

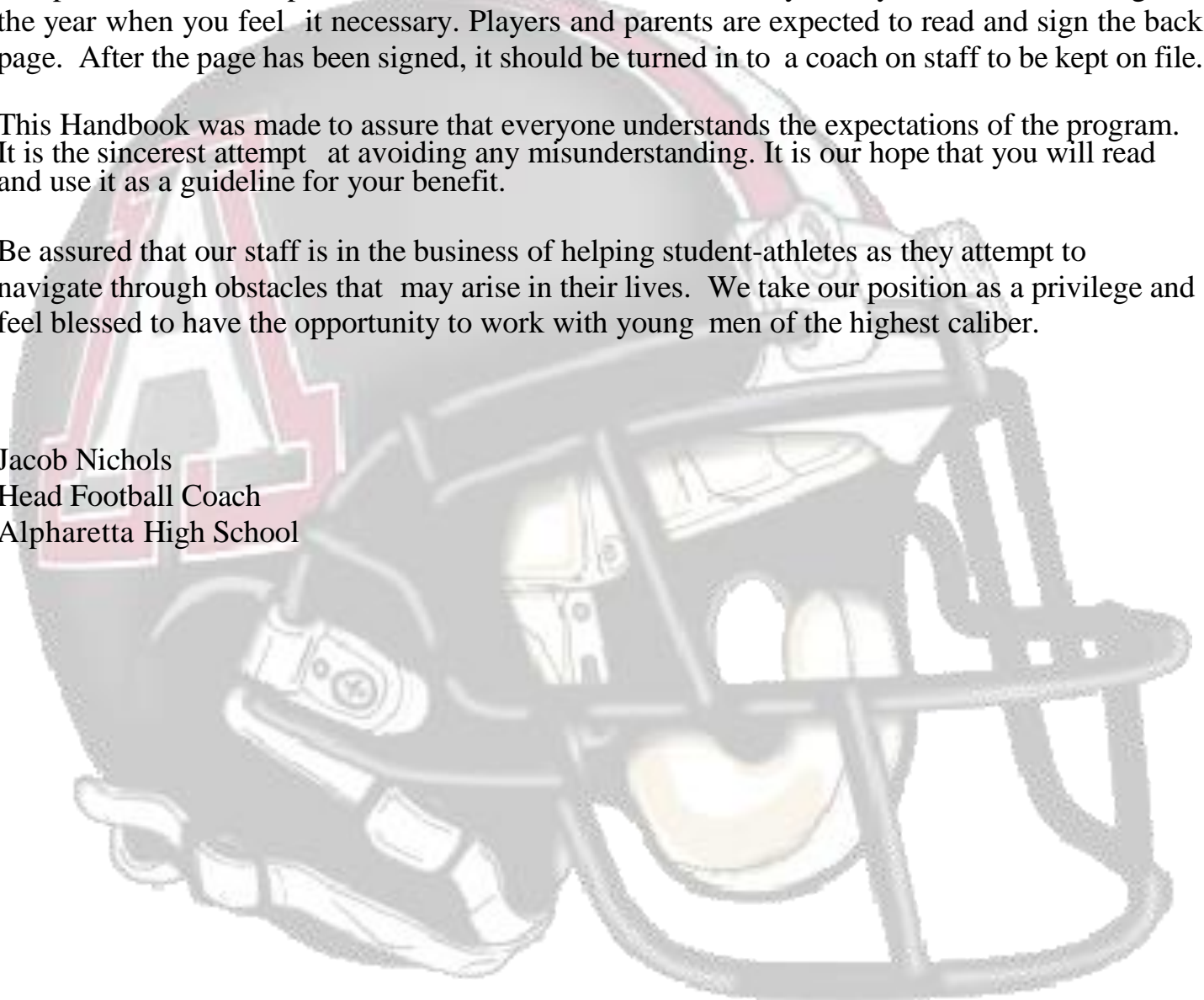
The purpose of this Handbook is to familiarize you with the philosophy, guidelines, policies, and schedules of the Alpharetta High School Football Program. It is every Coach, player and parent's responsibility to read and understand the policies of this handbook.

Our policies have been put in this booklet as a resource, so that you may refer to them throughout the year when you feel it necessary. Players and parents are expected to read and sign the back page. After the page has been signed, it should be turned in to a coach on staff to be kept on file.

This Handbook was made to assure that everyone understands the expectations of the program. It is the sincerest attempt at avoiding any misunderstanding. It is our hope that you will read and use it as a guideline for your benefit.

