

LAKE BRADDOCK BRUIN FOOTBALL PLAYER MANUAL

"FOCUS ON THE "CONTROLLABLES" - HOW YOU CARRY YOURSELF, HOW YOU TREAT OTHERS; HOW YOU PERFORM IN SCHOOL; HOW YOU REACT TO SITUATIONS ON AND OFF THE FIELD. IN A GAME, RELAX, HAVE FUN AND PLAY WITH CLASS."

EXCELLENCE ON AND OFF THE FIELD.

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Lake Braddock Football Player Manual

I. INTRODUCTIONS

A. To The Parent

This publication is presented to you because your son or daughter has indicated a desire to participate in the Lake Braddock Football Program, and you have expressed your willingness to permit him or her to participate. By supporting policies that govern school competition for the school and the conduct and training for school athletes, parents, team members and coaches can maintain a football program with positive opportunities and experiences which foster growth for all team members.

We in the football program believe that a properly managed football program helps meet students' need for self-expression and mental alertness, as well as physical, mental, and social/emotional growth. Our obligation is to maintain a sound program to further students' emotional and physical maturity. The staff is committed to provide adequate equipment and facilities, well-trained coaches, and fair contests with skilled officials.

Students who enlist in our program make choices and commitments to certain responsibilities: self-discipline, a certain degree of sacrifice for the betterment of the program, and prescribed training habits. To remain on the squad, all students are expected to comply with the rules of training and conduct, to discipline their minds and bodies for rigorous competition, and to recognize and respect the rights of fellow team members.

Through communicating the specific policies for a well-organized football program, the members of the football staff ask you to join in a community of support for a program both characterized by the unwillingness of all participants to compromise through mediocrity, and distinguished by its excellence.

1. PHILOSOPHY OF FRESHMAN AND JUNIOR VARSITY FOOTBALL

Freshman and junior varsity athletics at Lake Braddock are intended to foster a healthy and desirable attitude towards athletic participation. They present an environment in which students can begin to learn all of the positive elements that can be gained by participation in sports.

Freshman and junior varsity football provide the opportunity for students to prepare for future participation on the varsity team. Learning and refining fundamental skills of the game, sportsmanship, knowledge of in-game strategy, exemplary teamwork, a hunger for competition, adequate conditioning, and maturity are necessary for athletes to advance to higher levels of competition.

Although participation by as many players as possible is highly desirable, there are no guarantees that all athletes will participate in all games. While coaches are encouraged to give each student the opportunity to participate in as many games as safe and practical, playing time for athletes remains the sole decision of the Head Coach and his/her staff at each level of the Lake Braddock Football program.

2. PHILOSOPHY OF VARSITY FOOTBALL

The varsity football program at Lake Braddock is intended to provide an opportunity for those student-athletes possessing a high degree of skill, commitment and talent in football player to represent him/herself at the highest level possible at VHSL's highest level of competition.

B. TO THE ATHLETE

Being a member of the Lake Braddock Football program is a fulfillment of a goal. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great football tradition is not built overnight; it takes the hard work of many people, players, and coaches over many years. As a member of the football program at Lake Braddock, you have inherited a wonderful tradition: a tradition to win with honor. You are challenged to uphold this tradition and to bring honor to our athletes, our school, and our community.

When you wear the colors of Lake Braddock Secondary School, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them.

1. **RESPONSIBILITIES TO YOURSELF:** These vital responsibilities are to broaden you as a person and assist in the development of your strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
2. **RESPONSIBILITIES TO YOUR SCHOOL:** Another responsibility you assume as a squad member is to maintain the reputation of your school. Your school cannot maintain its position as having an outstanding reputation unless you represent it well. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role within the school when you are an athlete. This role is even more elevated when you choose to become a member of the football team. The student body and citizens of the community know and recognize you. You are on stage; the spotlight is on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you have the opportunity to directly contribute to positive school spirit and community pride. Make Lake Braddock proud of you and your community proud of the football program by always representing them through positive performance and high character.

3. **RESPONSIBILITIES TO OTHERS:** When you have met all training rules, have practiced to the best of your ability everyday, and have played the game “all out,” you have your self-respect, and your family can be justly proud of you. Your fellow students in the Lake Braddock community are watching you. They will copy you in many ways because of your status both as an athlete and as a football player. Do not do anything to let them down. Set good examples for them.

