

2011 Bolton Wildcat Football Handbook



***I Believe, You Believe,
We Believe!***

Table of Contents

Intro.....	2
Mission Statement.....	2
Philosophy.....	2
Letter to Players.....	3
Letter to Parents.....	4
2011 Pre-Season Summer Workout Schedule.....	5
2011 Varsity, JV, and Freshmen Game Schedules.....	6
Contact Information	
School.....	8
Staff.....	8
Eligibility	
TSSAA Requirements.....	8
Program Requirements.....	10
Cut Policy.....	10
Lettering and Credit Policy.....	11
Practice and Game Guidelines	
Practice Policy.....	11
Game Policy.....	13
Coach Expectations	
Conduct.....	14
Player Evaluation.....	15
Player Expectations	
Conduct.....	16
Training.....	16
Equipment and Facilities.....	17
Injuries.....	18
Transportation.....	18
Parent Expectations	
Support.....	18
Transportation.....	19
Coach/Parent Meetings.....	20
Off-Season Information	
Conditioning.....	21
Pre-Season Workouts.....	24
Winter Workouts.....	24
Spring Practice.....	24
Winter & Spring Sport Athletes.....	25
Player/Parent Contract (Submission required for participation).....	26
Player Information Sheet (Submission required for participation).....	27

Introduction

We would like to welcome all participants and parents to the 2011 football season. We hope that this season will be exciting and rewarding for all those involved. The Bolton Wildcat Football program hopes to continue to build a strong tradition for excellence and success. We strive to develop well-rounded young men who learn not only the fundamentals of football, but also the importance of education, sportsmanship and character, while winning football games along the way. We hope that this season will help develop a sense of responsibility, respect, and strong work ethic for each young man who participates in the Bolton Wildcat Football program.

This handbook is written for you. As you read it, you will become familiar with the policies and guidelines of the Bolton High School football program. We hope it will answer your questions, ease your fears, and motivate you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and/or lack of communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team.

As the 2011 season progresses, you may at one time or another have questions in regards to a variety of different issues. Please feel free to contact any coach and every effort will be made to provide you with the information you need.

BHS Mission Statement

The guiding principle of Bolton High School is the development of the individual youth for a purposeful life. Our mission is to help students achieve their potentials and acquire the knowledge, skills, and attitudes necessary to become productive citizens and lifelong learners in a global economy through the thoughtful collaboration of educational professionals.

Philosophy

The basic philosophy of the Bolton High School Football Program is to provide competitive athletic opportunities for students under the competent leadership of qualified coaches.

Bolton High School will strive for a winning tradition through developing pride, excellence, participation and community support in our football program. The program will be based on competitive football, which afford students the opportunity to develop valuable human skills necessary for *SUCCESS* in life.

Letter to Parents

Dear Wildcat Parents,

Welcome to the 2011 Edition of Bolton Wildcat Football.

This season promises to be a very exciting year for us as we continue to build a football program that is second to none. We have a great group of players who have worked extremely hard this off-season in preparation for the up-coming campaign. It will be a season of big time football and a season our players and coaches are looking forward to tackling.

The thing that makes football such a great sport is that it takes a total team effort. I would like to encourage all of our supporters to join the “team” by becoming active members of our Touchdown Club. It is a great way to be involved in something that is so positive in the lives of our young people. Everything the Touchdown Club does ultimately benefits the players and makes us a first class program. It is also a great way to make some new friends to sit with on game nights.

I would like to thank all of our parents, administration, faculty, maintenance staff, and community at large for all of the support and sacrifices you make for our football program.

I would also like to invite our entire community to come out to the games and cheer enthusiastically. Come support the football players, the cheerleaders, and band members. GO WILDCATS!

Tommy Miller

Head Coach
Wildcat Football

Letter to Players

Dear Wildcat,

It's that time of year again, and we coaches hope you are as eager to get started as we are! **BOLTON FOOTBALL** represents a special opportunity for young men of your age. Your football experience will be a fleeting one, and I urge you to recognize that this is a once-in-a-lifetime opportunity before it eludes you. It is an unforgiving experience, in that each game is played just once, and the results are directly related to the extent of your preparation and playing. The game is totally objective. It ignores the spoken word and cares only for what you do as it deals its rewards. It may require an adjustment of your priorities, but I would like to remind you that all of the things that conflict with football can be done repeatedly the rest of your life, but you have only one opportunity to experience **BOLTON FOOTBALL**.

