



**“HUSTLE, PRIDE, AND
CLASS”**

2011 PARENT MEETING

BELLAIRE FOOTBALL **MISSION STATEMENT**

1. ESTABLISH THE TRADITIONS AND STANDARDS OF EXCELLENCE THAT WILL GUIDE THE BELLAIRE FOOTBALL PROGRAM NOW AND INTO THE FUTURE.
2. OPERATE WITH INTEGRITY: BUILD AN ENVIRONMENT OF TRUST AND RESPECT.
3. BE “FIRST CLASS”: DON’T EVER SETTLE FOR SECOND BEST. DEMAND EXCELLENCE FROM OUR PLAYERS AND OURSELVES.
4. PROMOTE PRIDE AND CONFIDENCE IN OUR TEAM. REPRESENT BELLAIRE TO THE BEST OF OUR ABILITY
5. PROMOTE THE VALUE OF EDUCATION, STRESS THE “STUDENT” IN STUDENT/ATHLETE.
6. PROMOTE THE VALUES OF GOOD SPORTSMANSHIP AND CHARACTER.
7. MAKE A POSITIVE DIFFERENCE IN THE LIVES OF THE YOUNG MEN WE ARE PRIVILEGED TO TEACH AND COACH.
8. HELP OUR YOUNG MEN TO GROW INTO PRODUCTIVE MEMBERS OF SOCIETY THROUGH THE TEACHING AND DISPLAY OF OUR CORE VALUES.
9. DISPLAY “HUSTLE” IN EVERYTHING THAT WE DO.
10. CREATE MEMORIES FOR OUR YOUNG MEN AND WOMEN THAT WILL LAST A LIFETIME

Foundation of Football: Hustle, Pride, and Class

Hustle

1. Hustle is accomplishing something that you are physically or mentally not supposed to be able to do.
2. Hustle is getting the job done because you got there first or stayed with it after everyone else quit.
3. Hustle is giving everything you have to give.
4. Hustle is hating to miss because you know that you are losing ground.
5. Hustle is finding a way to be better than your opponent...”going the extra mile.”
6. Hustle is when you “multiply yourself” on the playing field.
7. Hustle is not having to worry about winning because winning takes care of itself when you hustle.

Pride

1. Pride is attention to detail...doing the little things right so that when the pressure is on, you can do the big things right.
2. Pride is a commitment to things greater than yourself...God, family, your team, you school, and your future.
3. Pride is consistency...doing things right all the time, not just when it is easy or convenient.
4. Pride is priorities and maturity...putting things in order of importance and concentrating your efforts on those things that are most important to your future.
5. Pride is poise and character...how you handle yourself in stressful situations or when no one is looking.
6. Pride is responsibility...knowing your job and performing it to the best of your ability.
7. Pride is persistence...not quitting because things get a little tough or uncomfortable
8. Pride is toughness...not complaining or seeking pity, facing difficult situations with a good attitude, and seeing things through

Class

1. Class is respect for others, regardless of race, age, sex, or social status.
2. Class is having manners...saying “please, thank you, yes sir, no sir, yes ma’am, and no ma’am.
3. Class is treating a person the way you want to be treated even if that person does not treat you well.
4. Class is taking responsibility and not making excuses for your mistakes or shortcomings.
5. Class is being humble...not bragging or boasting about your accomplishments and not tearing down or diminishing the achievements of others.
6. Class is sportsmanship...playing with hustle and discipline within the spirit of the rules.
7. Class is seen in your appearance...presenting a neat, clean-cut image brings respect to yourself, your team, your family, your school, and your community.

BELLAIRE HIGH SCHOOL FOOTBALL

WHAT WE WILL ASK OF OUR STUDENT ATHLETES

1. **COMMITMENT:** DEDICATION TO THE PROGRAM AND YOUR TEAMMATES
2. **TRUST:** ALLOW US TO COACH THEM, WE WILL BE DEMANDING.
3. **DISCIPLINE:** DO THINGS THE RIGHT WAY... “THE CARDINAL WAY”
4. **LEADERSHIP:** PROVIDE LEADERSHIP ON OUR CAMPUS...BE A POSITIVE ROLE MODEL
5. **SCHOLARSHIP:** EXCEL IN THE CLASSROOM AS WELL AS ON THE FIELD.
6. **LOYALTY:** TO YOUR COACHES AND YOUR TEAMMATES
7. **HARD WORK:** PRACTICE AND PLAY LIKE CHAMPIONS!
8. **HUSTLE:** ON THE FIELD AND IN THE CLASSROOM DISPLAY MAXIMUM EFFORT
9. **TEAM:** TOGETHER EVERYONE ACHIEVES MORE
- 10: **SACRIFICE:** BEING A STUDENT ATHLETE IS NOT EASY, IT IS THOSE THAT SACRIFICE THAT WILL REAP THE BENEFITS OF ATHLETICS