II. FOOTBALL PROGRAM PHILOSOPHY

A. Statement of Philosophy

The Lake Braddock football program provides a wide range of experiences to aid in the development of positive habits and attitudes in students that will prepare them for adult life in a democratic society.

The Bruin Football program stands by its core values. These core values work collaboratively with the core values of Lake Braddock Secondary School.

1. On time is actually 10 minutes early.
2. Win, lose, or draw with class.
3. Outwork your opponent.
4. Sports may build character; football reveals it.
5. Represent yourself, school, and team in a positive way at all times.

Football Goals and Objectives

OUR GOAL – Each student-athlete shall become better-equipped to be a productive citizen in a democratic society. Each student-athlete will exhibit such qualities as being punctual, attending daily, working hard, serving the community, and most importantly, living every day with strong character.

OUR SPECIFIC OBJECTIVES - Each student-athlete shall learn:

1. **To Work Well with Others** – In a democratic society, citizens must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. **To Be Successful** – Society is very competitive. Learning to accept defeat stems from striving to win with earnest dedication and developing a desire to excel.
3. **To Display Sportsmanship** – By accepting defeat with grace and dignity, one learns to treat others as he/she would like to be treated. Through participation in athletics, a student-athlete may develop desirable social traits, including emotional control, honesty, cooperation, and dependability.

4. **To Diligently Work Toward Improvement** – Setting a goal and working to achieve it is characteristic of a good citizen. An athlete continually establishes personal goals to enhance his/her skill set and diligently works to meet those goals.
5. **To Enjoy Football** – Student-athletes must enjoy participation, acknowledge all of the personal rewards to be derived from football, and give sufficiently of themselves to preserve and improve the school's sports program.

B. Academic Goals and Philosophy

The student athlete will understand that they are a student first, and an athlete second. Academics will always come first in the Lake Braddock Football program.

1. In-season we will have a set number of mandatory study halls. If more are needed they will be issued on an individual basis.
2. All players must meet VHSL academic eligibility standards in order to participate on the Lake Braddock football team.
3. A minimum 3.5 team GPA is our goal.
4. Players will be responsible for the completion of weekly grade monitor sheets.
5. Players must adhere to the LBSS attendance policy in order to participate on the football team.

III. REQUIREMENTS FOR PARTICIPATION

A. Physical Examination

A yearly physical examination is required. All pages of the VHSL physical form must be fully completed by the parent/guardian and/or the physician and submitted to the athletic department **prior** to participation. This physical covers all sports for the entire school year provided the examination occurred after May 1 of the preceding season. The form will be kept on file with the athletic department.

B. Emergency Medical Authorization

Each athlete's parents shall complete the FCPS Emergency Care Card, granting permission for treatment by a physician or hospital when the parent/guardian is not available. The card will be available at all practices and contests.

C. Scholastic Eligibility

In order to participate on the Bruin Football team, each athlete must have satisfied all of the VHSL-mandated scholastic eligibility requirements prior to participation.

D. Risk of Participation

All athletes and parents must realize the risk of serious injury, which may result of athletic participation. Lake Braddock football will use the following safeguards to make every effort to eliminate injury:

1. A mandatory parent/player meeting prior to the first contest of the season to explain fully the football policies and to advise, caution, and warn parents/athletes of the potential for injury.
2. A continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.

E. Financial Obligations and Equipment

1. Uniforms – In general, uniforms are provided to all athletes. However, in some cases the athletes must purchase certain items. Such items become the personal property of the student.
2. Equipment – All student-athletes are responsible for the proper care and security of issued equipment to them. School-furnished equipment is to be worn only for practice and contests. Students must pay for all equipment not returned in good condition at the end of the season.
3. Lake Braddock Football will furnish NOCSAE (National Operating Committee on Standards for Athletic Equipment) approved helmets for football. All helmets are inspected for safety, as well as reconditioned and sanitized annually.
4. Additional fees may apply to cover additional items that are mandatory to the football program.
 1. Spirit Pack items
 2. Meals
 3. Equipment that should be replaced each season (girdle, etc.)

IV. ATHLETIC CODES OF CONDUCT

A. Conduct of Athletes

Firm, fair, and consistent enforcement is necessary to uphold the regulations and standards of the Lake Braddock Football program. The community, school administrators, and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of each student is our major consideration and transcends any other consideration.

