

# MHB VIKING FOOTBALL HANDBOOK

2019-2020

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## **MISSION STATEMENT**

To Build Confidence And Self-esteem And A Feeling Of Contribution Within Each Player.

Get Every Player Feeling Important And Unified In Purpose

Encourage Open And Honest Communication Between Staff And Players

Focus On Solutions Rather Than Problems

Respect Dignity And Faith Of Each Person On Our Football Program

Commitment To Team Unity And Strong Leadership, Trust Each Other

Create An Environment For Innovation And Growth

Each And Every One Will Overachieve

Above All Else, Our Football Players Will Be Athletes Of Character

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## **VISION FOR THE FOOTBALL PROGRAM**

"To Make Sure That The Football Program Will Be Respected As One Of The Best Football Programs In The State!"

"Where We Go One, We Go All!"

"Win At Everything!"

"Deserve Victory"

"ATTACK SUCCESS"



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Hello Viking Parents & Viking Players,

My coaching staff and I look forward to working with your son. We have put in several hours of preparation, training and personal time into helping your sons become the most successful football players they can be. We are very excited for the season and hope you are as well. We are a program based around hard work and dedication; dedication to the team, dedication to the school. dedication to the community and dedication to self. Attached is a schedule with upcoming dates and times for your son. If there are any conflicts please let me know as soon as possible. Also attached is a form for you and your son to sign. By signing this form you are letting me know that you understand the information that has been provided to you in this packet.

Leaders are made, they are not born. They are made by hard effort, which is the price that all of us must pay to achieve any goal that is worthwhile. One of my coaches once told me this: " Hard work beats talent, when talent doesn't work hard," and 'Luck is when opportunity meets preparation.' If you always worked hard, then the harder you worked, the luckier you will get. Everyone will be judged fairly beginning in August. We want your son out playing --- so please be ready!

If you have any questions or concerns, please feel free to contact me at anytime. My phone number is (906)221-5664 or via email, [bdstana25@gmail.com](mailto:bdstana25@gmail.com). I will gladly answer any questions you may have.

Sincerely,

*Bret St Arnauld*

Coach Bret St Arnauld

GO VIKINGS!



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## MY VALUES

The Four F's of Life:

1. **FAITH** - is an expression of hope for something better. More than a wish, it is closer to a belief, but not quite. A belief is rooted in the mind. Faith is based in the heart.
2. **FAMILY** - My family means everything to me. They are my "Why." They drive me to become a better man, husband and father. What family means to me is love and someone that will always be there for you through the good times and the bad. It is about encouragement, understanding, hope, comfort, advice, values, morals, ideals and faith.
3. **FRIENDS** - Life is all about relationship building. Friends helps us deal with stress, make better lifestyle choices that keep us strong and allow us to rebound from health issues and disease more quickly. Friendship is equally important to our mental health. One study even suggested spending time with positive friends actually changes our outlook for the better. That means we're happier when we choose to spend time with happy people. (All the more reason to leave that toxic friendships behind.)
4. **FOOTBALL** - I firmly believe there is no where else in the world where you will learn more about life, than between the hashes. There is no class you can take and there is no life course that will put you into situations in the highest of highs or the lowest of lows in such a short period of time. Example: having a 75 yard touchdown run called back because of a holding call; losing a 14 point lead in the fourth quarter. Football teaches you to become something more; it teaches you to become a leader, it teaches you to be a part of a team and that each individual is a working part. It teaches you how to handle stressful situations, adjusting on the fly and becoming the best version of you.

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## FOOTBALL PHILOSOPHY

By: Bret St Arnauld *Mt Horeb-Barneveld Head Football Coach*

Our coaching philosophy is simple. First, our student-athletes need to understand that they are student's first, and that they need to excel in the classroom before they can excel on the football field. Our team goal in the classroom is to attain a 3.0 G.P.A. team average. If our student-athletes grades are not excellent, they will not be able to suit up on Friday. If we, as coaches prioritize, education it may increase the chances of our student-athletes being successful.

Being a football coach is just an extension of the classroom. We are responsible for these young men for the entire year, not just during the football season. We need to realize the impact that we, as coaches, will have on their maturity and growth as an individual. We need to be teachers, father figures and disciplinarians. We need to instill good morals and create a positive learning environment. We want them to take away life lessons and positive experiences they will remember for the remainder of their lives. However, we do need to create a mentality that demands hard work, accountability and dedication. When push comes to shove and our team is tested, I want our team to believe they can win. We will undoubtedly run into a team that is either our equal or superior, but when it comes down to it, we trained harder, risked more of our hearts and endured more than the man lined up across from us. We do not always have to be the "better team," but I would like our team to be known as a team that plays the game with passion and heart. When people see the Vikings on the schedule, I want teams to know they will be in for a fight from kickoff until the final whistle.