BELLAIRE HIGH SCHOOL FOOTBALL

WHAT WE WILL ASK OF OUR PARENTS

1. **TRUST**: WE REALIZE THAT WE ARE WORKING WITH YOUR MOST VALUABLE POSSESSION... YOUR CHILD.
2. **SUPPORT** YOUR CHILDS' COMMITMENT TO ATHLETICS.
3. **SUPPORT** THE IDEALS THAT WE WILL BUILD OUR PROGRAMS UPON.
4. **SHARE** YOUR CONCERNS WITH US BEFORE THEY BECOME PROBLEMS.
5. **EXEMPLIFY** GOOD SPORTSMANSHIP.
6. **STRESS ACADEMICS** AT HOME...HOMEWORK AND STUDYING!!
7. **VOLUNTEER** WHEN YOU CAN...JOIN OUR BOOSTER CLUB.
8. **BELIEVE** WE HAVE THE TEAM AND YOUR KIDS BEST INTREST IN MIND
9. **BE A FAN**; SUPPORT THE TEAM IN THE STANDS AND IN THE COMMUNITY
10. **CONGRATULATE YOUR KIDS**: ALL STUDENT ATHLETES ARE SPECIAL INDIVIDUALS; NOT EVERYONE CAN DO WHAT THEY DO

BELLAIRE HIGH SCHOOL FOOTBALL WHAT YOU CAN EXPECT FROM OUR COACHING STAFF

1. **HIGHLY QUALIFIED:** TOP COACHES FROM THE BEST HIGH SCHOOL AND COLLEGE PROGRAMS IN THE STATE AND BEYOND.
2. **STUDENTS OF THE GAME:** THEY WILL STUDY THE GAME TO BE EXPERTS ON THEIR SIDE OF THE BALL AND THEIR POSITION
3. **CARING:** TREATING KIDS WITH LOVE AND RESPECT.
4. **HARD WORKING:** DEDICATED TO MAKING OUR PROGRAMS THE BEST.
5. **GREAT INTENSITY:** THEY WILL DISPLAY A PASSION FOR EXCELLENCE
6. **HONEST OPEN COMMUNICATION:** WE WILL BE APPROACHABLE.
7. **SAFETY FIRST:** WE WILL PUT THE HEALTH AND SAFETY OF YOUR CHILD ABOVE ALL OTHER CONCERNS
8. **POSITIVE ROLE MODELS:** INTEGRITY AND CHARACTER.
9. **INFLUENTIAL TEACHERS:** COACHES WILL BE THE ONES STUDENTS MODEL BEHAVIOR FROM AND REMEMBER YEARS AFTER LEAVING BELLAIRE HIGH SCHOOL
10. **LIFE LONG MEMORIES:** GUARANTEE YOUR CHILD A REWARDING EXPERIENCE IN ATHLETICS

Coaching Philosophy / Teaching Progression

The following section is intended to share our philosophy, ideas and methods of teaching the game of football. In any situation it is essential that a coaching staff be on the “same page” in regards to how the team will be coached and the tempo at which it will be conducted.

The game of football is highly specialized; however the use of a common philosophy and progression provides continuity that is essential to a successful learning environment. This shared philosophy will greatly assist in the development of a new program and ensures the continued success of the program when new staff is added in the future.

Key to Success: Each coach must demonstrate a passion and enthusiasm for teaching and coaching. We must realize that teaching is an art. It is a craft that must constantly be sharpened in order to achieve the results we desire. Each coach must have a keen appreciation for the process and methods of teaching the game of football. Each coach must realize that his unit is an essential part of the “team” and his coaching must compliment the whole.

Winning is the by-product of our combined efforts.

Our job as a coaching staff is to instruct; discipline, and inspire our players to do things better than they ever dreamed they could do on their own.

This will be accomplished by the following:

1. Demand Excellence: Insist that our players give us their best: Concentration, Focus, Effort.
2. Set High Expectations: Establish high performance standards: Produce!
3. Continuous Improvement: Get Better Everyday!

Establish a positive, upbeat learning and practice environment:

We must develop a positive environment that maximizes our players’ ability to learn and play the game. We will teach and coach with poise. We will be positive and enthusiastic in our approach.

1. Identify and limit the number of skills we teach: Each coach will develop an inventory of skills to be mastered by his position players in our system.
2. Devise fundamental drills designed to allow players to master essential skills: Drills performed during individual periods should be relevant to the system in order to produce the desired results.
3. Achieve mastery of skills: Employ a teaching strategy that leads to the mastery of skills. “Shrink the Drill”: Reduce the speed and space of a drill to maximize mastery and ensure safety. Increase the speed and space once mastery is achieved.