All football players shall abide by a code of ethics, which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or school will not be tolerated.

Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, morality, violations of law, use of racial epithets or discriminatory remarks of any kind tarnish the reputation of everyone associated with the football program will not be tolerated.

All athletes shall understand the definition of hazing, refrain from involvement and report any incidents to the coaches immediately.

- Hazing means to recklessly or intentionally endanger the health or safety of a student or to inflict bodily injury on a student in the connection with or for the purpose of initiation. Admission into or affiliation with, or as a condition for continued membership to a club, organization, association, fraternity, sorority or student body regardless of whether the student so endangered or injured participated voluntarily in the relevant activity.

The following list is provided for the purposes of clarifying what actions constitute an act of hazing.

Hazing includes but is not limited to the following:

1. Assigning pranks such as stealing, painting objects, harassing another group or club.
2. Modifying ones' appearance such as partial or total haircuts, shaving of eyebrows, tattoos, and drawing on skin with magic markers.
3. Engaging in public stunts and buffoonery.
4. Consumption of undesired foods or liquids.
5. Apparel which embarrasses or which is lewd.
6. Playing games where the loser must perform some humiliating action.
7. Agreeing to do demeaning tasks for others (servitude)
8. Misconduct or forced misconduct on social media.

B. Football Team Rules

LAKE BRADDOCK FOOTBALL **TEAM RULES**

- 1st Unexcused absence will result in supplemental individual conditioning.
- 2nd Unexcused absence will result in loss of ½ of a game
- 3rd Unexcused absence will result in loss of 1 full game & supplemental individual conditioning.
- 4th Unexcused absence can result in dismissal from team.

- 1st time late to practice will result in supplemental individual conditioning.
- 2nd time late to practice will result in individual and team conditioning
- 3rd time late to practice will be treated the same as 1 unexcused absence.
- 4th time late to practice will be treated as another unexcused absence.

DISRESPECT IN ANY FORM WILL NOT BE TOLERATED IN THIS PROGRAM!!

- Any amount of supplemental individual conditioning to dismissal from the team will occur at the discretion of the coaching staff in the result of a situation involving disrespect.
- Profanity will not be tolerated & will be dealt with on an individual basis.
- Misconduct on social media will not be tolerated and may result in immediate dismissal from the team.
- Lying, cheating or stealing will not be tolerated.
- Horseplay in the locker room will result in managerial duties for one week.
- The FCPS Athlete Handbook will be followed and enforced at all times.

C. Discipline

In the event that a football team member breaks a team rule or policy it is at the discretion of the coaching staff to enforce consequences they see fit. The interest of the team will be paramount when making decisions with regard to discipline. Accountability will be enforced across the board.

V. VIRGINIA HIGH SCHOOL LEAGUE SCHOLASTIC REQUIREMENTS

- A. For the first semester, the student must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent. Offered for credit and which may be used or graduation the immediately preceding year of the immediately preceding semester for schools that certify credit on a semester basis.
- B. For the second semester, the student must be currently enrolled in not fewer than five subjects, or their equivalent, offered for credit and which may be used for graduation and have passed five subjects, or their equivalent, offered for credit and which may be used for graduation the immediately preceding semester.

VI. FOOTBALL POLICIES

A. Player Development

Player development in the Lake Braddock Football program is broken down into 3 categories.

1. Academic Development - This consists of regular grade monitoring, earnable academic incentives, study halls, supplemental school-based programs, and outside of school programs designed specifically for academics.
2. Football Development – This consists of in-season daily practice and games, spring and summer camps, and football specific combines.
3. Body and Mind Development – This is our off-season/preseason programs that include strength training, speed and agility training, leadership and character development, and self-esteem development.

B. Player – Coach Communication Plan

1. Missed Practices – In the event that a practice will be missed, a coach must be notified **prior to the absence**. Failure to do so will result in disciplinary action.
2. It is the responsibility of the player to communicate with the coaching staff to alert of possible tardiness and or absence.

C. Parent – Coach Communication Plan

1. The “24” hour rule - will be in effect after all games. This means that coaches will not be available for meetings with parents until 24 hours after a contest.
2. Parents are encouraged to follow up with coaches on the progress / status of their child and to attend practice when possible if concerns arise.