Be assured that our staff is in the business of helping student-athletes as they attempt to navigate through obstacles that may arise in their lives. We take our position as a privilege and feel blessed to have the opportunity to work with young men of the highest caliber.

Jacob Nichols  
Head Football Coach  
Alpharetta High School



# PHILOSOPHY AND BELIEFS

## ALPHARETTA RAIDERS FOOTBALL PROGRAM

- **Athletics is a small but extremely important portion of a much larger educational picture:**

The Alpharetta Football team is a small part of the educational process and truthfully speaking, only a select group of individuals in this world will ever make a living playing football. With this in mind, our athletes should never lose sight of the true purpose for being here. In order to remain a member of this team, players must be in good standing academically. So that there is no misunderstanding about the priorities set forth by the program, they are as follows:

- Faith
- Family
- Academics
- Football
- EVERYTHING ELSE

- **Athletics can be a very rewarding and beneficial educational experience for the student athlete:**

Being a part of this TEAM is a PRIVILEGE, not a RIGHT. For those who earn the privilege to wear the black, silver and cardinal, you are amongst a special group. One which proudly represents this school, the administration, teachers, students and community. This program considers Athletics and specifically football to be an irreplaceable part of the high school educational experience. There will be memories made and friendships forged that will last forever. These are available for those who are willing to commit to a common goal and give great effort for their TEAM and not themselves.

- **Coaches and Players must believe in and commit to our RAIDER PHILOSOPHY and play their role in developing and implementing team standards.**

It is a requirement that our coaches do their job to set an example, instilling our philosophy in our players. Players must be receptive to the direction, discipline, and teaching of our coaches. Older players in our program must also do their part to instill our philosophy in younger players. A veteran player must understand the influence they carry and must always provide a great example in the areas of character, effort and work ethic. To be one of the best programs in the state, this is essential to our success.

- **COMPETE, COMPETE, COMPETE**

Competition is the foundation on which our program is built. It is the reason we keep score and the word "Champion" is in our vocabulary. Every day we strive to be the best and that starts in the weight room and on the practice field. In large programs such as ours, everyone wants the opportunity to contribute. Playing time is at a premium. ALL players must compete for an opportunity to contribute on game nights. No one is ENTITLED to playing time! Regardless of how long a player has been in our program, you must compete.

- **Play the Best, Beat the best**

The Alpharetta Raider Football Program is committed to the pursuit of winning the Region every year. Our ultimate goal is to bring the AAAAAA State Championship to Alpharetta High School. Doing so will require the Raider Program to seek out the best competition that the state has to offer. We must be willing to compete against ANYBODY, ANYWHERE, ANYTIME!!!

- **Everyone must submit to the importance of TEAM**

We will express the importance of TEAM in everything we do. Everyone on our team has a role and is significant in helping the team reach its goals. Those who choose to put themselves ahead of the TEAM will find themselves no longer a part of it.

## PROGRAM'S CARDINAL RULES

1. LOYALTY- Players and Coaches are expected to be loyal to the TEAM. They are not to openly criticize members of the team to anyone. This includes posting negative material or communication through social media sites (i.e., Facebook, Twitter, etc.).
2. CHARACTER AND CLASS- As an Alpharetta Raider Football player, your representation and responsibility goes far beyond you. Do not do anything that would bring shame upon your family, your TEAM, your school, your community, or yourself. You will be expected to always play with class. Be of strong moral character and show it in all you do.
3. MAINTAIN A POSITIVE ATTITUDE- Those who win maintain a winning attitude, one which is supportive of teammates. Remember to lift them up and they will lift you up in return.
4. SACRIFICE- TEAM will always come before the INDIVIDUAL.

