

WMU FOOTBALL PARENT HANDBOOK



Dear Parent/Guardian:

Welcome to what should serve as a positive and exciting experience for your child. We, the coaching staff at Winfield Mt. Union Football Program, have put together an information package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills.

The Wolves Football Program demands a lot of time from our student athletes and we do not 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 participant and the team. We need you to support us in this effort and make sure that your child is available for the scheduled practices, games, weightlifting and other events.

Thank you for allowing your child to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

The *Winfield-Mt. Union Wolves Football Coaching staff*- Please contact us with any questions, concerns, or compliments.

Name	Coaching Responsibilities	Credentials	Phone number/email
Scott McCarty	Head coach, offensive coordinator, qb/rb coach, LB coach, strength coach	9 years of coaching, 4th season as head coach, career record of 10-18.	scott.mccarty@wmu csd.org
Brad Doerring	Assistant coach, JV offensive coach, OL/DL, Special teams coordinator, strength coach	2nd year of coaching at WMU, 5th overall.	brad.doerring@wmu csd.org
Alex Klopfenstein	Assistant coach, defensive coordinator, DB/WR coach, strength coach	3rd year of coaching, 4th overall	alex.klopfenstein@w mucsd.org

Varsity Game Schedule

Date	Time	Home Team	Away Team	Location
8/28	7:00	Iowa Valley	WMU	Marengo, IA
9/04	7:00	WMU	Wapello	Winfield, IA
9/11	7:00	Cardinal	WMU	Eldon, IA
9/18	7:00	WMU	Danville	Winfield, IA
9/25	7:00	WMU	Lone Tree	Winfield, IA
10/2	7:00	New London	WMU	New London, IA
10/9	7:00	WACO	WMU	Wayland, IA
10/16	7:00	WMU	Van Buren	Winfield, IA
10/23	7:00	WMU	Pekin	Winfield, IA
First round	7:00	TBA	TBA	TBA
Second Round	7:00	TBA	TBA	TBA
Quarterfinals	7:00	TBA	TBA	TBA
Semifinals	TBA	TBA	TBA	TBA
Finals	TBA	TBA	TBA	TBA

Practice Schedule

Pre-season- Practices will run from 3:30-6:30 Monday through Friday. There might be one or two Saturday practices, TBA

In Season- Practices run from 3:45-6:00 Tuesday, Wednesday, Thursday with games on Friday and JV games on Monday. There will be practice for those not suiting JV on Monday as well.

Film will be on Monday Mornings At 6:30 A.M. for those that played on Friday night.

Weightlifting will be 3 times a week, Tuesday, Wednesday, Thursday at 6:30 A.M.

Coaches Code of Conduct

1. Winning is a consideration, but not the only one, nor the most important one. Care more about the student athlete than winning the game. Remember that players are in sports for fun and enjoyment.
2. Be a positive role model to your players, display emotional maturity and be alert to the physical safety of players.
3. Be generous with your praise when it is deserved; be consistent, honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach, don't yell at players.
4. Adjust to the personal needs and problems of players, be a good listener, never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach them the basics.
5. Organize practices that are fun and challenging for our players. Familiarize yourself with the rules, techniques and strategies of your sport; encourage all your players to be team players.
6. Maintain an open line of communication with your players' parents. Explain goals and objectives of your organization.
7. Be concerned with the overall development of your players. Stress good health habits and clean living.
8. To play the game is great; to love the game is greater.
9. We will coach the game with the principles of sportsmanship in mind.

Parents Code of Conduct

1. Do not force your children to participate in sports, but support their desires to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun.
2. Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays on both teams. Do not embarrass your child by yelling at players, coaches or officials. By showing a positive attitude towards the game and all of its participants, your child will benefit. Emphasize skill development and practices and how they are beneficial.
3. Know and study the rules of the game, and support the officials. This approach will help in development and support of the game. Any criticism of the officials only hurts the game.
4. Applaud a good effort in victory and defeat and enforce the positive points of the game.
5. Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
6. If you enjoy the game, learn all you can about the game and volunteer.
7. Practice good sportsmanship with the players and the coaches from the opposing team.

Players Code of Conduct

1. Play for fun!
2. Work hard to improve your skills.
3. Be a team player- get along with your teammates. Learn teamwork, sportsmanship and discipline.
4. Be on time for practices and games.
5. Learn the rules and play by them. Always be a good sport.
6. Respect your coaches, your teammates, your parents, opponents and officials.
7. Never argue with the official's decision.
8. Practice good sportsmanship with the players and coaches from opposing team.

