



VALOR
LEANDER



Valor Leander Varsity Football Roles and Responsibilities

1. Coach Vision and Keys to Success

- Forward thinking
- Repetition brings revelation
- Every second counts
- Communication is key

2. The Facts

- Try-outs / Cuts not permitted
- 4 Acclimation days
- Number of players determines division
- Playing time not guaranteed
- Spreads & effect on rankings

3. Commitment (2 seasons, 1 year)

• Spring/Summer

- Begins Saturday, May 2
- Typical weekday practice time: 3:45-5:45 p.m.
- See separate schedule
- Summer dates coming soon – likely one day of skills on the field and 2 days of S&C at the PAC with another Valor team

• Fall Season

- Pre-school-year schedule
 - Players must participate in 4 days of practice before they are permitted for full contact w/ pads
 - First official practice: Saturday, August 1: 7:30 am – 11:30 am
 - Two-a-days
 - Aug. 3-11 (a few dates with morning-only; pay attention to SportsYou)
 - 7:00-9:15 am AND 6:00-8:15 pm
- School-year schedule
 - Beginning Aug. 12
 - First scrimmage: Aug. 15
 - Second scrimmage: Aug. 22
 - Typical practice runs from 2:45-5:00 M-F
- See separate game schedule
 - Players must be on game field no later than 90 minutes before kick-off
 - Prepare to play until Thanksgiving; All-star first weekend of December

4. Player Responsibilities

- Equipment and Uniforms

- Do not allow equipment to remain wet
- Do not adjust the air in your own helmet, and never sit on your helmet
- Game Jerseys
 - Matching undershirts
 - Must be tucked in
 - Captain patches sown on
 - Washed immediately after games
- Practice Jerseys
 - White jerseys only
 - Proper wicking shirt underneath
 - White practice pants (never game pants)
 - Wash at least once a week
- Preparation
 - In your practice bag: football cleats, tennis shoes (in case of rain), multiple mouthpieces, proper attire (breathable long-sleeved shirts), squirt water bottle, and any accessories you wear in-game
 - Drink water before and after practices/games; watered-down Gatorade during
 - Bring to every game: both jerseys, game socks, game under-jersey, all pads and helmet
 - Arrive to game at least 90 minutes prior to kick-off
 - Leather balls only – no composite balls allowed on field at all
 - No visors on helmets
 - Mouthpiece to be worn with or without pads
- Daily Roles by Grade
 - Freshmen (9th) — First to practice, last to leave; Fill water jug and bring out to field along with field equipment; Bring jug and field equipment back to storage after practice
 - Sophomores (10th) — Set up and tear down: field equipment, shade, water table, throw net
 - Juniors (11th) — Bring out balls, tees, Mox Box, athletic trainer bag, cones,
- Captains
 - Elected by players
 - Leaders and examples (on and off the field) of commitment, accountability, and communication
 - Other roles and responsibilities include (not limited to): leading pre-game routines, coin toss decisions, all-star nominations, etc.
- Unexcused Absences/Tardies
 - Excused absences might include illness, funeral, or an event communicated far in advance to (and approved by) coaching staff
 - Unexcused absences might include ones with late (or no) notice, other sports' practice, social events, other jobs, etc.
 - Communicate absences as early as possible
 - Even one minute late is late
 - Penalties could include bear crawls, CB/LB drills, sprints
 - Repeated absences will result in a meeting with parents and discussion of possible team dismissal
 - Dual-sport policy

5. Spring Goals

- Understand 6-man football rules
- Be given a chance to practice at every position
- Understand different positions and assignments
- Basic concepts of tackling
- Defense learn “read and react”
- Captains assigned
- Find a kicker
- General position depth
- Constructive team-gelling



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