopter Parent is easy to spot when their child is an athlete. Whether they want to admit it or not, a helicopter parents can actually have a negative impact on an athlete's chance for a scholarship. Helicopter parents tend to try and influence the recruiting process for their athlete. Some try to push a particular school on their athlete and others might go as far as calling a coach directly to discuss scholarship opportunities. Parents need to realize that they aren't the one who will be on the team. It's not your athletic career. You also need to understand that college coaches want to talk with two people (other than their own coaching staff) about any recruit: (1) the athlete and (2) his or her coach. That's it. No one else's abilities or opinions matter, especially a parent, whose opinion is biased.**

## **Don't Try To Evaluate Your Own Kid**

**An objective evaluation is probably the most important part of a successful recruiting journey. Without an unbiased evaluation, the recruiting process is going to be a disappointment for any athlete. Many parents think they can be objective about their own children. Think again! Really you might be the least qualified person to evaluate your athlete. Ask your kid how they stack up with other athletes. They probably have a better handle on it than you do.**

**Parents really need to find an objective source to evaluate their child's strengths and weaknesses and to give them honest feedback. This might come from his or her current coach, a skills coach, or from an opposing coach. An honest evaluation is critical to a successful recruiting journey.**

## **Don't Spend More On Recruiting Assistance Than The Scholarship Is Worth**

**In today's society, many well-meaning parents spend thousands of dollars every year on select teams, skills coaches, camps, showcases and personal recruiters. I have to ask, does that really make sense? Since most athletic scholarships are partial scholarships, it seems to me that parents need to evaluate every dollar they spend on these items. Some are beneficial, but college recruiting doesn't have to be expensive.**

**First of all, your athlete doesn't have to be on THE BEST team. They need to be on a team where they have an opportunity to play, the coaching is good and the schedule puts them in front of as many college coaches as possible. Parents should also be strategic when selecting camps and showcases. Be sure the camps they will be attending will have coaches from schools your athlete is interested in pursuing. Finally, hiring a personal recruiter won't make your athlete run faster, jump higher or throw harder. All parents should understand how recruiting works before making financial commitments to their son's / daughter's own recruiting process.**

## **Understand That College Coaches Are Evaluating The Parents Also**

**An athletic scholarship is a huge investment for a university to make in a high school athlete and college coaches take the responsibility of making scholarship offers very seriously. They evaluate a player's physical abilities, their academic standing, and their behavior on social media. Making the right decisions on which athlete's they recruit is critical to their livelihood. For that reason, college coaches also evaluate the parents and families of the athletes they are recruiting. A parent's actions and behavior could be the deciding factor between two athletes of similar abilities.**

**If for some reason you don't believe me, here are the thoughts of Pat Fitzgerald, the football coach of the Northwestern University Wildcats:**

**"An increasingly larger part of the evaluation of the prospect, for us, is evaluating the parents. It's a big part of the evaluation. We have and probably will more so, and it's a private deal – I'm not going to share who and where – but when we talk about our fit, we're evaluating the parents, too. And if the parents don't fit, then we might punt on the player and not end up offering him a scholarship. That has changed over a decade. Ten years ago, that wasn't as big of a role. Now it's a big part of it."**

## **Simple Advice For Athletes Looking To Get Recruited**

**College Recruiting Process:** It's a long and often arduous process that includes academics, weight training, highlight films, phone calls, campus visits and camps that demands hard work all four years.

**Parents and players need to realize less than 6 percent of high school football players go on play college football at any level – with fewer than half that number receiving a full scholarship.**

**Parents need to be involved in their athlete's recruiting process, but they need to know their role. Be available to listen, provide support, be on your best behavior, be realistic about your son's athletics skill set and abilities, and please don't try to run the process.**



## **Freshman Season: Get Recruiting Out of Your Head**

**There will be plenty of time to think about college. High school is a big enough adjustment for most without looking too far ahead.**

- **Focus on player development, which includes the weight room, nutrition, agility, speed, flexibility training, and mental preparation.**
- **Understand what it takes in the classroom. NCAA rules have changed for freshman eligibility in college. High school students need to hit specific benchmarks along the way and can't make it all up during their senior years.**

