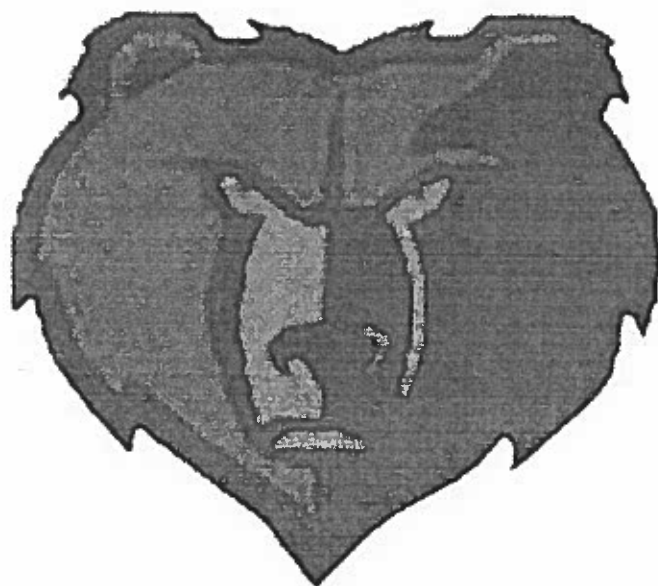


PALMETTO RIDGE

FOOTBALL



2019-2020

PLAYER & PARENT EXPECTATIONS

HANDBOOK

Dear Parents/Guardian

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the PRHS Football Program in conjunction with the Touchdown 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. 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.

This handbook is a look into what the Palmetto Ridge 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, 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. The coaches 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". There is no room for special privileges on a team. 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 PRHS 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 player and the team. We need you to support us in this effort and make sure your son is available for the scheduled practices, games, and other events such as teambuilding and fundraising.

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

Coach Toukonen

Program Philosophy

“HARD WORK & DISCIPLINE”

This is the foundation of Palmetto Ridge 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 relationships. 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. They are how we define a successful season and football program.

Spring Practice

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 evaluate and condition players and introduce the upcoming season’s offense, defense, and special team’s philosophies and playbook. All current PRHS students are required to work out during this time.

Summer Workouts

The summer is a time to get a jumpstart 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. EACH ATHLETE WILL BE REQUIRED TO ATTEND AT LEAST 34 WORKOUTS OR THEY WILL NOT BE PERMITTED TO PLAY FALL FOOTBALL. This is a necessity for a successful season. 7 on7’s and summer conditioning sessions are put together in order to provide for a better season. Our objective this summer is to get better each day and enjoy ourselves. Be committed to your team and its goals.

Attendance/Discipline

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

*Unexcused Practice/ISS = 25 Bear Trails/PTA’s

*Excused Practice/ Classroom misbehavior = 10 Bear Trails/PTA’s

Player Expectations

We will operate the PRHS Football Program in accordance with the rules, regulations, and policies as outlined by the FHSAA, and the administrative policies of PRHS. 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, administration, 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. 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.

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, and achieve a minimum GPA of 2.0. Poor behavior and low achievement make all of us look bad.

The academic progress of all team members will be monitored throughout the school year!

Inclement Weather

When a practice is scheduled we will do something as a team regardless of the weather so practice will always be on. When a situation arises where we have inclement weather 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 the weight room

Physical and Health Insurance Paperwork (www.athleticclearance.com)

All players must have an updated physical exam on FHSAA forms 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 then a policy can be purchased through the school.

Injuries and Health Concerns

If you have an injury or health concern, please see our PRHS Athletic Trainer, Mr. Lyons, before going to a doctor. Players should report any updates in medical conditions or medications being taken to Mr. Lyons. Players should also report health conditions such as skin rashes to Mr. Lyons so appropriate action can be taken to prevent spreading.

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.

Nutrition

Try to stay away from soda, fast food, fatty food, fried food, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water!!! On game day 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 nine hours of sleep per night.

Parents Attending 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.

Parent Expectations

Be positive with your athlete. Let them know you are proud they are part of the team. *Focus on the team benefits of teamwork and personal discipline.*

Encourage your athletes to follow all training rules. Help the coaches build a commitment to the team. *Set a good example in your personal lifestyle.*

Always support the coaching staff when controversial decisions are made. The coaches need your backing to keep good morale on the team.