Being a part of a team means that it is a collection of individuals that have similar goals and dreams. The dream we, as a team, have at the beginning of the year is to win a state championship. Why not us? We must continue to strive to be the best we can be within the classroom, weight room, practice field and on Friday nights. At Mt Horeb-Barneveld we will build a winning tradition in the classroom, on the football field and in life.

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## PROGRAM PHILOSOPHY

- ❖ **FAITH** Practice yours in all that you do.
- ❖ **ACADEMICS** School work before football.
- ❖ **CONFIDENCE** Believe in yourself, you must become a person you like.
- ❖ **UNSELFISHNESS** Your success is always a credit to others.
- ❖ **ADVERSITY** Never give up, in football or in life.
- ❖ **TRUST** Player to player, player to coach, player to parent.
- ❖ **RESPECT** Opponent, rules, official, adult, on-field and at school.
- ❖ **HIGH GOALS** "What you believe, you achieve!"
- ❖ **WORK ETHIC** Your success will equal your commitment.
- ❖ **SAFETY** Football is dangerous. Take care of your equipment and self.
- ❖ **CLASS** Practice it all times. Honor your opponents, your fans, your team, your school, your family and your community.
- ❖ **CONTACT** We hit hard. We will hit them harder than they hit us!
- ❖ **TECHNIQUE** Proper technique and execution make winning programs.
- ❖ **TRAINING** It takes a full time, full time commitment to excel. Dedication points.
- ❖ **HUMILITY** Not one of us alone is good enough to beat anybody.
- ❖ **FAMILY** Your success is a reflection on your family. Make them proud by good sportsmanship and quality play.
- ❖ **SPORTSMANSHIP** Our attitude toward our opponent must always make us winners no matter what the final score is.

Last But Not Least, The Success Of Any Program Is One's Ability To Communicate; And Realize That In Order To Run A Top Notch Program Requires The Input Of All Those Involved And The Willingness To Share In The Successes And Failures, The Ups And Downs Of Those Who Sacrifice The Time And Provide The Internal Commitment To The Future Of This Country And Our Young People.



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# **COACHING PROFILE QUESTIONNAIRE**

By: Bret St Arnauld *Mt Horeb-Barneveld Head Football Coach*

## **WHY I COACH**

1. I Have A Burning Passion To Do So.
2. I Enjoy Working With People, Especially High School Students.
3. I Love The Game Of Football.
4. To Embrace The Challenge.
5. To Use My Gifts/Talents Of Leadership And Administration.

## **MY OBJECTIVES AS A COACH**

1. Teach Teenagers
  - a. The value of teamwork which will last a lifetime.
  - b. To help develop their character as an individual.
2. WIN!
  - a. Games, Conference Championships, State Championships.

## **WHAT I GET OUT OF COACHING**

1. Satisfaction of achieving something that I have worked so hard at.
2. Satisfaction of having a former player call me or reach out for advice or just to say hello.
3. Satisfaction of using my gifts/talents.



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## **ON VARIOUS COACHING RESPONSIBILITIES**

***On Preparing*** - I firmly believe that the first step in getting a win on Friday night is what happens in the scouting department. Mike Shanahan in his book 'Think Like a Champion,' states "Not doing more than the average is what keeps the average down." I believe that the average football coach at our level does not watch enough game film to prepare their team. I am a big believer in film, film, film! Predictability breeds vulnerability. Let's attack the opponent because they become predictable at what they do. I love to prepare for a football game. It becomes contagious for the kids too. The student-athletes want to be more prepared than we can get them sometimes. I don't think that you can EVER be too prepared for a football game.

***On Winning*** - Winning is the culmination of the coach's planning and player's execution. If a coach doesn't have a plan, what do the players execute? If players don't execute, what good is the plan? The two go hand in hand but when the rubber meets the road, the execution of the players is what really matters! So, us coaches better have them prepared!

***On Losing*** - This is a game of winning and losing. Great teams are going to lose. But don't ever lose because you failed to give your best effort. Don't ever lose because you gave up. Don't lose because you didn't do YOUR BEST at preparing yourself, your staff and most importantly, your players.