Coaching Progression: Presentation, Installation, Practice

We will develop a coaching progression that adheres to the following:

1. Tell our players what we want: Verbalize the desired skills and goals. “HEAR IT.”
Players should be able to recite key concepts:
example: Bucket Step: “Give Ground to Gain Ground.”
2. Show our players what a good performance looks like. “SEE IT.”
Demonstrate skill or use video to model desired skills.
3. Give them the opportunity to perform the skill. “DO IT.”
Repetition is the “Mother of all Learning.” Establish a practice tempo that maximizes the number of quality repetitions.
4. Observe and evaluate player performance: Provide immediate feedback.

Evaluation and Feedback

We want to provide our players with positive feedback in an environment that maximizes their opportunity to improve their performance.

1. Praise Positive Performance: We can not use enough praise and encouragement. Players will respond better to praise and positive criticism.
2. Redirect Negative Performance: Redirection is the way to correct a performance error when a team or player has not yet mastered a skill or assignment. Redirection must be positive.
3. Reprimand: A reprimand is used when a team or player has already mastered a skill; however a lack of effort or concentration produces negative performance. A reprimand should get their attention. Be specific! Redefine good performance. Affirm the individual in the end.
4. Coach with poise and professionalism. Use only appropriate language. Do not demean a player by using negative criticism or abusive language. We as coaches are responsible for our players’ performance. Remember the coaching axioms in regards to player performance:

“Either we are coaching it that way or we are allowing it to happen.”

“It’s not what you know as a coach that’s important; it’s what your players’ know that counts.”

Practice Environment and Tempo

1. We want to provide a safe practice environment. Be sure that practice areas, equipment, and conditions are safe.
2. We want to make sure drill and practice areas are conducive to maximized learning.
Examples: Painted lines, cones, sleds. etc.
3. Practices will be coordinated to maximize every minute. Follow the practice schedule.
4. We will practice at a high tempo. Keep players involved and moving.

Practice Attitude

Practice does not make perfect- practice makes permanent. No matter what you do, if you practice long enough, it will become part of you. Practice a bad habit and you will become great at a bad habit. Practice being second class and you will be second class. Practice being first class and you will be first class. The choices you make in tough situations will be the habits you develop. When you choose a habit you choose the end result of the habit.

The habits we choose in tough situations such as boot camp, in off-season, in spring training, and in the fall will be what we become as a team in the regular season. The habits we choose in practice will be the habits we will revert to when it gets tough in the fourth quarter of a tough ball game. You perform during the season exactly as you have practiced throughout the year.

Our practice attitude is the key to our success as a team. Remember: “What you do speaks so loud, I can’t hear what you say>” Albert Einstein once said “example is not the best way to teach, it is the only way to teach.” Leaders are so because of what they do, not what they say they are going to do. Every athlete must strive to be the example of the football program and what it stands for-CLASS, DISCIPLINE, DEDICATION, AGGRESSIVENESS AND TOTAL EFFORT.

When you practice-work to accomplish something-work to get better. Remember you never stay the same-you either get better or you get worse. Many people confuse activity with accomplishment. Putting in time or attending workouts insure nothing. What ensures success is what you do while you are there. It matters not where you start-what matters is where you finish! Every practice, every workout is an opportunity for you to get better individually and for us to get better as a team. The way we practice as a team this year, will be the way we play as a team in the upcoming football season.

ATTACK SWARM

Meeting Room Policies

- 1. Individual meetings will be held at the conclusion of the athletic period for 20 minutes or later in the lunch period, but should not last longer than 20 minutes.- Remember tutoring takes precedence but to get documentation with the teacher’s signature.**
- 2. Offensive/Defensive meetings will be prior to practice.**
- 2. Special teams meetings will be held on specified days after practice.**
- 3. All meetings are to be treated like a practice in that they have a focused point, there is teaching and learning evident in each session.**
- 4. Any missed meeting carries the same weight as a missed practice.**

Academic Plan

Our athlete's first priority is to get an education. It is our responsibility, as coaches, to emphasize the importance of an education, to prioritize academic achievement and to take an active role in helping our athletes realize educational success. We will have the players set goals for academic achievement just as we do for athletic accomplishment and we will continually monitor their academic progress throughout the year. Our plan for the academic success of our student athletes is as follows:

1. We will create an environment in athletics that promotes self-esteem, positive attitudes, and good character. We want the students to feel good about their involvement in athletics and enhance their desire to be a part of the team. We feel that by promoting confidence, we will increase self-motivation, which is arguably the most important key to future individual successes.
2. We will build and maintain a positive rapport with teachers so that we can work TOGETHER on the academic and behavioral progress of our students.
3. Breakfast check will be done each morning to ensure healthy choices by the athletes and to make sure they arrive to school on time.
4. Each student athlete will fill out a WAG on Monday and turn it in to his position coach. You will use these sheets to counsel your kids on upcoming tests and quizzes.
5. Grade checks will be sent to teachers every week and a daily progress report will be utilized for athletes that are not meeting academic expectations. Make sure that these grade sheets are turned in to you and punish any that do not comply.
6. Grades will be checked each Friday via grade speed and checked for underperforming grades. Print out reports showing zeros, low quizzes and tests and have them resolve these issue with the teacher by the following Friday. Again non compliance should not go unpunished.
7. Study Hall will be on Wednesday and should be used to counsel position players on current grades or other issues.