Sixteen tips for positive parenting in extracurricular activities

1. Be positive with your athlete. Let them know you are proud they are part of the team.
 - a. *Focus on the benefits of teamwork and personal discipline.
2. Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team.
 - a. *Set a good example in your personal lifestyle.
3. Allow your athlete to perform and progress at a level consistent with his ability.
 - a. *Athletes mature at different ages; some are more gifted than others.
4. Always support the coaching staff when controversial decisions are made.
 - a. *The coaches need your backing to keep good morale on the team.
5. Insist on positive behavior in school and a high level of performance in the classroom.
 - a. *Numerous studies indicate extracurricular involvement helps enhance academic performance.
6. Stay calm in injury situations.
 - a. *Parents can help minimize the trauma by being in control and offering comfort.
7. Cheer for our team and players. Opponents and referees deserve respect.
 - a. *Realize that high school players will make mistakes. Your support is needed during tough times.
8. Promote having fun and being a team player. Very few high school athletes receive scholarships.
 - a. *Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
9. *An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged.
 - a. *Encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.
10. Winning is fun, but building positive team values is most important.
 - a. *The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.
11. Find time to be an avid booster of school activities.
 - a. *Help build a solid support system for coaches and athletes.

12. Help students keep jobs and cars in proper perspective.
 - a. *Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities.
13. Athletes must attend all practices and contests.
 - a. *Stress the necessity to make a commitment to the team. Practice is important.
14. Emphasize the importance of well-balanced meals and regular sleep patterns.
 - a. *An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.
15. Many athletes enjoy participating in several sports.
 - a. *Specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.
16. Persistence and being able to accept a role is extremely important for the team to be successful. .
 - a. *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.

Team Expectations

1. Keep up with your schoolwork. Poor grades in school and not completing homework will result in loss of playing time and/or discipline from the coaching staff.
2. If you don't practice or lift, you don't play. All excused absences must be coordinated with the coaches. If you don't make an effort to attend practices, we as coaches are not required to play you.
3. If you skip a class- you miss a practice. One missed class results in loss of playing time. If you skip three classes and/or practices you are dismissed from the squad. Be where you need to be and learn.
4. What the coaches say goes. Back talking, profanity, or any form of disrespect will result in disciplinary actions.
5. Respect other players. Remember your teammates are working with you not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions.
6. Take care of your equipment. Let the coaches know if your equipment needs repair. This is the key to safety.
7. Wear your mouthpiece when required and keep a spare.
8. Come to practice prepared to work and play.
9. Learn the rules of the game.
10. Know the name of each position.
11. Arrive early for practices, games, and travel situations.

Equipment Care

Equipment care is very essential in maintaining good quality equipment for you and others to use while participating in *Winfield- Mt. Union Football*. The average cost of outfitting you with the essential and proper fitting safety gear is around \$500.00 per student/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. Unlike other sports, we do not ask you to supply or buy your own gear so we need to follow some simple maintenance steps for your borrowed equipment throughout the year.

- A. Helmet: Cost of \$210.00 and up
 - a. This is not a device made to use as a weapon. Fully understand that you'll be taught the proper techniques of the game and the use of the helmet other than a safety device is strictly prohibited.
 - b. Inspect and tighten facemasks screws weekly.
 - c. Inspect and tighten chinstrap screws weekly.
 - d. Inspect and tighten buckles weekly.
 - e. Wipe down your helmet weekly (inside and out) with a damp cloth.
- B. Shoulder pads: Cost \$175.00 and up
 - a. Inspect all straps, strings and clips weekly.
 - b. Make sure all straps are proper alignment and tightness before every practice.
 - c. Wash the molded plastic with a damp cloth.
- C. Pants, Girdle, Belt and Practice Jersey
 - a. Wash them regularly to keep from smelling, staining and housing bacteria.
- D. Hip Pads, Thigh Pads, Knee Pads and Tail Pads
 - a. Wipe down with a damp cloth.

Final thoughts

Remember that this is a game played by kids. As a coaching staff we are going to try and instill values and discipline the athletes in a way to create young men of character when they are done playing at WMU. We will strive to compete for district titles by preparing and doing things the right way. Let your athlete enjoy being a part of something bigger than themselves. Support the team and see the big picture. It is always about WE, never ME. Thanks and let's have a good season.