The first ingredient for an exceptional football team, now as in the past, will be that everyone enthusiastically commits to the team. You must commit without reservation, recognizing team goals as well as your own. You must place football in high priority. **BOLTON FOOTBALL** is no place for anyone with casual interest. Certainly, I would want you to join for your own personal reasons, but I sincerely hope that if you become accountable for your team, its recognition and rewards will become personal. Accepting the responsibility of **BOLTON FOOTBALL** is no small task, as a great deal is expected of you. The mantle of **BOLTON FOOTBALL** is now placed on your shoulders, it is my hope that you will accept this responsibility with a great deal of pride, and enjoy the feeling of having made your team successful.

Again, I urge you to make a commitment to becoming an unselfish member of what could be a great football team. I look forward to seeing you soon, and hope that you will commit to the **BOLTON FOOTBALL TEAM - WE BELIEVE!**

Yours in commitment,

Tommy Miller

Head Coach
Wildcat Football

2011 Pre-Season Summer Workout Schedule

Bolton Football

WILDCATS



Workouts start June 2nd.

Summer Varsity workouts/speed training: 9:00 a.m. to 11:30 a.m.

June (M,T,Th or F) 3 days a week.

July (M,T,Th,F) 4 days a week.

Our goal is to make 80% or 15 workouts!

Dead Period: June 25th-July 10th

Practice Begins July 25th, we scrimmage Collierville on August 5th.

Per TSSAA: Every player must have a physical dated after May 1st, 2011 to participate after August 1st, 2011.

If you need equipment for camps or a copy of your physical, let Coach Miller know as soon as possible.

Give Coach Miller, in writing, the dates that you know you will be out of town.

If you are going to miss, call the office phone to let one of the coaches know. Talk slowly and leave a call back number. #829-3650



2011 Bolton Wildcat Football Schedules

Varsity

Date	Opponent	Location	Time
August 12	Jamboree	Southwind	7:00 pm
August 19	Covington	Away	7:00 pm
August 26	Houston	Home	7:00 pm
September 2	Craigmont	Home	7:00 pm
September 9	St. Benedict	Away	7:00 pm
September 16	Millington	Home	7:00 pm
September 23	Frayser	Home	7:00 pm
September 30	Bartlett	Away	7:00 pm
October 7	Dyer County	Home	7:00 pm
October 14	Arlington	Home	7:00 pm
October 21	Open		
October 28	Cordova	Away	7:00 pm

Junior Varsity

Date	Opponent	Location	Time
August 22	Covington	Away	6:30 pm
August 29	Houston	Home	6:30 pm
September 5	Labor Day		
September 19	Millington	Home	6:30 pm
October 3	Bartlett	Away	6:30 pm
October 17	Brighton	Away	6:30 pm
October 24	Collierville	Away	6:30 pm

Freshmen

Date	Opponent	Location	Time
August 25	Houston	Away	6:30 pm
September 1	Southwind	Home	6:30 pm
September 8	Collierville	Home	6:30 pm
September 15	Millington	Away	6:30 pm
September 22	Cordova	Home	6:30 pm
September 29	Bartlett	Home	6:30 pm
October 6	Open		
October 13	Arlington	Away	6:30 pm
October 17 (Monday)	Germantown	Away	6:30 pm

Contact Information

School

Bolton High School
7323 Brunswick Rd
Arlington, TN 38002

Phone: 901-873-8150 or 829-3650

Fax: 901-829-2435

Website:

<http://www.boltonwildcatfootball.org/>

Staff

Principal: Dan Haddow
Athletic Director: Bo Griffin
Head Coach/Offensive Coordinator: Tommy Miller
Def. Coordinator/Def. Backs: Mitch McDaniel
Special Teams Coordinator/Def. Line: Don Myers
Offensive Line: David Parker
Linebackers: Joe Mullinax
Wide Receivers: Torrence Bivens
Running Backs: Abe Felix
Freshmen Head Coach: Kevin Wilkes
Freshmen Assistant: JJ Williams
Freshmen Assistant: Brad Ratliff

dhaddow@scsk12.org
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Eligibility

TSSAA Requirements

A summary of TSSAA Eligibility Rules is provided for your information. Read these rules carefully and be sure that you understand them. ALL ATHLETES ARE RESPONSIBLE FOR KNOWING THE TSSAA RULES.