***On Practice*** - Be disciplined. Mass teach. Individually correct. Make sacrifices to better yourself and your team. The length of practice doesn't do a thing for the quality of work that can be done. Be prepared to prepare.

***On Discipline*** - Discipline must be done fairly, swiftly and consistently; always keeping in mind that it is not for the coach, but for the player's and the team. Too many coaches involve their own pride in disciplining their players. Discipline should always teach or it is not being done right. I will admit, I have not always done this in my career.

***On The "Student" Part of Student-Athletes*** - I have always had grade checks of all my sports teams. This shows them that the coaches do care about their grades and lets me know about the ones that need a kick in the pants academically. I have approached several different teachers about the attitude and work ethic of our football players in their classrooms and have called kids out about specific classroom-related issues. I think that the coaching staff sets this precedent to demonstrate just how important it is to be disciplined in the classroom; both in and out of season.





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## **PROGRAM ALIGNMENT**

### **FRESHMEN / JUNIOR VARSITY FOOTBALL**

*Purpose:* Teach Players The Intermediate Rules Of High School Football And The Strategies Of MHB Football.

*Emphasis:* Prepare The Players, Both Mentally And Physically, For Varsity Football. Winning Freshmen/JV Games Is Not An Emphasis.

The Largest Difference Between A Freshman/Junior Varsity Player And Varsity Player Is Their Aggressiveness. Junior Varsity Players Tend To Be More Timid For One Of Two Reasons.

- (1) They Do Not Understand The Game, And They Play Confused Or;
- (2) They Do Not Have The Size, Strength And Agility To Play Aggressively.

The Focus Of Freshmen/jv Football Is To Overcome These Shortcomings And Develop Players That Are Ready For Varsity.

*Weight Room:* Develop Strength, Agility, Quickness, And Endurance Through A Structured Lifting, Agility, And Conditioning Program Designed To Make The Players Bigger, Faster, And Stronger. This Will Allow Players To Meet The Physical Demands Of Playing High School Football. Increasing The Strength, Speed, And Agility Of The Freshmen/jv Players Will Improve Their Ability To Prepare For Varsity.

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### **VARSITY FOOTBALL**

*Purpose:* Teach Players The Advanced Rules Of High School Football And The Strategies Of Football.

*Emphasis:* Win Games By Fielding The Best Team Of Players Possible, Who Are Both Mentally And Physically Prepared To Play Football At The Varsity Level. Prepare Potential College Athletes For The Collegiate Level.

*Weight Room:* Continue To Improve Strength, Agility, Quickness, And Endurance To Physically Dominate Opponents.



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## **EXPECTATIONS OF OUR COACHING STAFF**

***Be A Positive Role Model*** - Carry Yourself In A Professional Manner At All Times, On The Field And In The Community. Players And The Community Members Are Always Watching. As A Representative Of The Program; Your Actions Will Reflect Upon Everyone, Not Just Yourself. Make Sure Your Interactions On The Field Reflect How You Would Want Your Own Child To Be Treated.

***Coach Every Player*** - They Won't Care How Much You Know Until They Know How Much You Care. We Will Coach Players To Help Prepare Them To Achieve Their Greatest Potential. Each Player Is Putting In The Time And Effort To Make The Team Better And It Is The Responsibility Of The Coach To Help Him Improve His Skills.

***Communicate*** - A Football Program Consists Of Many Parts, It Is Important That Everyone Works Hard To Stay On The Same Page. All Coaches Should Make Sure To Work Together To Stay Informed Of What Is Going On With Players, Scheme, And The Program In General. Coaches Should Also Strive To Ensure The Players Understand The Material Being Presented In Practice, And Be Approachable If A Player Wants To Talk.

***Commitment*** - We Ask Our Players To Invest A Lot Of Time Into Our Program And Therefore The Same Commitment Is Needed From Each Coach. In Turn, The Program Will Try To Place A Priority On Using Time Wisely During Meetings, Practices, And Team Activities.

## **COMMUNICATION TO PARENTS**

The MHB Coaching Staff Will Make Every Attempt To Keep Our Players And Their Parents/Guardians Up To Date On Football Program Issues And Events.

We Have Five Ways Of Communicating With Parents And Players; Email, School Website, Facebook, Twitter And Google Classroom.