# EXPECTATIONS OF RAIDER FOOTBALL PLAYERS

1. **BE HONEST**-THIS IS THE MOST SIGNIFICANT RULE IN OUR PROGRAM. MEMBERS OF THIS PROGRAM MUST BE ABLE TO TRUST ONE ANOTHER. INTEGRITY AND HONESTY ARE TRAITS TO LIVE BY. WE EXPECT EVERYONE IN OUR PROGRAM TO LIVE UP TO THIS STANDARD.
2. **BE ON TIME**- THIS TRAIT MUST BE DEVELOPED IN ALL OF OUR PLAYERS. WE MUST BE PUNCTUAL WITH RESPECT TO PRACTICE AND ALL OTHER TEAM ACTIVITIES. PLAYERS WILL EXPERIENCE “REMINDERS” IF PUNCTUALITY BECOMES AN ISSUE.
3. **BE RESPECTFUL**- A COACH’S JOB IS TO GET EVERYTHING HE CAN OUT OF HIS PLAYERS. PLAYERS WILL BE MENATALLY AND PHYSICALLY PUSHED IN AN EFFORT TO HAVE EVERY PLAYER REACH HIS FULL POTENTIAL. DO NOT TAKE OFFENSE AT CONSTRUCTIVE CRITISISM. LEARN FROM IT AND GET IT RIGHT NEXT TIME. DO NOT EVER TALK BACK TO ANY COACH ON THE PRACTICE FIELD OR DURING A GAME. ANY ACTION OF THIS KIND WILL RESULT IN SEVERE DISCIPLINARY ACTION NOT EXCLUDING DISMISSAL FROM THE RAIDER FOOTBALL TEAM.
4. **GIVE GREAT EFFORT**- WE AS COACHES ABSOLUTELY REFUSE TO ACCEPT ANYTHING LESS THAN THE 100% BEST EFFORT FROM EACH AND EVERY PLAYER ON THIS TEAM. AS A PLAYER, YOU OWE IT TO YOURSELF AND EVERYONE YOU PLAY WITH TO GIVE EVERYTHING YOU’VE GOT. NOT JUST SOME OF THE TIME...ALL OF THE TIME!!
5. **BE A GREAT TEAMMATE**- IN EVERYTHING YOU DO, THINK ABOUT HOW IT WILL AFFECT THE TEAM AND ITS ABILITY TO ACCOMPLISH ITS GOALS. UNDERSTAND THAT WHEN THE TEAM SUCCEEDS, WE ALL SUCCEED. NEVER BE A NEGATIVE OR DIVISIVE FORCE IN THE LOCKER ROOM, ON THE FIELD, OR IN THE CLASSROOM.

# EXPECTATIONS OF RAIDER FOOTBALL PARENTS

1. SUPPORT- Parents must provide positive reinforcement for their player. Football is not an easy sport; therefore players need and deserve all of the encouragement that you can muster. Negative energy originating from home can translate to the field. Always be positive!
2. FINANCIAL EXPECTATIONS- Parents are EXPECTED to fulfill financial obligations for their player. AAAAAA football programs are expensive organizations to run and maintain. Everyone must do their fair share, and part of that is supporting the program financially with the suggested fees. If financial assistance is needed, arrangements can be made through the Booster Club Treasurer at Registration.
3. FUNDRAISING - Fundraising is a necessary part of supporting the financial needs of the program. It is not an option but an expectation; EVERYONE is expected to participate in all fundraising programs.
4. VOLUNTEERISM- Parents of the Raider Football Program are expected to cheerfully and graciously volunteer in some capacity. You may be asked to help support the program with your time and labor. If so, please do the right thing and pitch in. Those who do their fair share and get involved will be rewarded through the success of the program.
5. BEHAVIOR- Parents are to treat players, other parents, volunteers, coaches and their families with respect. It costs nothing to be cordial to one another. If we are going to be a RAIDER FOOTBALL FAMILY, we must treat each other with courtesy and respect.

# **PLAYER/COACH RELATIONSHIP**

THERE IS NO OTHER RELATIONSHIP IN OUR PROGRAM MORE IMPORTANT THAN THE ONE THAT EXISTS BETWEEN A COACH AND HIS PLAYERS. PLAYERS MUST KNOW THAT THE FIRST SOURCE OF FEEDBACK ABOUT A PLAYER'S PERFORMANCE COMES FROM THE COACH THAT DIRECTLY COACHES HIS POSITION. IT IS THE COACH'S RESPONSIBILITY TO BE UP FRONT AND HONEST WITH HIS PLAYER SO THAT EVERY PLAYER KNOWS EXACTLY WHERE HE STANDS. IT IS THE PLAYER'S RESPONSIBILITY TO BE OPEN AND TO TAKE INSTRUCTION AND CONSTRUCTIVE CRITICIZM. IF A PLAYER HAS AN ISSUE THAT HE NEEDS TO DISCUSS WITH HIS POSITION COACH, HE SHOULD REQUEST A MEETING WITH THAT POSITION COACH, ONE ON ONE.