Cardinal Leadership Program

In-Season

Purpose- To teach, develop and nurture leadership qualities and characteristics, individually and as a Team Unit.

Plan- Players will be placed into eight groups based on position. Each group will have a captain and a lieutenant. Each group will be scored daily and periodically on their performance academically, physically and behaviorally. Points scored will be totaled weekly to determine a winner and loser that week. Rewards and penance will be handed out by team. Each Captain will also have responsibility pertaining to the overall program.

The team members stay with their team unless expelled. Captains may ask for expulsion of a player from the team but it must be approved by the coaches.

Responsibilities of Captains

Captains must understand that they are the cornerstone for developing leaders both within their team and throughout the whole program. They must have the Programs needs in put before their own Team. Therefore Captains must administer and enforce these listed responsibilities below:

Lead by Example- on the field, in the halls, and in the classroom

Discipline- of their team tardies, attendance, ect.....

Locker Room- clean and appropriate.

Weight Room- clean and appropriate.

Attendance- check roll and properly dressed, after school.

Scoring- These listed areas determine points scored:

Negative Points

Discipline

SRC - 10

Negative Teacher E-mail - 10

Skipping Class -10

Improper grooming - 10

cussing - 5

Uniform - 5

Grades

Grade Speed

D's -5

F's - 20

AP

Loaf -10

Tardy - 5

Unexcused Ab -10

After School Practice

Excused Absence -1

Unexcused Absence -10

Positive Points

Breakfast Check

Per Day attended + 1

Perfect attendance + 5 per player

Perfect Team + 10

Discipline

Positive Teacher e-mail

or comment + 10

Grades

Grade Speed

A's +10 C's 0

B's + 5

AP

Leadership + 10

Great Effort + 10

Perfect attendance + 5 per player

Perfect attendance Team + 10

WAG

5 pts. Per Player

Championship

Habits

5 pts. Per Player

After School

Practice

Perfect attendance + 5 per player

Perfect attendance Team + 10

Scoring Description:

Tardy- any unexcused tardy for class or roll check in the gym.

Unexcused Absence- skipping class or if a player fails to contact position coach before period begins.

Uniform- Red issued shorts, grey shirt or BHS issued leadership shirt, shoes- flats and cleats. Must stay within grooming codes no piercing of any kind, clean shaved, and hair cut above the ears.

Grades- grades will be checked via grade speed weekly.

Loaf- coaches discretion on players effort.

Enthusiasm/Encourage- Players' excitement and or vocal praise. Try and instill a response from player to player.

Effort- effort is expected but exceptional and consistent effort will be awarded.

Attendance- at the end of the week, each player will receive 1pt for perfect attendance. The Team gets 5pts if everyone is perfect. This is also scored for after-school workouts.

Study Hall is done once a week and player must have his WAG and be prepared to outline study time with teammates.

Scores will be tallied at the end of the week and we will look at the average score per player in that position group. Assignments will be given as follows:

1st place- Ice Pops

2nd place- Clear

3rd place- Clear

4th place- Clear

5th place- Laundry for the week

6th place- Maintain a clean weight room daily- rack all weights

7th place- Maintain all locker rooms and make sure that they are cleaned and items secured.

8th place- Field Duty- Clear all equipment and make sure shed is kept neatly

High School Football Lettering Policy

Players that conclude the football season on the varsity football team in “good standing” are eligible, at the head coach’s discretion, to letter.

“Good Standing” may be defined, but not limited to, the following factors/issues:

- a. Participation
- b. Academic Eligibility
- c. Attendance
- d. In-school citizenship
- e. Conduct
- f. Character
- g. Cleared from equipment lists

Equipment Policies

1. Any lost equipment will be replaced by the equipment room coordinator at a cost of 5 dollars per item. If they do not have the money we will issue the equipment and write their name down. No player with any debt will be eligible to letter, attend the banquet, or receive their diploma. Borrowed gear will be kept by the equipment room manager.
2. Equipment that is left out in the locker room will be collected by the locker room monitors and kept in a bin that they can distribute to the owner after they do 20 push-ups per item left out. The bin should be kept at a convenience to the locker room monitor but not at the detriment of a clean working environment.
3. Major Equipment lost such as helmets and shoulder pads will be replaced at cost of that piece of equipment.
4. Do not under any circumstance give out equipment without documentation.