Academic

- A student must earn five credits the preceding school year if less than 24 units are required for graduation or six credits the preceding school year if 24 or more credits are required for graduation. All credits must be earned by the first day of the beginning of the school year.
- A student must be enrolled before the 20th school day of the semester, in regular attendance, and carrying at least five full courses during the present semester.
- A student is permitted eight semesters of eligibility beginning with the ninth grade. Junior division students are permitted four semesters of eligibility beginning with the eighth grade.
- A student shall be ineligible in high school if he or she becomes 19 years of age on or before Aug. 1 or in junior high if he or she becomes 16 years of age on or before Aug. 1.
- Athletes must live at home with their parents.
- In order for a transfer student with an athletic record to be eligible at another school there must be a bona fide change of residence by the athlete's parents.
- All transfer students must be approved by the Executive Director of TSSAA before participating in any game.
- A student who engages in three or more days of practice - including spring practice - with a high school in which he or she is enrolled shall be ineligible in that sport for 12 months if the student enrolls in another school without a corresponding change in the residence of his or her parents.

Medical

- It is required that no student be permitted to participate in practice sessions or in athletic contests until there is on file with the principal a pre-participation medical evaluation form signed by a doctor of medicine, osteopathic physician, physician assistant, or certified nurse practitioner stating that the student has passed a physical examination, not prior to May 1, and that in their opinion the student is physically fit to participate in interscholastic athletics. **In lieu of the form, the principal may accept a signed statement from the health care provider certifying that the student has passed a physical examination that encompasses all elements on the pre-participation medical evaluation form and attesting that in their opinion the student is physically fit to participate in interscholastic athletics.**
- No student shall be required to submit to a physical exam if his/her parent(s) or legal guardian shall file with the principal a signed, written statement (affirmed under the penalties of perjury) declining such physical examination on grounds of sincerely held beliefs or practices.
- It is required that no student be permitted to participate in practice sessions or in athletic contests until there is on file a parental consent certificate signed by a parent or legal guardian stating that the student has the consent of his/her parent(s) or legal guardian to participate.

You can download the ***Pre-Participation Medical Evaluation Form*** and the ***Parent Consent Certificate*** at: <http://www.tssaa.org/Forms/forms.htm>

Program Requirements

Academic

In addition to all TSSAA academic requirements, Student Athletes must have and maintain a minimum 2.0 GPA in the semester prior to and during their participation.

Medical

No Student Athlete will be allowed to participate until all TSSAA requirements are met.

*Submission of Pre-Participation Medical Evaluation Form & Parent Consent Certificate to Bolton High School.

Player Fee

Each player is required to pay a \$100 player fee to participate each football season. The Bolton Football Program does **NOT** profit from this fee. The fee covers each player's Spirit Pack (Shirt and Shorts), Team Photo, Post Game Gatorade, and Pre-Game Meals that are provide before each game.

Agreements

Parents and the Student Athletes must sign and submit all required paper work in order to participate. This includes:

- Parent Contract
- Player Contract
- Player Information Sheet
- TSSAA Pre-Preparation Medical Evaluation Form
- Parent Consent Certificate

Cut Policy

It is Bolton High School procedure not to cut players that might help the program. While the coaching staff would like to keep all athletes interested, players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike, when a player is cut. Whenever possible, coaches will not cut players.

Tryouts for the Bolton High School Football Team take place during the previous school years Spring practice period. All current Bolton Students are required to tryout during this time. Only students who are new to Bolton High School or are in a Bolton High Spring Sport are exempt from Spring tryouts. Coaches will evaluate each player through skill tests as well as in game play. When determining what players will make the team, the coaching staff will look for the following:

- Skill level
- Attitude
- Effort and Coachability
- Aggressiveness
- Intelligence/Field Sense

Lettering and Credit Policy

To earn a varsity letter, a player must play in 16 quarters during the season. Coaches may also make lettering decisions based on their discretion – considering factors such as attitude, work ethic, and behavior.

Regarding Physical Education credit, all athletes who finish the season following the guidelines set forth in this handbook will be given .5 credits for their Physical Education graduation requirement. **Athletes who miss 10 or more practices in any sports season (for any reason) will not receive Physical Education credit for that season.**

Practice and Game Guidelines

Practice Policy

Schedule

Practice will start immediately after school. The practice schedule however, will be subject to change. Please note Per TSSAA rules we are not allowed to practice outside when the Heat Index is 105 or greater. In this instance the following schedule will be adjusted.