## **THINGS THAT WILL BE DISCUSSED IN THAT MEETING**

- MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING
- PLAYER'S PRESENT ROLE AND AREAS FOR DEVELOPMENT
- CURRENT ACADEMIC STANDING AND STRATEGIES FOR IMPROVEMENT
- FUTURE GOALS: BOTH SCHOLASTIC AND ATHLETIC

## **THINGS THAT WILL NOT BE DISCUSSED IN THAT MEETING**

- OTHER PLAYERS

# **PARENT/COACH RELATIONSHIP**

THE PARENT/COACH RELATIONSHIP EXISTS PRIMARILY TO ENSURE THE ACADEMIC, SOCIAL, AND MENTAL/EMOTIONAL WELL-BEING OF PLAYERS. IF A SITUATION ARISES THAT A PARENT/COACH CONFERENCE IS NECESSARY, IT MUST TAKE PLACE BASED ON THE COACH'S SCHEDULE AND AVAILABILTY. NO COACH SHOULD EVER BE APPROACHED BEFORE, DURING OR AFTER PRACTICE OR A GAME. A STRICT ZERO TOLERANCE RULE WILL BE APPLIED. AS A PARENT, IF YOU NEED TO CONTACT A COACH FOR ANY REASON, PLEASE USE THAT COACH'S EMAIL ADDRESS TO DO SO. IN THE CASE OF ISSUES WITH ATHLETIC PERFORMANCE AND DEPTH CHART POSITION, NO COACH SHOULD BE CONTACTED BY A PARENT BEFORE THE PLAYER HAS MET WITH THEIR POSITION COACH, ONE ON ONE. IF THERE WAS NO RESOLUTION AND A PARENT/COACH CONFERENCE IS WARRANTED, THE TIME WILL BE SET BY THE COACH AT HIS EARLIEST CONVENIENCE.

### THINGS THAT WILL BE DISCUSSED

- MENTAL, EMOTIONAL AND PHYSICAL WELL-BEING OF THE STUDENT-ATHLETE
- CURRENT ACADEMIC PERFORMANCE AND STRATEGIES FOR IMPROVEMENT
- PLAYER ROLE AND AREAS FOR DEVELOPMENT
- PARENTAL VOLUNTEERISM
- PARENTAL FINANCIAL OBLIGATION
- TEAM RULES AND DISCIPLINE ISSUES

### THINGS THAT WILL NOT BE DISCUSSED

- OTHER PLAYERS
- OTHER PARENTS
- PLAYING TIME

IN THE EVENT THAT A PARENT NEEDS TO COMMUNICATE WITH THE HEAD COACH, IT IS ASKED THAT EMAIL BE USED. AFTER THE USE OF EMAIL, IF A CONFERENCE IS STILL NECESSARY, IT WILL BE SET AT THE CONVENIENCE OF THE COACH.

## **PARENT/PLAYER RELATIONSHIP**

IT IS EXPECTED AND ENCOURAGED THAT A PARENT BE THEIR CHILD'S BIGGEST FAN AND SUPPORTER. WE ASK THAT PARENTS ATTEND ALL GAMES WHEN THEY CAN AND CHEER THEIR SON AND HIS TEAMMATES TO VICTORY. TO ENSURE THAT THERE IS NO MISUNDERSTANDING OF ROLES, SOME GUIDELINES HAVE BEEN ESTABLISHED AND WILL BE STRICTLY ENFORCED.

- DURING PRACTICE, PARENTS ARE NOT ALLOWED AT THE FIELD LEVEL OR TO "COACH", YELL, OR SCREAM FROM THE BLEACHERS.
- ON GAME DAYS PLAYERS ARE UNDER THE SUPERVISION AND DIRECTION OF COACHES FROM THE BEGINNING OF PRE-GAME MEAL UNTIL TEAM DISMISSAL AFTER THE GAME. PLEASE DO NOT ATTEMPT TO SPEAK TO PLAYERS DURING THE GAME OR AT HALFTIME.
- PARENTS ARE NOT ALLOWED ON THE FIELD AFTER GAMES UNTIL PERMISSION IS GRANTED BY THE SCHOOL RESOURCE OFFICERS OR OTHER SECURITY OFFICERS ASSIGNED TO THOSE AREAS.