D. Playing Time

1. Playing time is the sole decision of the coaching staff.
2. Playing time will not be discussed with parents.
3. Coaches will not discuss other members of the team with parents.

E. Social Media

Players are required to share their Twitter handles with the coaching staff prior to each season. Members of the Lake Braddock Football team are expected to conduct themselves in a manner that positively represents themselves, their family, the team, their school, and their community not only in-person, but online as well. Conduct that not well-representative of the aforementioned persons or institutions includes but is not limited to:

- making threats against another’s body, property, family, etc.
- bullying or hazing
- the usage of profanity

- the usage of slurs toward another’s gender, race, ethnicity, heritage, social class, gender identity, or sexual orientation—known or perceived
- posting, sharing, retweeting, or favoriting inappropriate pictures, videos, gifs, Vines, or other form of visual media
- directing negative, insulting, or inflammatory messages or posts to an opponent, their coaching staff, team page or account, or an opposing athletic department or account
- posting a message that is excessively negative toward or publicly critical of the coaching staff or its members (If you have concerns, follow the proper chain of command: first: position coach, second: coordinator, third: head coach)

Freedom of speech is not freedom from consequences. Any player found guilty of misconduct on social media will be subject to consequences ranging from extra conditioning to immediate dismissal from the team. Disciplinary decisions relating to social media misconduct will be made by the head coach and/or the LBSS DSA.

F. Lettering Requirements

1. Varsity Lettering Requirements – The varsity award shall be presented to an athlete who satisfies the participation requirements, completes all team obligations and receives the recommendation of the coach.
2. A coach will have the prerogative to award a senior who has not met the seasonal requirements.
3. Any athlete who was a starter or played regularly and was thereafter injured may be awarded a letter. If in the coach’s judgment, he/she would have met the lettering requirements.
4. The athlete must complete the season in good standing with the school and coach.
5. Football requirement to letter – Play in ½ of all Varsity regular season contests and must finish the season as a team member in good standing.

G. Travel

At no time will football players / managers be transported to or from a football event in private cars unless prior arrangements have been made. Football players / managers must ride the bus to and from the event.

1. Football players will remain with their squad and under the supervision of the coach when attending away contests.
2. Football players that miss the bus will not be able to participate in the contest Unless there are extenuating circumstances.
3. All regular school bus rules will be followed.
4. Dress must be appropriate.

H. College Recruitment Policy

1. Selecting a college and making career plans are two of the most important Decisions to be made by high school student-athletes and their parents. The student-athlete and his/her parents must mitigate the efforts, assert themselves, and work primarily on their own behalf.
2. In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. The coach should be informed of such a contact as soon as possible. College recruitment information and NCAA standards are available in the coaches' office.
3. Since 1994-95, students must go through the NCAA Clearinghouse. Applications for this process are located in the guidance office and may be processed at www.ncaaclearinghouse.net.

I. Grooming and Dress Policy

All Lake Braddock Football players are expected to be well groomed. Appearance, expression and actions always influence people's opinions of athletes, the team, and the school. Once a member of a squad, the athlete has made a choice to uphold certain standards expected of athletes in this community.

1. Practice Attire – Players are expected to wear **regularly-laundered** practice gear, issued equipment, and proper footwear.
2. Pregame spirit wear cloth will be made available in the player spirit pack. All players are expected to purchase the spirit pack and be in proper attire for pre-game practice.
3. Cleats must be school colors (purple, gold, white), or an acceptable neutral (black, white, gray).
4. Gameday attire for the school day will be determined each week by the Head Coach and/or the Leadership Council. All players are expected to comply with gameday dress decisions.

J. Vacation Policy

It is the understanding of the Lake Braddock Football program that team members make a full commitment to the team when they elect to try out for the team.

- Vacations by football team members during the season are discouraged.
- Football players are required to attend all practices/games unless prior approval has been given by the Head Football Coach.

K. Postseason Eligibility

The following policy will be used as a guideline for bringing up JV/Freshman football players to dress for post-season varsity play:

Football players on a JV/Freshman squad may be moved up to the varsity squad for post season play as approved by the Athletic Director as long as they have participated in a varsity competition prior to post season play or in the case of an injury or ineligibility to one or more Varsity players when the only substitute that has the necessary skills to play the position is a JV/Freshman player.