- Please Be Sure That Your Email Is Updated With The MHB Football Staff.
  - My Email: Bret St Arnauld - [bdstarna25@gmail.com](mailto:bdstarna25@gmail.com)
  - Please Refer To The MHB Gridiron Football Website. Significant Information Will Be Available Including Game Schedules, Rosters, Meetings And Training Schedule.

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# YEARLY GOALS FOR VIKINGS FOOTBALL

By: Bret St Arnauld *Head Football Coach*

★Win the Badger North Conference Championship

- (ALL GRADE LEVELS)

★Be in Pursuit of a Badger North Championship

- (ALL GRADE LEVELS)

★Team G.P.A. of 3.0

- (ALL GRADE LEVELS)

★Make the Playoffs

- (Become a #1 Seed)

★Win a State Championship!

- Be a Champion!

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## **PLAYER EXPECTATIONS**

We Will Operate The MHB Football Program In Accordance With The Rules, Regulations And Policies As Outlined By The NFHS And W.I.A.A., And The Administrative Policies Of The MHB School Districts. Within The Framework We Will Provide A Football Program Of The Highest Quality That Meets The Needs Of Our Students, Alumni, School And Community.

As Head Coach, I Believe That Our Football Program Provides A Vital Link Between The School And The Community, Student, Parents, Alumni And Community Involvement In Our Program Helps To Enhance School Spirit, Develop Sound Minds And Bodies And Develop Skills And Qualities Which Endure For Life. As A General Rule, All Players Are To Conduct Themselves With Class And Dignity, Both On And Off The Field. Your Behavior Is A Direct Reflection Of Our School And Football Program. Any Actions That Will Embarrass You, Your Teammates, School, Or Parents Is An Action That Should Not Be Taken.

All Players In This Program Will Recognize And Respect The Authority Of All Coaches, Teachers, Administrators And Support Staff Members Or They Will Not Be A Part Of The Team. Any Violation Of One Or More Of The Rules Covered In This Handbook Is An Indication That This Football Program, And Being A Part Of It, Is Not Important To You. Any Violation Will Be Dealt With Accordingly, Ranging From Missed Practice And The Missed Practice Policy, To Dismissal From The Team. Those Who Work Hard And Adhere To These Policies Are Showing That Being Part Of This Team Is Important And Will Be Rewarded With Success, Satisfaction And Wins!



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# ATTENDANCE

***All Players Are Expected To Be Present And On Time To Practice.***

1. Any Player Who Is Late To Practice Will Be Held Accountable To The Missed Practice Policy Or The Tardy Policy (Page 16).
  
2. Any Player Who Misses Practice Without Notifying Coach St Arnaud In Person, Email, Or Text Message Ahead Of Time, Will Be Dealt With Accordingly To The Missed Practice Policy And Tardy Policy (Page 16).
  - a. After 1st Unexcused Absence = Possible Missed Game Time At Coach's Discretion (i.e. Miss 1st Quarter Of The Game)
  - b. 2nd Unexcused Absence = 2 Quarters To A Full Game Suspension.
  - c. 3rd Unexcused Absence = Removal From Team.
  
3. In The Case Of An Unforeseen Emergency, Parent Must Contact Coach St Arnaud.
  
4. All Illness And Sickness Absences Need To Have A Prior Approval Or Doctor's Excuse Upon Returning To Practice To Determine Excused Or Unexcused. This Does Not Mean That Any Time A Player Is Sick Or Ill; They Need To Go To The Doctor; But Any Major Illness And Sickness That Causes Player To Miss Practice Should Seek Treatment. Not Feeling Good Is Not An Excused Absence.
  
5. Any Absence, Regardless Of Excused Or Unexcused, Will Require Conditioning To Be Made Up Upon Returning To Practice. (this Does Not Include Player Injured, Determined By The Trainer Or Medical Professional, But Are In Attendance For Practice)



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## **INCLEMENT WEATHER**

When A Practice Is Scheduled We Will Do Something As A Team Regardless Of The Weather (extreme Occurrences Such As A Tornado Provide Exceptions) So Practice Will Always Be On. When A Situation Arises Where We Have Inclement Weather (i.e. Lightning) We Will Do One Of The Following:

1. Move Practice To The Gymnasium.
2. Watch Film And Wait Out The Weather For An Opportunity To Go Back Outside.
3. Go To Weight Room And Wait Out The Weather.

In A Situation Where We Go Inside To Wait Out The Weather, Practice Will End At The Scheduled Time.