# TEAM RULES

## I. General

1. Practice is MANDATORY. Missed practice will affect PLAYING TIME!
2. Players are expected to be on time.
3. In the case of a player needing to meet with a teacher for academic assistance, players are expected to seek out time and place alternatives that do NOT conflict with scheduled practices if at all possible. Morning sessions are preferred during the SEASON, and afternoon sessions are preferred during the OFFSEASON.
4. All players are to dress out for practice. Injury is NOT an excuse not to dress out. Injured players will use practice time to rehab injuries with our training staff.
5. A player is NEVER to leave the practice field without permission from a coach.
6. If a player suffers an injury of ANY sort, he is NEVER to leave to go home without informing a coach and the Certified Athletic Trainer on staff.
7. All after school activities such as doctor's appointments, tutoring, rehab, ACT/SAT prep courses, and driver's license tests should be scheduled for Thursday afternoons for Varsity players, after "walk-through."
8. In the event of an unavoidable absence, the player must **communicate** to his position coach via an acceptable means of communication (text, phone call, or email) **prior** to the absence.
9. All players are expected to participate throughout the **ENTIRE** season. GHSA rule states that a player is ineligible to participate in another sport until the completion of the previous season.
10. **ALL PLAYERS MUST BE REGISTERED AND CLEARED TO PARTICIPATE BY AUGUST 10<sup>th</sup>. EXCEPTIONS WILL ONLY BE MADE IN THE CASE OF RISING FRESHMEN, AND OTHER STUDENTS WHO ARE NEW TO ALPHARETTA HIGH SCHOOL.**

## II. Weight Room

1. All players are expected to participate in the Alpharetta Football Off-Season Strength and Conditioning Program.
2. NO HORSEPLAY in the weight room. The result of this could be catastrophic; therefore, it is not permitted at any time.

## III. Equipment

1. Players will not receive equipment until all necessary paperwork and player participation fee obligations have been fulfilled.



2. Once a player has been issued equipment, the player becomes responsible for that equipment until it is turned in again. If equipment is lost, it will be replaced at a cost to the player and/or player's parent.
3. Players are **NEVER to share equipment**. This is a management and health issue.
4. Players are responsible for purchasing their own cleats. Cleats for practice can be any style or color. **GAME CLEATS MUST BE "TEAM COLORS"!  
ANY COMBINATION OF BLACK, WHITE, SILVER OR  
CARDINAL...NO EXCEPTIONS.** Please see Coach Nichols for clarification or questions regarding game cleats.
5. **PINK OUT:** Players are permitted to wear Pink items (socks, cleats, wrist bands, etc...) for the games of "Pink Out week" **ONLY** (Varsity-October 26<sup>th</sup> vs. Johns Creek, JV-October 18<sup>th</sup> @ Cambridge, Freshmen-October 11<sup>th</sup> vs. Hillgrove). Items cannot compromise the design or safety features of the equipment/uniform.  
**\*\*\*If we reach our team goal of 1700 Raider Cards sold, players may wear as many pink items as they wish. If we do not reach our goal, coaches will provide the only pink items to be worn\*\*\***

#### **IV. Locker Room**

1. Players are required to maintain a level of cleanliness in the locker room. Players must participate in clean-up efforts daily.
2. Players must secure all valuables (i.e., cell phone, wallet, jewelry, etc.) in the lockable area of the locker. Players are encouraged to bring their own lock for the lower locker storage space, or one will be provided to them.
3. A player is **NEVER** to touch anything in/on another player's locker.
4. **NO** player will be allowed access to the locker room without a coach's supervision.
5. A player's football locker should **NEVER** be used in place of his school locker that he uses to store class books. The locker room will stay locked during the day and players will not have access to it until practice time.

#### **V. Conduct**

1. Players are expected to show respect to **ALL FACULTY AND STAFF** at Alpharetta High School. Players are to be respectful at all times.
2. Players must adhere to the Alpharetta High School Code of Conduct. The Alpharetta High School Football Program and Coaching Staff are in cohesion with the Alpharetta High School Administration.
3. Vulgar and disrespectful language will not be tolerated. **This includes social media activity.**
4. Players must show respect to **ALL** coaches. **NEVER** talk back to any

coach or trainer.

5. **Stealing of any kind will not be tolerated!** Stealing will result in **IMMEDIATE AND PERMANENT DISMISSAL** from the team including legal prosecution by the school.
6. The use of drugs and alcohol will not be tolerated in the Alpharetta High School Football Program. Offending players will be **IMMEDIATELY DIMISSED FROM THE TEAM.**
7. Selfish behavior and divisive actions and attitudes will not be permitted. Players must work to be a part of the TEAM and must put the interests and goals of the TEAM ahead of their own.
8. **NO BULLYING** will be allowed **EVER**. This includes unwanted physical contact, name calling and cyber-bullying.