Injury Policy and Plan of Action

A. Levels of Injuries

- i. Orange Jersey- Can participate in all drills but is not to be taken to the ground. This is typically used to bring a player back into action who has either been out for a while or who is in danger of aggravating an injury.
- ii. No Pads- (Probably) Player is out for a day or two but will be able to play in the game. The player will wear his helmet, jersey and pants without pads. He may participate in all non-contact drills. He will attend 7 am treatment and after practice treatment.

- iii. Grays- (Maybe) Player is out for a short period of time. Season- During athletic period the player will ice, heat, or stretch injury unless his group is in the weight room which he will participate in unless the injury does not permit it. During after school practice he will participate in the warm-up and walk through drills. He must stay with his position throughout practice. Off-season- the player will stay with his group and perform the exercises that the injury permits and spot and assist in one in which he can't. He will attend 7 am treatment and after practice treatment.
- iv. Out- Player is either out for the season or an indefinite period of time. Season- player will dress in reds and grays but will not be involved in practice. During athletic period the player will ice, heat, or stretch injured area and after school he will workout on muscle beach during practice. Off-season- Player will workout on the bands or other weights in rehab room. After school player can work whatever he is available to work on. He will attend 7 am treatment and after practice treatment.

- B. Refer major injury or problems to Richmond Bone and Joint
 - i. Dr. Mays

Joining the Team

1. In order to join the team a player must be a freshman or new to Bellaire high school.
2. If the player is not either of the number 1 requirement than they may only join at the start of off-season, no one after January.
3. You must go through off-season to play in the fall.
4. Those that are removed or quit may have one second chance and only if they have two sponsors, are in good academic standing and are not going to be a Senior.
5. Summer workouts are required in order to guarantee safety in fall camp. Players who do not attend may be subject to aerobic exercise until they are deemed fit to practice. Seniors who miss workouts will not be eligible to letter and may forfeit the right to participate that season.

Hustle Policy

1. We want our kids to run everywhere they go in the white. Run in and out of the huddle, run between drills, run off and on the field, and run to get water.
2. Do not allow walking on the field, in the weight room, or on the mat at any time. Walking show laziness and leads to a failure of effort and ultimately losing.

Student Athlete Discipline and Duty

Grooming Rules

1. No facial hair- trim on lip and chin
2. No hair below the top of the ears
3. No earrings or piercings
4. No jewelry on the field or weight room
5. Be sensible with clothing-no sagging, explicit shirts, ect.

In Season Dress Code

Monday- Slacks, button up shirt and tie- Back to Work Monday (Set the tone)

Tuesday & Wednesday- on their own "Be sensible"

Thursday- Jeans and sub varsity game day shirt or cardinal spirit shirt

Friday- Varsity game day polo and khakis; sub varsity players wear a nice shirt and khakis

Classroom

No player should be outside of class for any reason. Bathroom breaks should be taken during the passing period to ensure we attain the maxim amount of knowledge during classroom instruction. Players who are caught outside of class will be dealt with by the position coach. Treat in the same manner as a note from the teacher. Tardies show a lack of hustle and hustle is a vital element to our program. Tardies that we are made aware of should be handles in the same manner as a not from the teacher.

Lockers and Locker Room

Your locker is yours and your locker is your team's. If your locker looks bad then you are bad, if your teams locker room looks like bad then your team is bad. We must instill a sense of pride in their locker rooms. Lockers will follow illustration in each locker room. Failure to comply should be noted by the locker room monitor and passed on to that position coach. Groups and individuals will be assigned locker room duty and are responsible for making sure everything is off the ground and cleaned. Any equipment left out will be collected by the locker room monitor and given to the position coach and only given back after punishment, if it is lost it will be replaced at cost.

Game Days

We must create an atmosphere of focus. Student athletes should be on time for all meetings, equipment issues, and the bus. **Be ready to play.**

Coaches Office Rules

1. Do not enter without knocking.
2. Respect the sanctity of the office. This is not a kid's hang out. People in the office work!
3. Do not use as storage for your things if it's too valuable for the locker room don't bring it to school.

Practice Attendance

Attendance is mandatory for practice during the fall and the spring. A missed practice without contacting either the player's position coach or the head football coach will constitute an unexcused absence and result in 5 minutes of Earls. Practice that are missed and called in will be excused with extra conditioning so that the player does not fall behind. Three excused misses will equal an unexcused miss and be counted as an unexcused absence. Obviously extreme circumstances will be taken into consideration and an exception at the discretion of the head football coach. If a pattern of missing practice is noted the player may then become subject to a strike.

