



Coconino HS Panther Football

Student-athlete & Parent Handbook
and general expectations

DEVELOPING CHARACTER

THROUGH

ATHLETICS

**“You are given three names in life the one you inherit, the one your parents give you,
and the name you make for yourself”-Abraham Lincoln**



Coconino HS Panther Football

Vision Statement

All student-athletes who would benefit the football program or would benefit from participating in football will be on the field of competition. Football players will be leaders in the classroom and in the hallways of school, making them better employees and, in some cases, better bosses in the future. The football program takes great pride in knowing it has a part in developing young adults in better spouses, parents and children.

Above all else, our student-athletes will be athletes of

CHARACTER.



Coconino HS Panther Football

COACH'S PHILOSOPHY

As part of the overall curriculum here at CHS this program is built on ...

Putting the student-athlete first.

Doing things right.

Cultivating well-rounded young men of Character.

Promoting team goals above individual goals, integrity and sportsmanship.



Coconino HS Panther Football

The football coaching staff celebrates the achievements of its student-athletes. All football staff and players are committed to high standards of morality, integrity, and character. The football team will be held to these standards both on the field of competition and in the classroom. Students-Athletes will be well-disciplined and fundamentally sound competitors. Student-Athletes will be prepared to be better citizens in society

The football coaching staff will demand excellence and commitment from the student-athletes. The staff will be expert position technicians and constantly strive to improve their football knowledge and coaching abilities. The staff understands that the same demands on student-athletes apply to them as well



Coconino **HS Panther Football**

Team Motto & Goals

MOTTO

DO WORK -

I am committed to the program. I am going to show up to all football functions and give my all

OUR TIME –

It is our time to be successful

Academic Goals

- #1 – Receive Diploma
- #2 – Academics before Athletics
 - Pass every class, every Semester
- #4 – Work with Teachers to help student-athletes

Athletic Goals

- #1- Combined winning record for the Program (All Levels)
- #2 – Win City Title (All Levels)
- #3 – More victories than the other city schools



Coconino HS Panther Football

Panther Coaching Staff

Varsity

Head Coach:

- OC, O-Line, Kick-off, Punt & FG/PAT

928 345 7308 Cell

928 226 1285 Home

tragan@fUSD1.org

Assistant HC:

Greg Reiff – DC, LBs, Punt Return & K/O

David “Bulldog” Turner – QB/Center Exchange & ILB

Jeff Blalock – D-Line

Andres Delgadillo – RBs & DBs

Corey Slator – QBs Passing Game Coordinator



Coconino HS Panther Football

Panther Coaching Staff

Panther Coach Staff

Junior Varsity

Head Coach: Jeff Mews – OC & Line Coach (Strength)
Charles “CE” Blanton – DC, RBs & LBs
Ty Oney - Special Teams WRs & DBs

Freshman

Head Coach: Katchee Mitchell – OC & Line Coach (Strength)
John Crews – DC, WRs & DBs

Athletic Director: -8215

Main Line: 773 8200



Coconino HS Panther Football

Online Resources

Team Website: <http://coconinopanthers.az.usfootballnet.com> (Calendar)

School Website: <http://fUSD1.org/coconino>

College Recruiting: <http://golets.org/>

Stats Website: <http://maxpreps.com>



Coconino HS Panther Football

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner, it is quite another to really win.



Coconino HS Panther Football

Pursuing Victory with Honor

There Is No True Victory Without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come From the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.



Coconino HS Panther Football

Pursuing Victory with Honor

THE DEFINITION OF SPORTSMANSHIP ~

Sportsmanship is character displayed through athletic competition. People of character live by the “Six Pillars of Character,” universal values that can be used to define a good person: ***trustworthiness, respect, responsibility, fairness, caring and citizenship***. This code applies to the parents of all student-athletes involved in interscholastic sports.

TRUSTWORTHINESS

Always pursue victory with honor Demonstrate and demand scrupulous integrity— Observe and enforce the spirit and letter of rules – Don’t compromise education and character-development goals – Don’t engage in or tolerate dishonesty, cheating or dishonorable conduct.

RESPECT

Treat the traditions of the sport and other participants with respect – Don’t engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent “trash talking,” taunting and unseemly celebrations – Win with grace and lose with dignity.