***CHECK OUT THE NCAA WEBSITE – DO YOUR HOMEWORK***

## **Sophomore Season: More of The Same**

**If you are one of the rare few to show NCAA Division I skills this early, the schools will find you, so:**

- **Be on track with core class requirements and take full advantage of early core classes.**
- **Begin ACT / SAT test prep.**
- **Register with NCAA Clearinghouse**
- **Continue work in the weight room and in the classroom.**
- **Learn the difference between FBS, FCS, Division II, Division III and NAIA. Get an honest assessment of where your talent can take you.**
- **Think about what majors you are interested in and match potential colleges with what they offer you after graduation.**
- **Sit down with a parent or guardian to understand what student aid is available outside of athletic scholarships in case you don't get a full ride.**

## **Junior Season: Time To Impress**

**By this time, your academic courses should be on track, and if you are a college-level athlete, you should have enough in the bank to start reaching out to colleges.**

- **Create highlight videos to distribute to target schools and post on sites such as [Hudl](#). But remember: *If your video package isn't ready to share, wait on it. It's better to get a good video that captures your talent than rush something out just to be seen.***

### **[Tips To Creating A Highlight Video Package That Will Catch A Recruiter's Eye](#)**

- **Ask your high school coach to reach out to talk to scouts and pass along the highlight videos.**
- **Continue With ACT / SAT Testing**
- ***Schedule and take the ACT / SAT. Take it early, and take it multiple times. As your score increases, more doors open.***
- **Sit down with your high school coach and realistically discuss what level of college player you are.**
- **Balance this feedback with your academic situation and identify college football programs that are right for you.**
- **Begin actively pursuing and planning for summer camps. Do not default to BCS camps with 500 other players. Attend regional camps if that's the best fit.**

## **Senior Season: Your Big Year**

**The foundation is set both physically and academically. It's time to showcase your hard work on the football field.**

**The majority of prospects are recruited based on senior performance. Only the highest level of play – BCS programs – have identified their targets and early commitments before their senior years.**

- **Finish up any core courses that are still out there.**
- **Take or retake the SAT / ACT.**
- **Continue to talk to coaches and scouts.**
- **Update highlight videos.**
- **Be prepared to talk to new schools if your targets do not offer the financial package you need.**

***The opportunities are out there. It's up to each athlete to find the best fit.***

# **PARENT / PLAYER CONTRACT**

**(Submission of This Document Is Required for Participation and Will Be Kept On File)**

I, \_\_\_\_\_ and \_\_\_\_\_  
**(Player Name) (Parent /Guardian Name),**

**Have read the Master Gilbert Tiger Football Player & Football Parent Expectations Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Gilbert High Football Program and are aware that all decisions that are made are for the betterment of the TEAM. It is a Privilege to play football at Gilbert High School, NOT A Right!**

**Athlete: \_\_\_\_\_ Date: \_\_\_\_\_**

**Parent: \_\_\_\_\_ Date: \_\_\_\_\_**

**There is no game that replicates life more, than the game of football!!**

**Master The Code of Ethics in Football and You Will Be A Better Player, Master The Code of Ethics in Life and You Will Become A Better Man.**

**Player Promise: I will do everything within my power to live a life that parallels the Gilbert Tiger Football Code of Ethics and Live Life Above The Line.**

**Player Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Life

# Code of Ethics

# Football

<b>Honesty; The Man In The Mirror</b>	<b>Integrity</b>	<b>Do the Right Thing, How would the best do it?</b>
<b>Responsible and Punctual</b>	<b>Accountability</b>	<b>Walk the Walk, Never Place Blame</b>
<b>Family, Friends, Faith</b>	<b>Loyalty</b>	<b>Players, Coaches, Teachers, Admin</b>
<b>Role Model, How we express ourselves</b>	<b>Class</b>	<b>Never Show Weakness, Head always held high</b>
<b>Show Respect, Women, Our Country</b>	<b>Respect</b>	<b>Earn Respect, Managers, Our Team</b>
<b>Positive, Glass Half Full</b>	<b>Optimistic</b>	<b>Opportunity, Ball on The One Yard Line</b>
<b>Mental, Moral, Physical</b>	<b>Strength</b>	<b>Condition, Discipline Strong Link</b>
<b>Goals, Visualization Continually on your mind</b>	<b>Passion</b>	<b>Change in attitude, Heart and Soul</b>
<b>Deeds, School, Friends</b>	<b>Service</b>	<b>Things that need to be done, Football Buddies</b>
<b>One More Chance, I'm only sixteen</b>	<b>No Regrets</b>	<b>Make A Choice, Sell Out</b>
<b>My Future; My Life Procrastination...</b>	<b>Academics</b>	<b>My Football Family; No Academic Casualties</b>