Practice Policies

1. Excused Missed Practice- Extra conditioning following the conclusion of the next practice. Emphasize that this is not punishment, it is make-up work.
2. Unexcused Missed Practice- Earls to be performed at the end of the next practice and continued issue with attendance will result in a strike.
3. Walking off the Practice Field- Let them go and cool off and we will bring them in for a meeting and it will count as a strike and an unexcused missed practice. No player quits without a discussion with the parents.
4. Unexcused Missed Game- Treat the same as an unexcused missed practice and they will sit the next game as well.
 1. Excused miss game- Sit the next game unless extenuating circumstances. "Miss one for you, then you miss one for me"
 2. Rainy Day Practice schedule for after school will be:
 - a. Freshman Team 3:20-3:50
 - b. Freshman Study hall 4:00-5:00
 - c. JV Team 3:50-4:20
 - d. Varsity Film/Meetings 3:30-4:20
 - e. Varsity vs. Scout 4:30-5:15 (all non essential JV sent home)
 - f. Varsity 1 vs. 1 5:15-5:30
 - g. Special Teams Meet 5:30-6:00

AP Policy

1. Athletic period is treated the same as any other period during the academic day. Absences will be recorded daily and the grade of the student athlete will be affected by participation. Roll will be taken by position coaches during the season and in their assigned lines during the off-season.
2. Tardies to athletic period will be handled by the locker room monitors. The punishment will be 10 Pop-ups for reasonable lateness, within 1 minute, and adding 5 pop-ups per person after that. Any tardy that is excessive, more than 5 minutes, will result in sled work from 300-1,000 yards based on the severity. Tardy for 4th period is at 10:37. Freshman pre-practice starts at 2:35 and a player is tardy at 2:40. If tardies become too much of an issue we will move to make a team punishment for anyone who is tardy. Excessive tardies by one player may be cause for removal from the program.
3. It is not allowed or acceptable for athletic period to be used for other class work. At no time should you tell a student athlete that they can leave or do something other than what is being done that day during athletic period. Refer all injury questions to Coach Herrmann.
4. We will use lunch time for individual meetings during the season. During this time if students are behind in class or need tutoring they may miss meetings, however they must bring the position coach a note from the teacher that says what time they arrive to the class and what time they left. If you question the validity of the note given to you then follow up with the teacher via e-mail.
5. Student athletes who quit, are dismissed from the program, or have not yet met the entrance requirements (freshman or transfers) will still be required to attend the athletic period. The first step will be to send them with a note to their counselor to have their schedule changed. If this can not be accomplished then they will be on maintenance duty for the remainder of the semester. Maintenance men will be required to check in with Coach Herrmann and check out with Coach Herrmann and will be given assignments to be completed daily. Compliance and attendance will affect their grade. Do not allow one of them to simply tell you to tell me, ultimately I am responsible for their whereabouts and I want to see them face to face. Those who have not yet met the requirements and are attempting to join the team, freshman or transfers, need to be with their position throughout the entire athletic period.
6. It is required for all football players to be enrolled in the athletic period. Failure to do so will be cause for removal from the program.
7. Rainy day AP schedule will be:
 - a. Inside group lifts as usual
 - b. Outside group will go Indy film and meetings
 - c. End of period allow time for specials to meet on the unit for the day

Discipline Management Plan

The football coaching staff at Bellaire High School considers discipline to be the cornerstone on which to build our program.

We believe that participation in extracurricular activities, especially football is a privilege. Our student athletes must be willing to conform to established standards of behavior in the classroom, community and playing field.

The greatest attributes our players will derive from participating in our program will be self discipline and sense of team concept. Participation in athletics provides young people with one of the purest avenues to acquire these traits.

Cardinal football players will be held accountable for all rules and regulations posted in their student handbooks, rules specific to participation in athletics, as well as certain standards which will set them apart as good citizens and gentlemen.

We strongly believe that our athletes have the responsibility to serve as leaders and positive role models for their peers. They should set an example of appropriate conduct and cooperation on our campus.

In order to make this plan work we will need the help, support and trust of our parents, faculty and administration.

Our Coaching Staff is committed to implementing a Proactive Discipline Management system. We realize that our players are going to make mistakes. Our role as coaches and mentors will be to guide them to desired behaviors that will make them successful now and in the future. All discipline will be firm, fair and consistent. We will establish standards of behavior and practices that go beyond the expectations of normal students. We feel that the most important aspect of our discipline plan is the daily positive reinforcement of the value of total commitment to the Bellaire High School Football Program and the values and ideals upon which it will be built.

In addition to the rules and regulations posted in student and athletic handbooks we will incorporate rules concerning grooming, attendance, and punctuality, maintenance of equipment / locker room and academics.

The Program will be based on three simple guidelines:

1. **Do Right**: know the difference between right and wrong. Do what is right and avoid those things you know to be wrong.
2. **Don't do anything to embarrass your Family or Team**: Your conduct reflects on both groups. You have a responsibility to represent them to the best of your ability.
3. **Treat others the way you wish to be treated**. Treat all people you come in contact with dignity and respect.

Consequences

Our players will learn that there will be consequences for inappropriate actions. Consequences can be handled on both an individual and team basis.

