

THS Football Player and Parents Handbook

“The strength of the Pack is the Wolf, and the strength of the Wolf is the Pack.”

R. Kipling

Mission

The mission of the Trinity High School Football program is to:

- Develop committed student/athletes into diligent and respectful young adults
- Build an environment that exemplifies hard work, sportsmanship and fun
- Emphasize team and individual growth that will promote development and leadership
- Increase the support, pride, and tradition in the community

The four pillars of Respect, Hard Work, Commitment and Leadership will be the foundation of our program. Our coaches and players will take part in activities, throughout the year, to develop and improve in these areas.

Respect

Respect yourself:

- Eat good food and get enough sleep.
- Exercise your body and your mind.
- Think before you act.

Respect Others:

- Treat others as you want to be treated.
- Look people in the eyes. Listen to their words.
- Put more weight on the words of people that have your best interest at heart.
- Respect your Opponents and the referees.

Hard Work

Successful people, let's call them winners, love hard work. It does not matter the task, they will always work hard, giving 100%. Unsuccessful people consider hard work a punishment.

Let's strive to be winners.

Commitment

Start with a commitment to yourself. Put your mental and physical health as one of your top priorities. Be honest and act with integrity. Strive to do better and improve everyday.

“Individual commitment to a group effort - that is what makes a team work, a company work, a society work, a civilization work.”

Vince Lombardi

Leadership

Benchmarks of quality leaders:

- Set Clear Expectations
- Build Strong Relationships
- Lead with Empathy
- Take Accountability
- Continue to Improve

Expectations

Coaches Expectations

Coaches will strive to:

- be positive role models
- promote teamwork and effort
- prioritize player safety and well-being
- regularly communicate with players and parents in a clear and concise fashion

Players Expectations

Players will strive to:

- attend and be punctual to all weight training sessions, practices, games and events
- always give your best effort on the football field, in the classroom, and at home.
- be a role model on campus, in the community and on social media.
- be physically and mentally tough.
- play and practice with enthusiasm and pride.

Parent Expectations

Parents will be expected to:

- support their student athlete in their decision to be part of Wolf Pack Football
- communicate with their student athlete about football related activities
- ask questions of your student athlete before contacting the coaching staff
- be prepared to not talk about other players, team strategies and playing time when meeting with the coaching staff

Attendance Policies

These policies are designed to promote attendance and to benefit those that attend our practices, games and events. When players attend practices they will develop a stronger, more injury resistant body. They will also learn the techniques and strategies necessary for team success on the field.

Player Attendance is the #1 player expectation in our program.

Our Team Calendar has all the dates and times for the 2025 season. It is a living document that will be adjusted when it is needed. The Coaching Staff will expect that all players and parents become familiar with the calendar. Not knowing the dates and times listed on the calendar will not excuse players from missing practices, games or events.

Off-Season

Non-Mandatory / Optional

Important for all team members not playing sports

Roll will be taken at every Practice / Event

80% Attendance Goal

Spring Ball

Mandatory

New installs and techniques

Attendance will affect Tournament Playing time

Summer

Non-Mandatory / Optional

Attendance will affect Tournament Playing time

Attendance will affect Player Preparedness, Leadership Positions, Uniform / Gear

Players that miss Summer Conditioning practices will be required to put in the time needed to achieve bench marks during pre-season practices

In-Season

The expectations of the THS football program is that all players are on-time and prepared to participate everyday. Being on time is mandatory. Tardiness to practice, up to 30 minutes, will be disciplined at the end of practice. Tardiness of more than 30 minutes (or being tardy 3 times of less than 30 minutes during the season) will be considered an Unexcused Absence.

In-Season (continued)

Consequences of Unexcused Absences:

First UA of season	1st Half Benching of Player
Second UA of season	1 Game Suspension Player and Parent Meeting with HC / Staff
Third UA of Season	Probable removal from the Team

Unexcused Absence from a Game may result in removal from the team

Definitions:

Excused Absences may include but are not limited to:

Family Emergency (HC and Staff decision)

Severe / Contagious Illness or injury (Dr's note)

Court Dates (Court documentation)

Appointments Communicated to the HC in advance

Unexcused Absences may include but are not limited to:

Any Excused Absence that is not reported in a timely manner to the HC

Misplacement or Loss of Gear that prohibits practice

3 Tardies of less than 30 minutes

1 tardy of 30 minutes or more

Removal from Practice for disciplinary reasons

Communication

The *Remind* app

Up to date and direct communication between coaches, players and parents is essential for our program to run smoothly and effectively. Our Staff will be using the Remind app for this purpose. The Remind app allows the staff to communicate with individuals, small and large groups. School administration will have the ability to see all communications sent using Remind.

Send a text to: **81010**

Players* send this text message: **@sgeana

Parents* send this text message: **@ee69446

This is the first time we have used this app so please bear with us as we work out the glitches. Once everyone has “signed-up” it will give us an easy way to get information to everyone quickly and efficiently.

Google Calendar

Our Wolfpack Football Calendar is available to the public. This calendar will have the times and dates for practices, weight room sessions, games and other THS Football related activities. It is a “living” document, meaning that all times and dates may change when necessary.

Please use the calendar as a tool to help schedule your other activities, appointments and vacations.