2:00	Classes Dismiss/Report to Field House/Dress
2:30	Team Dynamic Warm Up
2:40	Practice
4:30	Weights on Mon. & Wed./Film Study on Tues.
5:40	Go Home/Study/Rest and Recover

Planned weight training sessions are considered part of practice.

Attendance

Practice attendance is required. Each player is afforded 3 total absences during the 2011 season. Upon the 4th absence, the player in question will be removed from the team and will be unable to participate for the remainder of the 2011 season.

The Head Coach must be informed of a player's absence prior to the missed practice. Failure to notify the Head Coach prior to a player's absence will result in extra conditioning, limited playing time, suspension from athletic contest, or dismissal from team.

Absence from practice will carry the following penalties:

1 = loss of start, 2 = loss of quarter, 3 = loss of game.

Players are expected to report to practice, team meetings, and other team functions at the time specified by the coach. Failure to comply will result in extra conditioning, limited playing time, suspension from athletic contest, or dismissal from team.

Tardy Policy: Minutes will be noted and logged. If tardiness minutes accumulate to the point of equaling a missed day of practice (2 hours) the above penalties will also be applied.

A player's commitment to the game of football is reflected in everything he does, how he applies himself academically, how he behaves on and off the field, and how he commits himself to personal and team goals. Practice involves one such

commitment. Players or parents who require additional information regarding this policy are encouraged to contact the Head Coach.

Practice Attire

Because we are at the mercy of the weather, players should be prepared to practice both indoors and out everyday. This means having cleats and tennis shoes, as well as, football practice pants, practice jersey, pads, and athletic shorts and shirt... **EVERYDAY.**

Injuries

The coaching staff includes individuals who are trained in CPR and first aid. In addition, Bolton High School provides a Certified Athletic Trainer hired from the Campbell Clinic to care for and manage any football related injury. Any football related injury, regardless of outward appearances, is taken seriously and will be addressed as such. Safety is our primary concern and extra care will be taken in dealing with any reported injury. We would also encourage participants to make known any injury to his/her coach immediately upon occurrence. Participants should not hide injuries in order to facilitate more playing time. Any player sustaining an injury which requires a doctor's care will be required to provide a medical release from that doctor prior to further participation in games, practices or competition.

Injured players that are not able to practice are still expected to be at practice.

Game Policy

Attendance

Game Attendance is required!!! Absence on game day carries the following penalty:

Player will be ineligible to participate in the following week's game. (Missing a game also counts as one of your 3 absences. Practice and game attendance is still required during the following week.)

Game Day Schedule

2:20	Report to field house/Attendance taken
2:35	Study Hall
3:45	Pre-Game Meal
4:35	Dress, Taping, Preparation
4:45	QB Meetings
5:00	Defensive Meeting
5:25	QB, C out for Pre-Game
5:30	WR, RB out for Pre-Game
5:35	Offensive Line Meeting

5:40	Routes
5:50	Specialists Out (Snappers, Kickers, Holders, etc.)
6:00	Specialist to locker room
6:05	Team Dynamic Warm Up
6:13	Defensive Groups
6:20	Team Up
6:35	Off Field
6:50	Final Instructions
6:55	Captains Out
7:00	Game Time!!!
9:00	Celebration in locker room!

Conduct

Games provide an opportunity for players to demonstrate their talents as well as exemplary behavior. Bolton High School players are expected to be enthusiastic during games. All players, on the field or on the sideline, are to intently concentrate on the game being played. All players will acknowledge the efforts of their teammates. ***Game Nights Are Team Nights!*** The following Codes of Conduct should be abided by at all times:

- Team captains are the only players on the field who can talk to the officials. All other players are not allowed to converse or talk to the officials during the game.
- During the game players are not allowed to sit on the sideline unless directed or allowed by a coach or the team medic.
- Players must remain in players box and check in with position coaches before leaving or entering the game.
- Players play and coaches coach. No one except the coaches may comment about playing time, team strategy, play calling, or coaches or other team members.
- Swearing will **NOT** be tolerated.
- The Bolton Wildcats will **HUSTLE** at all times.
- Respect the game! Remember we are representatives of the school and community.

Game Attire

Players must be dressed properly and comply with the team and TSSAA requirements. This includes being properly padded, NO jewelry, and NO headbands... NO EXCEPTIONS.