Team Consequences: Many times discipline will be handled on a team wide basis. This type of consequence is designed to reinforce the team concept and each individual's accountability to the team.

Individual Consequences: Discipline can also be handled on an individual basis for violations of team policies and individual conduct.

"EARLS"

For years we had searched for an effective, quick, and enforceable means of disciplinary action. We surveyed other high school and university programs and came across "Earls." Earls involve players lining up on the goal line in a three point stance; the coach will then direct them to the desired distances for them to run (i.e. 5 back, 10 back). After they complete the run they are to immediately be back in a good three point stance. The coach will give a variety of distances up to 15 yards each repetition. This will continue for approximately 5 minutes or perhaps longer for more serious offenses. At the conclusion the athlete's legs feel as heavy as Earl Campbell's hence the name "Earls."

Purpose / Justification

1. "Earls" present no physical danger to the young man.
2. "Earls" is an effective deterrent. The athletes do not like it. We seldom see chronic offenders.
3. "Earls" is not confrontational. Coaches are not put in a position of provoking a hostile response.
4. "Earls" has always produced a favorable response from our parents and faculty.

Major Offenses

We base our discipline policy off of a three strike rule. Offenses in which we deem to be a strike on the student athlete's record will be handled by a formal meeting with the student in which the negative behavior is addressed and reiterated that it will not be tolerated. First offense will be a meeting with the position coach, second with the coordinator of their side of the ball, and the third with the head coach and they will no longer be a part of the team. Removal from the team can only be rectified after the season and the student athlete must find two members of the team willing to sponsor them. These sponsors will be responsible for their student athlete's behavior and any punishment they encounter the sponsors must be willing to do as well.

Our Commitment

We are committed to establishing a proactive, positive, position in regards to discipline in our program. We feel we would be doing our players a gross injustice if we did not make this kind of effort. We want our players to know we care. We care for them as team members; but also as individuals. We want our players to learn that they are accountable for their actions. They must learn that they are accountable for their actions. They must learn to make good decisions. The bottom line is: We want every boy that comes into our football program to leave a better man from the experience.

No Excuses No Explanations

While there most certainly may be cases in which a personality conflict leads to issues between a teacher and a student and there may be extenuating circumstances that lead to behavior issues we must not allow for a grey area in the realm of discipline. No excuses means that we will not accept stories for “why” something took place and instead focus on what behaviors lead to a successful student. No explanations means regardless of the story the punishment remains the same. First e-mail from a teacher will be a coach conference and a written apology to the teacher, the second will be 400 yards on the king sled, the third is 1,000 yards on the sled and any after that will be counted as a strike. SRC will be an automatic 500 yards on the tire or sled and an after school detention will be treated as a missed practice.

~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
7 Summer No Shows schedule- Plyos/Agility- 7-8:30 Meeting 8:30-9:00 Run- 9-10:30 Lift-11-12 Meetings 4-4:45 5-6 Run 7-7:30 Round Table	8 1 st Day of Practice 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-7:30 Round Table	9 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-7:30 Round Table	10 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-7:30 Round Table	11 Cardinal Camp 7am to 8:30 Practice 1 8:30-9:00 Meeting 9:00 to 10:30 Practice 2 11 to 12:00pm Weights 12:30 pm to 2 pm Training Table 2 pm to 4 pm Movie/Rest/No Show 4:45 Equipment 4 to 4:45 Meetings 4:45 Pre Practice 5 to 6:30 Practice 3 3:30 to 4:30 Freshman Weights 5:00-6:40 Freshman Practice 7-7:30 Round Table	12 1 st Day of Pads 7 am to 9 am Practice 1 10 to 11 am Meetings 10 am to 12 pm Practice 2 9 to 10:40 am Freshman Practice	13 Media Day 9:00 am Pictures 11 am Scrimmage 1:00 pm Food/Games/Autographs/Interviews 2:00 pm to 3:00 pm Town Pep Rally

~ August 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
14	15 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	16 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	17 1 pm to 3 pm Books 8 am to 9:40 am Freshman Practice 10:00 to 11am Frosh Weights 3pm to 4 pm Weights 4 pm to 5 pm Meetings 5 pm to 7 pm Practice	18 3pm to 4:00 pm Walk through all teams (GYM) 4:30pm Groups in Gym 5 pm to 8 pm Blitz 8 pm Meal	19 Arrive at 7:00 am Buses depart at 7:15 Scrimmage vs. Nimitz @ Butler Sub Varsity 8:00 am to 9:30 am Varsity 9:30 am to 10:30 am 10:30 am to 11:15 -1 quarter of play	20 Players @ 10 am Frosh/JV G- Lift 10-10:45 JV B/ Var- Run/Stretch 10-10:45 Switch 10:45-11:30 Varsity Film- 11:30- 1
21 Advocacy 1 st Mon-Wed	22 1 st Day of School 4 th AP Skill 3:35-5:45 Practice-18 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Wts	23 4 th AP Big 3:35-6:20 Practice-24 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	24 4 th AP Skill 3:35-6:00 Practice-20 2:50-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Wts.	25 Freshman @ Brazoswood JV @ Butler vs. Brazoswood	26 Varsity @ Brazoswood	27 Varsity Players @ 10 am
28	29 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	30 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	31 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	Notes:		