Coconino HS Panther Football

Pursuing Victory with Honor

RESPONSIBILITY

Be a positive role model and require the same of your student athletes – Further the mental, social and moral development of athletes and teach life skills that enhance personal success and social responsibility.

FAIRNESS

Adhere to high standards of fair play – Never take unfair advantage— Be open-minded.

CARING

Assure that the academic, emotional, physical and moral well-being of athletes is always placed above desires and pressures to win.

CITIZENSHIP

Promote sportsmanship by honoring the rules and goals of the sport – Establish codes of conduct for coaches, athletes, parents and spectators – Safeguard the health of athletes and the integrity of the sport prohibiting the use of alcohol and tobacco Demand compliance with all laws and regulations, including those relating to gambling and the use of drugs.



Coconino HS Panther Football

Basic Principles

- Each player has something to contribute to our football program, and they are expected to make the commitment needed to show that contribution as a positive to the team.
- Each player is respected as an individual and deserves to be treated with dignity by his teammates and the coaching staff.
- The players and coaches must conduct themselves in a manner that positively impacts the perception that the community and the school
ect
reflection of the program, school, and community.
- Football players are students first. It is the responsibility of the individual players to enhance their chances for academic success. The coaching staff will supply guidance and motivation to ensure success.
- Football is a team sport, which requires the commitment of many individuals. All members of the team share in the excitement of winning and the disappointments of losing together. No individual is ever solely responsible for a win or a loss.



Coconino HS Panther Football

Attendance: Attendance at all practices and meetings is mandatory. This includes any type of team activity such as Saturdays and morning lifting before school. In case of illness, or family emergency please contact the head coach of the respective level or Coach Ragan.

Promptness: All players are to be on time to all team practices, meetings or any other type of team function. At practice this means being in the locker room or on the field dressed when the designated time arrives.

Language: All players and coaches are expected to refrain from using profanity. This type of language is offensive and reflects a lack of discipline. This goes back to the example for the school and community that we want to set and there is no place for vulgar or obscene language.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Addressing Adults: All adult members of the football program (coaches, trainers, etc) are to be addressed as Coach or Mr. (Mrs.). This is very important. No coach will be referred to by his last name only. It is appropriate for players to refer to adults by their first name or nickname only if that person asks you to do so.

In-season Lifting: All varsity players are expected to follow our in-season strength program. During the season we may be stretching and lifting on Saturday, Monday, and Wednesday mornings. Please refer to the attendance expectations. Junior Varsity and Freshman players are also highly encouraged to attend. Develop the habit

Gym Shoes: As you know, it is possible that we will have to practice indoors during the season. Therefore, all players need gym shoes at practice and dry socks.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Training Rules: It is vital that all players adhere to the training rules so as not to inhibit the physical or mental ability to perform as an athlete. There are many things you need to be conscious of that can affect an athlete's performance. Among those are:

1. Amount of sleep
2. Nutrition
3. Excessive or rapid weight loss
4. Level of conditioning prior to the start of practice
5. Degree of flexibility
6. Proper Treatment of injuries
7. Amount of water intake before, during, and after practice and games
8. Refraining from the use of tobacco, alcohol, and drugs (including steroids)



Coconino HS Panther Football

GENERAL EXPECTATIONS

Treatment of Teammates: Under no circumstance is there to be any hazing at Coconino. All players are to be treated with dignity and respect. This is also the case for all trainers, managers, and any other support staff of our football team. Make sure "kidding" is not malicious or does not get out of hand.

Equipment, Lock and Lockers: Every player will be issued all necessary equipment, uniforms, game uniforms, lock and locker. It is the responsibility of the student-athlete to take care of it and inform the coaching staff if there are any problems with the equipment or uniforms. All equipment and uniforms must be turned in at the conclusion of the season before receiving any awards or letters. Also, you will not be cleared for your next sport until you turn in all equipment.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Pre-Hydrate: It is important to drink plenty of water before, during, and after practice and games. Even though this is most critical step in preventing heat problems, it is usually the step most often ignored by athletes because they don't feel thirsty before practice. We encourage the players to bring their own water to practice, but be assured that our Athletic Trainer provides water for the players. Please make sure not to share water containers with other players.