## **HAZING**

No Player Will Ever Be Ridiculed By Another Player Or Coach; whether In The Locker Room, Training Room, Weight Room Or On The Football Field.

The Freshmen/Junior Varsity Players Will Be Respected By The Varsity Team, And Vice Versa.

## **LOCKER ROOM**

The Locker Room Floor Will Be Free Of Trash And Equipment That Does Not Belong There.

## **DRUGS & ALCOHOL USE**

The Use Of Drugs, Alcohol And Tobacco Will Not Be Tolerated. The Use Of These Products Is Damaging To Your Health And To The Image Of Our Football Team. The Possession Or Use Of Drugs Or Alcohol During School And/or Football Activities Will Result In Dismissal From The Team.



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## **PLAYING TIME**

The Criteria We Use To Decide Who Gets To Play Are, Who Wants To Play, Who Has Earned Our Trust, Who Has The Skill And Who Shows That Skill To Play (not In Any Order)

It Is Easy To Tell Who Wants To Play. If A Player Wants To Play, He Hustles All The Time. He Is Not An Up-and-down Player. He Works Hard To Become A Consistent Player. He Does Everything He Can To Show That He Wants To Play. He Does Not Have To Be Jump-started Every Day, Or Be Talked Into Working Hard. Regardless Of Whether He Is First, Second, Or Third Unit, He Is All The Way In. The Student-athlete Displays In His Practices That He Wants To Play. As A Player Performs In Practice, So He Will Perform In The Game.

1. **Are You Coachable?** Can You Listen, And Are You Willing To Learn From The Instruction Which You Are Given, Or Will You Insist Upon Doing Things Your Way?
2. **Commitment** - Are You Committed To Teamwork Or Individualism?
3. **Loyalty** - Do You Support Your Fellow Players And The Mission Of The Football Program?
4. **Work Ethic** - Do You Do Extra Work Outside Of Practice To Further Your Own Skill To Help The Team? Are You Willing To Go The Extra Mile? Winter And Summer Off-season Strength Programs Will Be Available During These Respective Seasons.
5. **Responsibility** - Are You Always On Time? Are You Bringing All Of Your Equipment Every Day?
6. **Can You Accept Criticism?** Coaches From Time To Time Will Be Critical Of Your Actions On And Off The Field. If You Can Accept Criticism, You Should Be Motivated To Correct Errors Which You Have Been Making. Criticism Is Never Anything Personal Against You; On The Contrary, It Is A Coach That Cares Enough About You To Make You Better. Take The Coaching!
7. **Relationship With Teammates** - Do Your Teammates Respect You As An Individual And As A Team Member? Do You Do The Things That Will Earn Their Respect?
8. **Are You A Team Player?** Do Your Actions On And Off The Field Show That You Are More Concerned With The Welfare Of The Team Then Gaining Individual Glory? In A Team Sport, Honors May Be Won By Individuals, But They Are Earned By The Entire Team.
9. **Are You Disciplined?** The Greatest Player Is A Disciplined Individual, Both On And Off The Field.
10. **Academics** - In Order To Play, Our Student-athletes Must Maintain Passing Grades Throughout The Eligibility Period Of Competition. If A Student-athlete Becomes Academically Ineligible Our Policy Is To Have Him Maintain His Presence On The Team. Additional Study Hall Times Will Be Provided Until He Regains His Eligibility Back On The Team. If The Student-athlete Struggles To Pass Classes And It Becomes A Problem, The Student-athlete Will Be Removed From The Team So He May Concentrate On His Studies. Once A Student-athlete Has Proven Himself In The Classroom, He Then Will Be Allowed To Return To The Team. The Most Important Asset We All Have Is Our Education. You Can Take Football Away From An Athlete, But You Can Never Take His Education From Him.

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## **EQUIPMENT CARE**

All Players Must Have Regard For The Equipment. Equipment Care Is Very Essential In Maintaining Good Quality Equipment For You And Others To Use While Participating With The MHB Football Team. The Average Cost Of Outfitting You With Essential And Proper Fitting Safety Gear Is Around \$700.00 Per Student-athlete. The Costs Continue To Rise Each And Every Year, So It Is Necessary For You, As The Borrower, To Take Full Responsibility For Your Equipment Care. We Only Require Players To Purchase Their Own Cleats And Girdle. Everything Else Will Be Loaned To The Athletes So We Need To Follow Some Simple Maintenance Steps For Your Borrowed Equipment Throughout The Year:

- **Helmet:** Cost \$260.00 and Up

This Is Not A Device Made To Use As A Weapon. The Use Of The Helmet Other Than As A Safety Device Is Strictly Prohibited.