## **VI. Consequences**

1. To ensure accountability, there will be consequences for all infractions.
2. Consequences will be carried out by our coaching staff as soon as possible after an infraction has been committed.
3. When a player has completed his consequences for an infraction, they have paid their debt.
4. Repeat offenders **WILL** receive higher consequences.
5. Consequences will be appropriate for each individual infraction and are at the discretion of the coaching staff.

## **VII. Accountability**

### **1. Missed practices will result in a loss of playing time!**

In a Game Week:

- a. 1 Practice=1 Quarter
- b. 2 Practices=1 Half
- c. 3+ Practices=Entire Game

\*\*\*If practice attendance becomes a continuous issue, further disciplinary action will be taken\*\*\*

### **2. Lack of Academic Progress may result in a loss of playing time!**

- a. Coaches will monitor academic progress throughout the season.
- b. Players are expected to meet all academic requirements set forth by Alpharetta High School and GHSA.
- c. The inability to achieve academic progress may result in a loss of playing time.

### **3. Behavior issues at AHS may result in a loss of playing time!**

- a. Teachers have been encouraged to hold AHS football players to a higher standard.
- b. Behavior issues that result in disciplinary action by the school will, in many cases, affect a player's ability to participate in practice and games.
- c. Further actions regarding behavior issues will be taken by the AHS coaching staff.

### **4. Character detrimental to the program may result in a loss of playing time!**

- a. AHS football players and coaches are expected to represent our program in a positive manner in all walks of life.
- b. Any negative representation of the AHS football program will result in disciplinary action by the coaching staff.
- c. Confirmed issues could lead to a loss of playing time or total dismissal from the program.

# **VARSITY**



<b>08/10/18</b>	<b>@ Collins Hill</b>	<b>scrimmage</b>
<b>08/24/18</b>	<b>Milton</b>	<b>Senior March</b>
<b>08/31/18</b>	<b>@ Lanier</b>	
<b>09/07/18</b>	<b>BYE</b>	
<b>09/14/18</b>	<b>@ Pope</b>	
<b>09/21/18</b>	<b>@ Dunwoody</b>	<b>North Dekalb Stadium</b>
<b>09/28/18</b>	<b>Centennial</b>	<b>Jr. Raider Night</b>
<b>10/05/18</b>	<b>@ North Atlanta</b>	<b>8pm-Grady Stadium</b>
<b>10/12/18</b>	<b>Chattahoochee</b>	<b>Homecoming</b>
<b>10/19/18</b>	<b>@ Northview</b>	
<b>10/26/17</b>	<b>Johns Creek</b>	<b>Pink Out</b>
<b>11/02/18</b>	<b>Cambridge</b>	<b>Senior Night</b>

**All Varsity Games 7:30pm start time**

# JUNIOR VARSITY

**08/30/18** Thur. @ Johns Creek  
**09/06/18** Thur. **Northview**  
**09/13/18** Thur. **Pope**  
**09/20/18** Thur. @ Centennial  
**09/27/18** Thur. **Riverwood**  
**10/04/18** Thur. **BYE**  
**10/11/18** Thur. @ Chattahoochee  
**10/18/18** Thur. @ Cambridge

# FRESHMEN

**08/30/18** Thur. **North Cobb**  
**09/06/18** Thur. @ Cambridge  
**09/13/18** Thur. @ McEachern  
**09/20/18** Thur. **North Springs**  
**09/27/18** Thur. @ Chattahoochee  
**10/04/18** Thur. **Pope**  
**10/11/18** Thur. **Hillgrove**  
**10/18/18** Thur. **BYE**

**JV / Freshmen games 6:00pm start time.**

# ALPHARETTA RAIDERS FOOTBALL HANDBOOK

## RAIDERS PARENT AND PLAYER SIGN OFF

Player Name \_\_\_\_\_

Parent Name \_\_\_\_\_

I, \_\_\_\_\_ am an ALPHARETTA RAIDER! I have read and understand the contents of the football handbook. I understand that the policies and rules contained within the handbook are not used to restrict or hinder me as a person or player, but are instead instituted to provide structure and set expectations for a program whose goal is to be the best in the state of Georgia.

Go Raiders

\_\_\_\_\_  
(player signature)

\_\_\_\_\_  
(parent signature)

Player Name \_\_\_\_\_ Parent Name \_\_\_\_\_

Player Email Address \_\_\_\_\_

Parent Email Address \_\_\_\_\_

Player Cell \_\_\_\_\_ Parent Cell \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_