Meals: Be sure to eat three solid meals a day. Don't skip breakfast – it is the most important meal. Also, don't eat heavy fried foods for lunch. This is the hardest type of food to digest and you are asking for problems at practice. Eat plenty of fruit at lunch. Also, increase your carbohydrates, protein, and potassium intake. If you have any questions about diet please ask a coach, Athletic Trainer, or family doctor.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Off- and Pre-Season Commitment:

The Season is from August – November

Off-Season is from December – May

Pre- Season is from June – August

Off-Season Trainings: At the end of each season there will be a calendar listing the days and times of the off-season workouts. At the beginning of each month player will be tested in the Bench, Squat, and Power Clean. Players can earn shirts based on their performance in the weight.

300	350	400	pound Squat Shirts
200	225	250	pound Cleans Shirts
700	800	900	1000 pound club shirts and patches



Coconino HS Panther Football

GENERAL EXPECTATIONS

Summer Participation: Summer is crucial time for an athlete to gain a competitive edge. Summer participation is highly encouraged. To encourage student-athletes summer participation players will be rewarded for their efforts in the weight room.

- Players will be issued equipment and jersey numbers based on their attendance in the weight room. Regardless of grade those players with the most days will select first.
- Varsity players that attend 34 out of 40 days or more will have their name on the back of their home and away jersey.
- J.V. and Freshmen players will receive their Panther 1 shirt once they reach 30 days in the weight room each summer.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Playing other Sports: Our strength and conditioning program should never be a deterrent from participating in other sports. We believe that there are many carry-over benefits from other sports. However, it is important to find time to participate in our strength and conditioning program. During the summer all athletic programs at CHS attempt to ensure that students are able to participate in all summer time activities. As coaches we communicate so that there are very little conflicts during the summer.

Summer is our pre-season. If you are in other sports, we are aware that there will be demands for your time in these sports, too. Participating in summer basketball, baseball, wrestling are important, but no more important than participating in the football summer program. You must work to find a way to distribute your time among these sports. Keep in mind that football is the next season that will be played once summer is over.



Coconino HS Panther Football

GENERAL EXPECTATIONS

Suspension and Cutting Policy: Players may be suspended or cut from the football team for several. There is a safety concern for the individual player or other players. The player is not making a contribution to the team, by the following

- Attendance in school and practice
- Grades
- Attitude
- Lack of a positive contribution

Officials: Under all circumstances the student-athlete is to treat the game officials with respect. Never argue a call or complain to officials. Always refer to the officials as "Sir". We will not tolerate any of our players arguing calls or complaining. Should this happen, the student-athlete will be pulled from the field of play.



Coconino HS Panther Football

General expectations

Academics

1. Players are students first.
2. During the Season there are tri-weekly grade checks
 - Students with a D or F will be expected to participate in mandatory study table at Lunch Tuesday, Wednesday, and Thursday until the grade is raised to a C
3. Parents will be notified when a student is ineligible.
4. Players make seek extra help before school or before practice as well. Players must get a signed note if they get help before practice
5. A player that has an F may not participate in practice or games until passing, but they must still show up to study table
6. A player that has a D may participate at the head coaches discretion, part of that is attendance at study table.
7. A player that receives to subsequent F's in any classes will be suspended from the team for 3 weeks.
8. If a player maintains a C average during grades checks they will receive a scholar baller decal for their helmet. This applies for all three levels.



Coconino HS Panther Football

General Expectations

Academics

Ineligible Player Guidelines:

1. You lose your positions and positions must be earned back.
2. Cannot pick-up game jersey on game day.
3. Cannot be on the sidelines with the team.
4. Cannot make road trips
5. Team meals, home games, only for eligible players.
6. The locker room on game day is off limits.
7. REMEMBER: You have not only let the team down you have let yourself down



Coconino HS Panther Football

General expectations

Injured Player Guidelines

1. Report any injuries to the training staff and your coach immediately.
2. Don't neglect Injuries. Show up to all treatment sessions on time. This could be before school, during lunch or before practice.
3. All athletes sent to the doctor for medical treatment or who seek medical attention on their own must return with a signed note from the doctor. The note should contain the diagnosis, treatment plan, and an estimate of how long you will be out.
4. You will be expected to attend all practices to watch and learn or to participate on a limited basis as determined by the coaching and athletic training staff.
5. You will be expected to attend all home games to support your team. You will also be expected to help the coaches, managers, and athletic trainers before, during, and after the game.
6. Due to space limitations, travel to away games will be on a space available basis.