- Inspect & Tighten Facemask Screws Weekly
- Inspect & Tighten Chin Strap Screws Weekly
- Inspect Chinstrap Buckles Weekly
- Wipe Down Your Helmet Weekly (inside & Out) With A Damp Cloth
- **Shoulder Pads:** Cost \$200.00 and Up
  - Inspect All Straps, Strings & Clips Weekly
  - Tape All Of Your Straps After Proper Clip Adjustment Has Been Received
  - Was The Molded Plastic With A Damp Cloth
  - Clean Shoulder Pads On A Regular Basis With Boiled Water And A Disinfectant
- **Pants, Girdle, Belt, & Practice Jersey**
  - Wash Them Regularly To Keep Them From Stinking, Staining And Housing Bacteria.
- **Hip Pads, Thigh Pads, Knee Pads & Tail Pads**
  - Wipe These Down With A Damp Cloth
- **LOCKS On Locker**
  - All Players Are Required To Have A Lock On Their Locker In The Locker Room In Order To Maintain
- **The Safety of Their Equipment**
  - If A Player Loses Any Piece Of Equipment, Then They Are Responsible For The Cost Of Replacing It New!
  - Players Need To Report Any Faulty Equipment To Coach St Arnaud



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## **MISSED PRACTICE POLICY**

All Absences From Practice Will Be Treated The Same. If The Student-athlete Misses Practice, They Will Have 2 X 300 Yard Sprints, Or Extra Drill Work. If They Have An Unexcused Absence, Then The Student-athlete Will Be Taken Off All Depth Charts And Will Not Be Put Back On Until The Student-athlete Competes 4 X 300 Yard Sprints Or Extra Drill Work. All Individual Running Will Need To Be Done The Day Before The Next Game With A Coach's Supervision.

## **TARDY POLICY**

Tardy Is Not Being In The Assigned Area At The Assigned Time. A Student-Athlete Is Late For Any Reason Without Communicating With A Coach, He Will Be Sent Home And Will Be Suspended For One Quarter. If The Individual Is Late For Two Practices Without Communicating With A Coach, He Will Be Suspended For A Half. If The Individual Is Late For Three Practices Without Communicating With A Coach, He Will Be Suspended For A Game. If The Individual Is Late For Four Practices Without Communication, He Will Be Dismissed From The Team.

"If You Are Early, You Are On Time. If You Are On Time, You Are Late!"

*\*\*Extenuating Circumstances Will Come Into Play For Players That Have An Emergency Come Up. For Example, If A Player's Car Was To Break Down, That Would Be Considered An Emergency And The Player Would Not Have To Make Up The Tardy Policy Or Missed Practice Policy. If A Reason For Missing Practice Or Being Tardy Is Because They Could Not Find A Ride, They Need To Inform Coach St Arnauld Ahead Of Time, So That We Can Attempt To Work Something Out To Get The Player A Ride To The School.*