Coach Expectations

Conduct

As a Bolton Wildcat Football Coach, I will:

Not smoke or use smokeless tobacco on the field at practices or games.

I will not criticize players in front of spectators but reserve constructive criticism for later in private.

Accept decisions of game officials and judges on the field as being fair and called to the best of the abilities of said officials.

Not criticize opposing players, coaches or fans in any way (verbal or gesture).

Emphasize that good athletes are also good students and that both are mentally and physically alert.

Emphasize that winning is a result of good teamwork.

Together with the officials, be jointly responsible for the conduct and control of team fans and spectators. Any fan who becomes a nuisance and out of control will be asked to leave.

Not use abusive, obscene or profane language at any time.

Not recommend or distribute any medication of any kind, except that prescribed by the participant's physician.

Not permit an ineligible player to participate in a game.

Not deliberately incite unsportsmanlike conduct.

Abstain from possession of and consumption of alcoholic beverages and possession and use of illegal substances on both the game and practice fields.

Remove a player from the field at practice or game if there is an injury or appears to be an injury until competent medical advice is available.

Treat all players, fans, officials and coaches with respect regardless of their race, sex, creed or ability and insure that the players do the same as well.

Uphold the rules and regulations set forth by the TSSAA.

Player Evaluation

We know that you want to be the very best player at your position. It is in the team's best interest to have the players in the game that produce. We hope this will clarify what we look for in a player and who plays in the number one position.

1. **Attitude**- In order to have a good attitude, you must establish a personal plan of excellence, the ambition, the personal habits, and determination that reflects a positive attitude. Every player can develop a good attitude through practice and repetition.
2. **Effort and Coachability**- Each player is expected to give effort, on and off the field, to become as good as he can. Mental effort on assignments and study of opponents is as important as physical intensity on the field. Every player is capable of giving a great effort. Player who are coachable and do things the right way will be the most successful on the field.
3. **Influence on the Team**- Each player can have an influence on the team: either positive or negative. With the proper direction and desire, every player can have a positive influence on the team. There is no place for negative people in our football program.
4. **Consistency and Big Plays**- You should strive to develop into a consistent performer in practice and in games. Some players have the knack of rising to the occasion in clutch situations. Ideally, we want the consistent player who also makes the BIG PLAY.

Player Expectations

As a Bolton High School Football Player you are expected to carry on the highest level of EXCELLENCE set forth by your coaches. This applies not only on and off the football field, but also in and out of the classroom and in the community as well.

Conduct

It is your responsibility to know the rules and regulations of Bolton High School. Also be familiar with the consequences associated with various delinquent activities. Unpleasant encounters with teachers and administrators can be avoided by an understanding of the rules and common sense. We expect our players to exemplify proper behavior in school. We encourage you to accept a leadership role in regard to general conduct. Set the trend and motivate other students to follow your lead. Students that cannot behave in the classroom are unlikely to succeed on

the gridiron. You must understand that by being in a public school, you are not immune from the rules of proper behavior. You are governed by disciplinary procedure. You are held accountable for your actions. ***It is a privilege to play football at Bolton High School, NOT a right!***

Training

Regular attendance at football practice and games is essential if the players are to learn the skills and the strategies that make them and the team successful. The cutting of practice jeopardizes this success. Such cutting lets the team down and reflects a clear lack of commitment to its goals. For these reasons, it cannot be tolerated.

We expect a business- like approach to practice. Hustle at all times, on and off the field; you play how you practice. Helmets should be on and ready to go during practice. NEVER sit on a helmet.

Allow yourself to be coached. We have been doing this for a long time, and you do not know more than we do. Please ask questions because questions help improve communication with the coaches. Most importantly, **DO YOUR JOB!**

The use of or possession of alcohol, tobacco, or drugs, in any form will not be tolerated. Besides being illegal in most cases, the use of these substances is dangerous to the user and detrimental to athletic performance.

Cellular phones, if brought, are not to be used or visible during the team activities unless the coach gives permission.

Radios, CD/DVD players/recorders, playing cards, laptop computers, IPODS, and other items that might distract a player from team activities will not be brought to team activities.

Equipment and Facilities

The Bolton High School Football Program will provide all necessary football equipment, with the exception of football cleats or other personal type pads.

The student athlete is responsible for the care and security of all uniforms and equipment issued to him. If something needs fixed please talk to a coach.