L. Reporting of Injury

All injuries, which occur while participating in football, should be reported to both a coach and the athletic trainer. If the injury requires medical attention by a doctor or treatment center, all required injury reports must be completed. If an athlete is injured the coaching staff will communicate with and work in conjunction with the athletic training staff to ensure a proper return to play procedure is followed.

M. Locker Room Regulations

1. Roughhousing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
2. All showers must be turned off after use. The last person to leave the shower room is expected to check all showers.
3. No one except coaches and assigned players are allowed in the locker room.
4. No glass containers are permitted in locker rooms.
5. All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard plastic cleats are allowed in any other part of the school building.

N. Weight Room Regulations

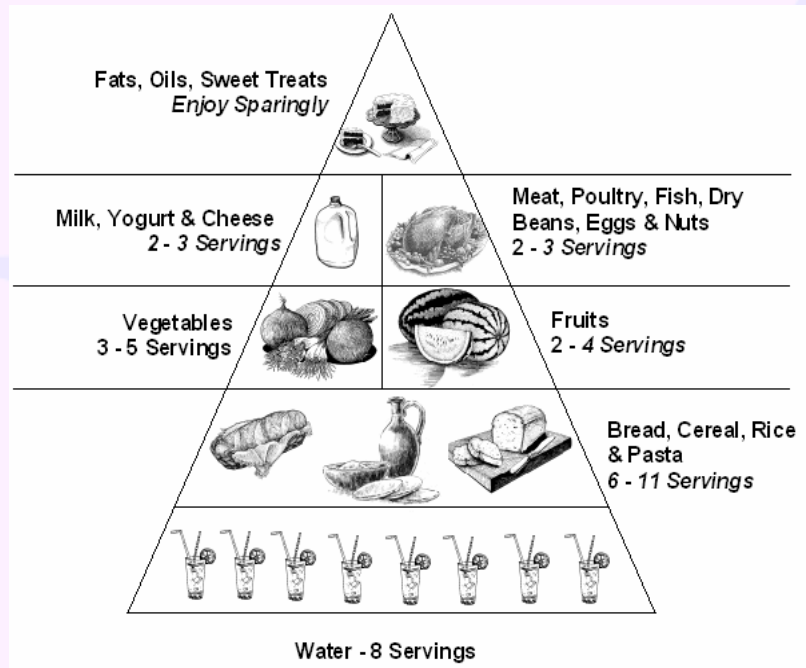
1. Shirts are required at all times. Tank-tops are acceptable.
2. No student is allowed in the weight room unsupervised: all must be under the supervision of a coach.
3. Lifters must work with a partner.
4. All weights must be replaced on racks immediately following use.
5. Lifts must be done correctly. It is better to use lighter weights for correct form than heavier weights and run the risk of injury.
6. Proper stretching exercises are used for warm-up.
7. No food or drinks, candy or gum allowed in the weight room.
8. Horseplay and profanity are prohibited.
9. Equipment must not be abused. Any equipment that is broken must be reported.
10. Eighth graders are allowed to use weight room only when a member of a team.

O. Player Nutrition

There are a few very important items to consider when seeking the correct diet for an athlete. Proper hydration, rest and intake of food as prescribed by the FDA on it's food pyramid.

*Athletes should get 7-9 hours of sleep daily.

*Athletes should drink 8-10 glasses of water daily.



LAKE BRADDOCK FOOTBALL PLAYER MANUAL

The Lake Braddock Football Player Manual was developed to inform parents and athletes of policies, procedures and expectations for involvement in the Lake Braddock Bruin Football Program.

All athletes, managers and parents must sign the form below indicating they have received, read, understand and agree to abide by the rules and regulations set forth in this manual, which is electronically located on the team website. All rules become effective immediately upon signing.

Return this signed form to the Football Office.

I have received a copy of the Lake Braddock Football Player Manual for the current football season. As evidenced by my signature below, I have read, understand, and agree to abide by the Bruin Football Program's rules and regulations for student-athletes participating in the football program. As the parent/guardian, I agree to cooperate with school officials in managing my child's conduct while participating in the Lake Braddock Football Program.

Student/Athlete Name (Print) _____ Grade _____

Student/Athlete Signature _____ Date _____

Parent Name (Print) _____

Parent Signature _____ Date _____