Insist on positive behavior in school and a high level of performance in the classroom. Numerous studies indicate extracurricular involvement helps enhance academic performance.

Cheer for our team and players. Opponents and referees deserve respect. Realize that 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. Statistics can be very distracting.

Athletes must attend all practices, games, and team events. Stress the necessity to make a commitment to the team.

BEARS SUMMER CONDITIONING

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	
	NO SCHOOL	CONDITIONING AFTER SCHOOL	CONDITIONING AFTER SCHOOL	CONDITIONING AFTER SCHOOL	CONDITIONING AFTER SCHOOL	

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM

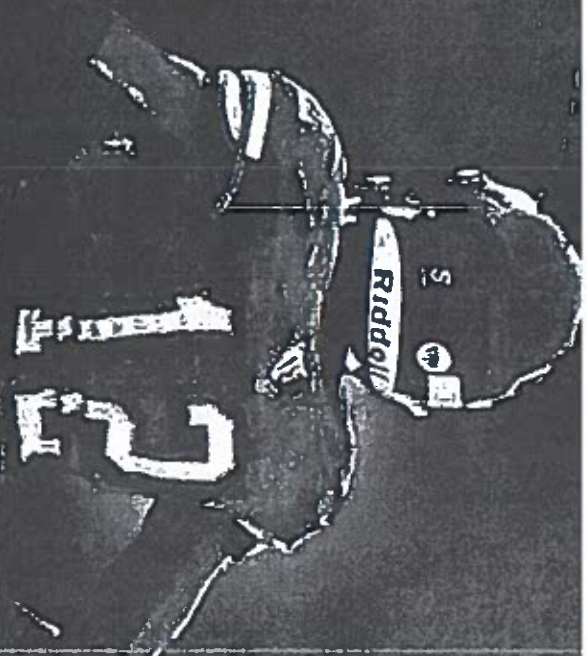
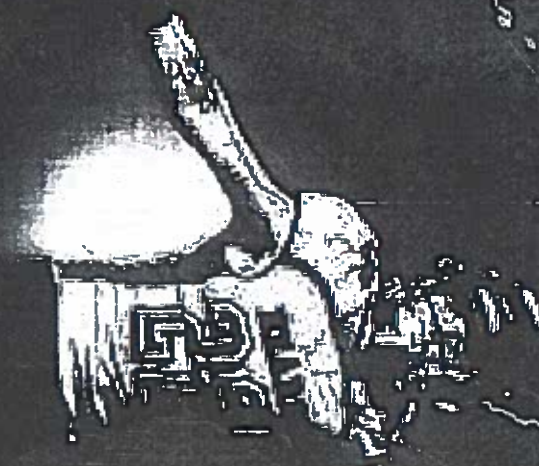
July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM	CONDITIONING 8:00 AM
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*FOR A STUDENT-ATHLETE TO COMPETE IN FALL FOOTBALL THEY HAVE TO ATTEND AT LEAST 34 SUMMER CONDITIONINGS...NO EXCUSES!!!!

Palmetto Ridge Varsity Football Schedule 2019-2020

Date	Day	Time	Location	Opponent/Title
8/16/2019	Friday	7pm	Home	South Ft. Myers
8/30/2019	Friday	7pm	Home	Victory Christian
9/6/2019	Friday	7pm	Away	Bishop Verot
9/13/2019	Friday	7:30pm	Away	Naples
9/27/2019	Friday	7pm	Away	Lely
10/4/2019	Friday	7pm	Home	Gulf Coast
10/11/2019	Friday	7pm	Home	Immokalee
10/18/2019	Friday	7pm	Home	Barron Collier
10/25/2019	Friday	7pm	Away	Golden Gate
11/1/2019	Friday	7pm	Home	Port Charlotte



POST SEASON

HOME



AUG 23RD



AUG 30



OCT 4



OCT 11

BC

OCT 18



NOV 1

AWAY



SEP 6



SEP 13



SEP 27



OCT 25