School uniforms and equipment are issued for use in activities of the school only. Uniforms and equipment, including team jersey, school-owned equipment, etc., may not be worn in school or out of school except for school- sanctioned activities.

The student athlete is responsible for any loss, damage, or negligent handling of school uniforms and equipment. The student will be charged for the cost of repairs or the actual cost of replacement for any lost or damaged uniforms or equipment. If a student athlete fails to make the required payment, he will not be permitted to participate in any athletic activities.

Student athletes should leave all valuables at home, not in the locker room. They should lock all lockers properly. Student athletes are encouraged to provide additional locks for security. The coaching staff is not financially responsible for loss of any valuable.

Uniforms are turned in after each game and the coaches take care of washing them.

Players will not borrow or take items belonging to others without their permission.

Players will take responsibility for helping keep the buildings and grounds as neat as possible (pick up trash, pop cans, etc.).

Injuries

If a player becomes injured, the top priority of the coaching staff is to make sure that player is healthy before he is allowed to participate in games or practices. The following steps should be followed when dealing with injuries:

Take all steps to prevent injuries. This includes taping ankles prior to practice (if necessary), and warming up properly before games and practice. If an injury does occur, the player should report it to the coaching staff immediately. When injured, a player should follow the rehabilitation program described by the athletic trainer or player's physician. The decision of when to return to the field will be left to the player, player's parent and athletic trainer or their physician. The health of the player will not be compromised for wins or losses.

Transportation

Teams will travel by bus to games. All school rules apply when traveling. Players are expected to take good care of the bus and be courteous to the driver. On longer trips the team may stop for dinner on the way home, players should bring meal money when necessary.

When a bus is provided all team members must ride on the bus to and from the game. Players may ride home with their parents if a signed note is provided and handed directly to a coach by the parent.

Parent Expectations

Support

As a Bolton Wildcat Football Parent I will:

- See that the necessary paper work is completed and turned in. (Player/Parent Contract, Player Information Sheet, TSSAA Pre-Preparation Medical Evaluation Form, & Parent Consent Certificate)
- Provide transportation for my son to and from practice.
- Support my child and attend as many contests as possible.
- Avoid putting pressure on my offspring to start, score, or be the star of the team.
- Support the coach in public around other parents and fans.
- Avoid speaking negatively about the coach in front of my child. It may create a major barrier in the child's hope for improvement in the sport.
- Understand the ultimate purpose of athletics. It exists as an integral part of the total educational mission of the school, and participation in athletics is a privilege and not a right.
- Serve as good role models for the students, athletes, and other fans.
- Appreciate the educational opportunity that my child is receiving in our athletic program. This includes the enormous time and effort provided by the coach.
- Attend the pre-season parents' meeting and read our Player/Parent Handbook.
- Serve as beacons of good sportsmanship.
- Show respect to everyone involved in school athletics—the coach, athletes, fans, officials, and administrators.
- Follow the chain of command of Bolton High School when I have a concern. Talking to the coach is always the first line of communication.

- Express concerns and questions in a courteous and civil manner and do it at the right time and in the proper setting.
- Abide by all regulations, and procedures for our athletic program.
- Understand that the goals of the team and athletic program are more important than the hopes and dreams I have for my child.
- Avoid complaining.
- Contribute as members of the booster club. This means volunteering to help with projects and committees.

Transportation

Bolton High School asks you respect our coaches and arrange for your son to be picked up in a timely manner after all practices and games. Our coaches have families of their own and are not to be abused as a child sitting service. In the event the pick up time of a player becomes an issue that player can be dismissed from the team at the discretion of the Head Coach.

Transportation in the form of a Shelby County School bus is provided for all scheduled away games. All players are to travel to and from games on the team bus, with one exception. Players may ride home with their parents if a signed note is provided and handed directly to a coach by the parent. Players riding home with a parent other than their own must furnish written permission from their parent a head of time in order to do so.

Occasionally, we will have away pre-season and spring scrimmages where transportation will not be provided. In these instances players and parents are responsible for arranging transportation to the event. Bolton High School coaches are not permitted to arrange transportation for any player when a team bus is not provided.

Coach/Parent Meetings

Communication is very important. Parents/Guardians should discuss all issues with your athlete first, and then contact the team's coach if necessary. Coaches have an open door policy but we want to talk to the players first.

No parent of a player should approach coaches before, during, or after a game to discuss an issue.