Coconino HS Panther Football

General expectations

Treatment of Opponents

During the course of a football game, the student athlete is expected to play hard-hitting, aggressive football. The opponent is expected to play the same way. All football players will play by the rules and regulations and exhibit sportsmanship regardless of the situation. Any verbal confrontations with an opponent shows a lack of discipline and self-control. Any illegal physical confrontations could result in a 15-yard penalty and being ejected from the game, which means you automatically will miss the next game.



Coconino HS Panther Football

General expectations

To give their very best effort towards receiving a quality education.

Do things right.

Always give their best effort for the team, teammates, and themselves.

Treat others the way you want to be treated.

To be prompt.

To hustle, give the best effort possible.

To know their assignments, be students of the game.

Abide by team and school rules.

Sacrifice for the team, each individual is only as good as the team.

Be the best person that they can be, be a role model for others.

To play with Character – "Play as well as you can for as long as you can."

To play with Pride – "Know that you won't quit when it gets tough."

To be Mentally Tough – "Accept discomfort and live with it."



Coconino HS Panther Football

General expectations

BEHAVIOR EXPECTATIONS OF SPECTATORS

1. A game ticket is a privilege A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
2. Support and yell for the team
3. Praise Athletes as you would for doing well in the classroom, they are improving themselves as players, students and people.
4. Show respect for the opposing players, coaches, spectators and support groups.
5. Respect the integrity and judgment of game officials.
6. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
7. Spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
8. Refrain from using controlled and/or illegal substances before contest.



Coconino HS Panther Football

General expectations

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The AIA encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

Safety on the Field: By nature, the game of football is a very rough sport and there always exists the possibility of injury. It is our objective to minimize the possibility of injury through proper training and teaching. The student-athlete has the responsibility to follow instructions and do those things necessary to minimize the chance of serious injury.

Our primary concerns are head and neck injuries. At CHS, no player may initiate any contact on a block or tackle with the head. The helmet is not to be used as a weapon. All contact with an opponent is to be done with the head up and eyes focused on the opponent.

Any questions about head injuries or any other injuries please see a coach or the Athletic trainer.



Coconino HS Panther Football

General expectations

PARENT / COACH RELATIONSHIPS

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.



Coconino HS Panther Football

general expectations

Communication coaches expect from parents:

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating.



Coconino HS Panther Football

general expectations

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

Conferences between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.



Coconino HS Panther Football

general expectations

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalates it.



Coconino HS Panther Football

general expectations

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1) Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary. Students' involvement in co-curricular activities has been proven to increase their chances of success later in life.

We hope the information contained in this presentation helps make that experience more enjoyable for everyone involved.



Coconino HS Panther Football

Final thoughts

- Please make sure to read and sign the Rules and Regulations sheets.
- Please visit the website to stay update on events.
- Please support you student-athlete in a positive manner.
- Encourage them to stay in good condition, but again don't be a fanatic. Weight lifting and Conditioning are important but don't overdo your exhortations. Maintain proper balance in all things.
- When practice begins don't place too much pressure on your child. We place enough on them each day. Support them when they get discourage.
- Support the decisions of the coaches as well. Don't agree with every criticism an athlete has about a coach. Coaches have the best interest of the team and athlete at heart.
- Think in human terms. Coaches are human, players are human, and officials are human...treat them as such.
- Speaking of officials... There is a real shortage. Please quit yelling at them or better yet buy a whistle and join the association.



Coconino HS Panther Football

Final thoughts

- Keep in mind that athletic scholarships are rare. Only 2% of all high school athletics get scholarships. Do the math. There are only 300 Division I colleges. Your child has a better chance of getting an academic scholarship.
- We love your children and we love your support. We don't make a great deal of money doing what we do, but we are professionals. We work 70-80 hours each week for your children. Save your criticism. We will do the best we can.
- These guidelines are meant to help them become the best possible student-athlete and also continue a tradition of excellence at CHS that will make our football program as strong as possible.



Coconino HS Panther Football

Final thoughts

- I want the players to experience a bond, make friendships that will last a lifetime and create positive memories that will stay with them forever! I (and my staff) will teach the game of football and about life, benefiting each individual in their future endeavors. The year-around commitment by all involved will ensure that the above goals are achieved.
- To develop character through athletic we will be using coaching4life curriculum during the season. The curricula will teach the student-athletes about character in short mini-lessons through the season. It will correspond with a character theme of the week.

Sincerely,
Coach Ragan & the CHS Football Staff