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## **PARENT EXPECTATIONS**

- ❖ Be Positive With Your Athlete. Let Them Know You Are Proud They Are Part Of The Team. Focus On The Benefits Of Teamwork And Personal Discipline
- ❖ Encourage Your Athlete To Follow All Training Rules. Help The Coaches Build A Commitment To The Team
- ❖ Set A Good Example In Your Personal Lifestyle
- ❖ Allow Your Athlete To Perform And Progress At A Level Consistent With His Ability. Athletes Mature At Different Ages; Some Are More Gifted Than Others
- ❖ Always Support The Coaching Staff When Controversial Decisions Are Made. The Coaches Need Your Backing To Keep Good Morale On The Team
- ❖ Insist On Positive Behavior In School And A High Level Of Performance In The Classroom. Numerous Studies Indicate Extracurricular Involvement Helps Enhance Academic Performance
- ❖ Stay Calm In Injury Situations. Parents Can Help Minimize The Trauma By Being In Control And Offering Comfort. Allow The Medical Staff To Perform Their Assessment Of Your Son's Injury
- ❖ No Parent Is Allowed On The Field Unless The Training Staff Requests It
- ❖ Cheer For Our Team And Players. Opponents And Referees Deserve Respect. Realize That High School Players Will Make Mistakes. Your Support Is Needed During Tough Times
- ❖ Promote Having Fun And Being A Team Player. Very Few High School Athletes Receive Scholarships
- ❖ Concentrate On What Is Best For The Team. Preoccupation With Statistics Can Be Very Distracting
- ❖ An Athlete's Self-confidence And Self-image Will Be Improved By Support At Home. Comparison To Others Is Discouraged. Encourage The Athlete To Do Their Best Regardless Of Family Or Friends Who May Have Been Outstanding Players
- ❖ Winning Is Fun, But Building Positive Team Values Is Most Important. The Concept Of Working Together To Perform A Task Will Have Lasting Benefits. Winning Takes Place When All The Little Things Are Done Correctly
- ❖ Find The Time To Be An Avid Booster Of School Activities. Help Build A Solid Support System For Athletes And Coaches
- ❖ Help Students Keep Jobs And Cars In Proper Perspective. Materialistic Values Can Detract From The Commitment To The Team. Teenagers Should Have The Opportunity To Take Advantage Of Extracurricular Activities.
- ❖ Athletes Must Attend All Practices, Games, And Team Events. Stress The Necessity To Make A Commitment To The Team
- ❖ Emphasize The Importance Of Well-balanced Meals And Regular Sleep Patterns. An Athlete Functions Best When Care Is Taken To Consume Nutritious Food And Obtain Sufficient Rest.
- ❖ Persistence And Being Able To Accept A Role Is Extremely Important For The Team To Be Successful. Not Everyone Will Be A Starter, But Everyone Is Important To The Team. Some Players May Not Develop Until Their Senior Season. Encourage Them To Be Persistent.

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## **Social Media Expectations**

1. **Keep private and personal matters offline.** Use private messages and never engage in heated arguments online. No one ends up winning.
2. **Be mindful of what you post on your site and other's sites.** The cliché, think before you post, never gets old. That means swearing, calling out players or coaches and discussions about other parents/families.
3. **Keep your tone in check.** Never use all caps. Digitally speaking, typing in all caps relates to yelling or screaming.
4. **Declutter your friends.** Especially if they are continuously adding questionable content or comments to your sites.
5. **Interact with empathy and respect.** No matter where you are online, (blogging, chat rooms, forums, etc) be sure your keystrokes are engaging with respect towards others.
6. **Sign-off.** If you are having a bad day, don't be afraid to unplug from all devices and social media for 24-hours before you post something you may regret.
7. **Don't Overshare.** Privacy has become a priceless commodity online today. Don't assume your texts, Tweets and posts can't be forwarded, copied and pasted -- all before you get a chance to 'delete' a digital mistake.

Another cliché that has come full circle, 'you don't get a second chance to make a first impression.' Today your first impression is likely to be what a search engine has to say about you - your digital reputation; your online social behavior. A search engine can likely dictate that first impression for your college and your next job. That is the importance of your social media behavior.

Treat others as we want to be treated is what most our parents have taught us. What we need to remember is this is equally important online. Kindness is always a priority in all that we do - offline and online.

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## **COACH ST ARNAULD CONTACTS**

*To Stay Up To Date On Everything Going On, Please Follow Our Facebook Page, Our Twitter Page, and Sign Up For Remind 101. (I Will Have More Information On These Soon)*

**Phone:** (906)221-5664

**Email:** [bdstarna25@gmail.com](mailto:bdstarna25@gmail.com)

**Twitter:** @coachsaint25

**Facebook:** MHB Football - @mhbvikings



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**MT HOREB-BARNEVELD FOOTBALL AGREEMENT TO EXPECTATIONS**



I Have Read And Agree To The Packet Of Information Given To Me In This Handbook Of The Expectations That Will Be Placed Upon My Son. I

Willingly Agree To The Precedents The Coaching Staff At Mt Horeb-Barneveld Has Put In Place For My Son. I Understand That Football Is A Contact Sport And Injuries May Occur. The Student-athletes Mt Horeb and Barneveld High School Are Provided With An Athletic Trainers. I Agree To Let My Son Participate In Football For The Mt Horeb-Barneveld Vikings, And Understand The Health Risks Associated With The Game Of Football.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_(Mo/Day/Yr)

Player Signature: \_\_\_\_\_ Date: \_\_\_\_\_(Mo/Day/Yr)

\*\*THIS FORM MUST BE RETURNED TO COACH ST ARNAULD BY **AUGUST 6TH**