Parents should discuss any issue with their child before contacting a coach or the Athletic Director.

After talking to their child, parents may request to talk to a coach the following day.

If the issues have not been resolved, then the Athletic Director will intervene.

If the issues are still not resolved, then the Principal will be consulted.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help you child improve.
- Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students/athletes

Off-Season Information

Conditioning

Physical Conditioning is directly correlated to successful execution on the football field. It promotes quickness, confidence, improved coordination, and endurance. As any athlete knows or soon learns, fatigue is the football player's worst enemy. A tired athlete simply can't do his job. Unconditioned football players don't pick up critical first downs or make late-game goal line stands. **Most importantly an unconditioned football player is at much greater risk of injury.**

Each football player has a responsibility to himself and to his parents to work hard and improve his conditioning while reducing his risk of injury.

The coach has the responsibility to the player and his parents to prevent players who are not well conditioned from participating on the field.

Consistency is key to any training program!

The philosophy of the Bolton Wildcat Off-Season Program is to first develop basic strength. This is on the premise that a solid base of strength offers greater physical potential to work with when converting it to sport-specific strength later on. Basic speed training along with power training maximizes the athlete's ability to move rapidly. Agility training helps an athlete to apply their speed to sport-specific scenarios, while flexibility training benefits every aspect of performance as well as help prevent injury. ***We are developing the total athlete!***

Strength Training

Strength is your foundation for maximum performance. We emphasize **PERFECT** technique early to lay a foundation for greater improvement later.

Strength training is an essential element of any sports program. Long gone are the days when coaches believed resistance exercises only added unnecessary bulk to the athlete, hindering their ability to execute skill.

Strength training is the use of resistance to muscular contraction to build the strength, anaerobic endurance and size of skeletal muscles. When properly performed, strength training can provide significant functional benefits and improvement in overall health and well-being, including increased bone, muscle, tendon and ligament strength and toughness, improved joint function, reduced potential for injury, increased bone density, increased metabolism and improved cardiac function. Weight training uses the principle of progressive overload, in which the muscles are overloaded by attempting to lift at least as much weight as they are capable of. They respond by growing larger and stronger. This procedure is repeated with progressively heavier weights as the practitioner gains strength and endurance.

Strength training is a critical component to athletic performance. Increasing muscular strength and endurance improves an athlete's ability to exercise more efficiently, avoid injury and recovery faster. Our goal is sport-specific resistance training, which requires a more refined approach than simply lifting heavy weights. Almost every athletic event requires explosive power, muscular endurance, maximal strength or some combination of all three in order to excel. Rarely is pure muscle bulk the primary concern and when it is, other elements of strength are equally as important to the Bolton Wildcat Football Athlete.

Speed/Agility Training

In athletics speed kills. More often than not, the team that possesses the most speed will prevail. The three main factors of speed are force, time and direction. The goal of sprinting is for the athlete to apply as much force as possible, in a short amount of time, and in the proper direction.

In order to run fast you have to get stronger! The only way to improve speed is to improve power. This is why our training program centers around strength training. Power combined with proper sprinting mechanics will ultimately decrease the time in which force is applied to the ground and guide the force in the proper direction, as well as increase the overall force production resulting in more speed. Performing optimal sprinting mechanics will enhance overall force production, but with proper strength and power development through the use of weights and other forms of resistance training, athletes can enhance this even more. In other words the power you develop from doing squats, lunges, and power cleans, combined with proper running form equals more speed.

While speed is an integral part of athletic success, most team sports consist of very few movements that occur only in a straight line. Nor do those movements occur at a fixed pace or for a fixed length of time. Agility is often more relevant to successful sports performance than all-out speed. Agility is the ability to explosively stop, change direction and accelerate again. Agility and quickness training improves an athlete's ability to change direction, stop suddenly and perform sport-specific skills with speed and dexterity.

Flexibility Training

Flexibility of the body's muscles and joints play an integral part in many athletic movements. The more flexible an athlete is the more mobile the athlete will be. It allows enhanced movement around the court or field with greater ease and agility. However, stretching just prior an athletic event can be detrimental to performance and offer no protection from injury. Muscle tightness, which has been associated with an increased risk of muscle tears, can be reduced before training or competing with dynamic stretching. For this reason the Bolton coaching staff favors a dynamic warm up routine rather than static stretching as part of our pre-activity warm up, and static stretching post activity to improve flexibility.