~ September 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Early Dismissal Freshman @ Butler vs. Hastings JV @ Hastings	2 Varsity @ Butler vs. Hastings	3 Varsity Players @ 10 am
4	5 Labor Day 8 am Meetings Practice 9 am-10:30 am Weights 11-12 Freshman Off	6 4 th AP Skill 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	7 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	8 Freshman @ Oakridge JV @ Butler vs. Oakridge	9 Varsity @ Oakridge	10
11	12 4 th AP Var Weights 3:35-4:35 JV Practice/Var Film 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	13 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	14 4 th AP Big 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	15 Freshman@ Woodlands JV Gold @ Northland Christian HS Varsity-Specials Practice/wts-AP	16 3:40-4:50 Var Practice	17
18	19 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	20 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	21 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	22 JV Gold @ Butler vs. Milby Freshman White @ Milby	23 Varsity @ Milby	24 Varsity Players @ 10 am

~ September 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	27 4 th AP Big 3:35-6:20 Practice-24 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	28 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	29 Holiday JV @ Woodlands Freshman Red @ Sam Houston (JV) Freshman White @ Butler vs. Sam Houston	30 Varsity @ Dyer vs. Sam Houston	Notes:

~ October 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Varsity Players @ 10 am
2	3 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	4 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	5 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	6 JV Black @ Westbury JV Gold @ Lee Freshman Red @ Butler vs. Westbury	7 Early Dismissal A.S. Varsity Ghost Game	8 Varsity at Butler vs. Westbury 6 pm
9	10 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	11 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	12 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	13 JV @ Butler vs. Chavez Freshman @ Chavez	14 A.S. Varsity Ghost Game	15 Varsity @ Chavez

~ October 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
16	17 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	18 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	19 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	20 JV @ Lamar Freshman @ Butler vs. Lamar	21 Early Dismissal Varsity @ Butler vs. Lamar	22 Varsity Players @ 10 am
23	24 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	25 Testing 4 th AP Big 3:35-6:00 Practice-20 3:40-4:30 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	26 Testing 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	27 JV Black @ Butler vs. Westside Freshman @ Westside	28 A.S. Varsity Ghost Game	29 Varsity @ Westside
30	31 4 th AP Skill 3:35-5:45 Practice-18 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	Notes:				

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 4 th AP Big 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Study Hall	2 4 th AP Skill 3:35-6:00 Practice-20 2:40-4:20 pm Freshman Practice 4:45-5:30 pm Freshman Wts	3 JV Black @ Madison Freshman @ Butler vs. Madison	4 Varsity @ Butler vs. Madison	5 Varsity Players @ 10 am

~ November 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	8 4 th AP Skill 3:35-5:45 Meet/Practice-18	9 4 th AP Big 3:35-6:00 Meet/Practice-20	10 4 th AP Skill TBA Meet/Practice-20 @ Game Site	11 Early Dismissal Varsity Ghost Game	12 Play-offs Round 1
13	14 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	15 4 th AP Skill 3:35-5:45 Meet/Practice-18	16 4 th AP Big 3:35-6:00 Meet/Practice-20	17 4 th AP Skill TBA Meet/Practice-20 @ Game Site	18 Varsity Ghost Game	19 Play-offs Round 2
20	21 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	22 4 th AP Specials 3:35-5:45 Meet/Practice-18	23 Thanksgiving Break TBA Meet/Practice-20 @ Game Site Lift After Practice	24 Thanksgiving Break 8:00 -10:10 am Meet/Practice-20	25 Thanksgiving Break Varsity Ghost Game 10 a.m.	26 Play-offs Round 3
27	28 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	29 4 th AP Skill 3:35-5:45 Meet/Practice-18	30 4 th AP Big 3:35-6:00 Meet/Practice-20	Notes:		

~ December 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 4 th AP Skill TBA Meet/Practice-20 @ Game Site	2 Varsity Ghost Game	3 Play-offs Round 4

~ December 2011 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 4 th AP Lift 3:35-4:15 Meeting 4:15-5:15 Walk Through 5:30- 7:00 Finalize Game plan	6 4 th AP Skill 3:35-5:45 Meet/Practice-18	7 4 th AP Big 3:35-6:00 Meet/Practice-20	8 4 th AP Skill TBA Meet/Practice-20 @ Game Site	9 Varsity Ghost Game	10 Play-offs Round 5
11	12 Practice Schedule based on Finals	13	14	15 A.S. Leave for Dallas	16	17 State Championship