Nutrition

In order to build lean muscle mass you need to combine an adequate calorie intake with a solid muscle strengthening program. A large number of calories are needed to fuel both workouts and tissue building. The most common mistake among high school athletes is not taking in enough calories. However, while getting enough calories is important, it is also important to get the right kind of calories. You want to avoid eating "empty" calories, or junk food, as these types of food provide little nutritional value. Here is what you want to eat:

Carbohydrates

Carbohydrates are the main energy source for strength training. Stored as glycogen in the muscles, it is the fuel used to supply energy for short, intense bursts of power. The harder and longer you work out, the more glycogen your muscles require. Once these stores of glycogen are gone your energy level will drop and you will run out of fuel to power muscle contractions. For this reason, athletes participating in high intensity activities such as strength training exercises in the hopes of building lean muscle need to have an adequate carbohydrate intake. To ensure adequate carbohydrate intake, the recommendation for football players is approximately 2-5 grams of carbohydrate per pound of body weight.

Protein

Protein is the basic building material for muscle tissue, and athletes participating in strength training need to consume more than the non-exercisers. However, most strength athletes overestimate their protein needs. Daily protein recommendations for serious strength athletes are about 0.6 to 0.8 grams per pound of body weight.

Fat

After you've met your carbohydrate and protein needs there is room for fat. Fat is an essential nutrient, however, you require a small amount of it to remain healthy. Less than 30%, or about 0.25 – 0.50 grams per pound of body weight, of your total daily calories should come from unsaturated fat.

Water

Hydration is essential to athletic performance! In addition to the regular eight glasses of water every day, you need to drink to replace fluids that are lost during exercise. We encourage our athletes to drink as much water as possible during the day prior to exercise. During practices, workouts and games you should drink 4 to 8 ounces every 15 to 20 minutes. After exercise, replace any further fluid losses with 16 ounces of water. If you want to be precise, you can weigh yourself before and after workouts. For each pound lost during exercise, you should be drink 16 ounces of fluid. ***The Bolton Football Coaching Staff makes hydration a top priority to help prevent heat related medical complications that can occur as a result of the environment and intensity of high school football.***

Pre-Season Workouts

The summer is a time to get a jumpstart on our season. Summer workouts are mandatory; they are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% or 18 summer workouts. **You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole.**

Winter Workouts

It is cliché, but championships are won during the off-season. Your football team is built December through July, not August though November. We will have Off-Season Workouts on Mondays, Wednesdays, and Fridays during the school year after our regular season. These workouts will start at 2:30 and last no later than 4:00. They will include weight training, flexibility training and speed work.

Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the Wildcat HS Football Team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

Spring Practice

Attendance is mandatory and essential if you want to be an integral part of the team. The purpose of Spring Practice is for coaches to evaluate and condition players and introduce the upcoming season's offensive, defensive, and special team's philosophies and handout playbooks.

As mentioned in our Cut Policy, tryouts for the up coming Bolton High School Football season take place during the previous school years Spring practice period. All current Bolton Students are required to tryout during this time. Only students who are new to Bolton High School or are in a Bolton High Spring Sport are exempt from spring tryouts.

Winter & Spring Sport Athletes

The Bolton Football Coaching Staff encourages all athletes to participate in any other sports at Bolton High School that the student athlete so desires or has the ability to excel in. While in season with a winter or spring sport the athlete is not obligated to participate in football workouts. However, upon conclusion of the winter or spring sport season the athlete is expected to begin attending football workouts immediately.

Player/Parent Contract

(Submission required for participation)

Having read the 2010 Bolton Wildcat Player/Parent Handbook, I _____
(player) and _____ (parent/guardian) understand its contents and
agree to the terms of the handbook. We understand the guidelines for attendance,
punctuality, playing time, etc. We will do our best to work together to provide a
positive experience. We are aware of the commitment it takes to be a part of the
Wildcat Football Program and are aware that all decisions that are made are for the
betterment of the PROGRAM.

It is a privilege to play football at Bolton High School, NOT a right!

Athlete Date

Parent/Guardian Date

Player Information Sheet

(Submission required for participation)

Student/Athletes Name:

Phone #'s _____
Home Cell

Address: _____

Parent/Guardian's Name:

Parent/Guardian E-mail Address:

Phone #'s: _____
Home Cell

_____ Work Emergency Number

List goals for yourself as a member of the BHS football team:
