

Albany Football Team Handbook



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Twitter: @AlbanyHuskieFB

Website: <https://sites.google.com/district745.org/huskie-football/home>

Remind Codes: 10th-12th Grades

To: 81010

Message:@huskieFB23

Head Coach:

Mike Ellingson

mellingson@district745.org

Coach Ellingson's Purpose Statement:

I coach to help players become people of honesty and patience, who will lead with positivity and demonstrate competitiveness to form a foundational base for the life ahead.

The game of football has molded my life. I find purpose in sharing the game I love with others. I strive to bring out the best in student athletes.

Core Values:

Person over Player

Scoreboards over Stats

Purpose over Goals

Humility over Entitlement

Albany Activities Mission Statement

We see activities as an extension of the classroom and a chance to enhance the overall educational experience of our students. We want our students to explore and develop their full potential to learn, lead, and become productive citizens.

Albany Activities Purpose and Goal

Our purpose is to provide life lessons through the teachable moments that athletics and activities will provide.

Our goal is to provide an opportunity for our students to find success as an individual and in teams throughout the activities they participate in.

Goals vs Purpose:

Goals

- Win
- Compete

- Outwork
- Accountability
- Well-Rounded

My Purpose

- Play a positive role for every person involved

Contents:

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I. Student Responsibilities and Expectations:

1. Have all forms and a current physical on record and the activity fee paid to participate.
2. Students must be in school by 8:30 am or that student will not be allowed to participate in that night's activities. Doctor appointments, dentist appointments, class trips, and other office-approved reasons for missing class are not included in this rule. If you are not sure please check with the office, your principal, or the AD prior to being gone.
3. Attend every practice. Practice is an essential part of the improvement
 - a. Unexcused Absences:
Will be dealt with on a case-by-case basis
 - b. Excused Absences:
Please contact the coach ahead of time if you will not be at practice for an excused absence.
Some excused absences: Illness/not in school, college visits, school field trips, doctor appointments, dentist appointments, family, vacations, and many others.
4. Take care of your academics. You must pass all classes to be eligible for athletics.
5. Follow MSHSL personal conduct policy.
6. Social media can be a problem for those who don't use it appropriately. Think before you hit send/post. Be supportive and encouraging of all. Do not send/post anything disparaging or demeaning. You may be subject to discipline for any posts or messages.

II. Parent Responsibilities and Expectations:

1. Be supportive. Your child will experience ups and downs. Support the coach's decision. Sometimes coaches say and do things that might benefit the overall good or might be a different tactic the student is not used to. We all want what's best for all students.
2. Contact coaches if problems arise. Oftentimes problems can be avoided with communication. If there is a problem between students, students, and coaches, or if you have questions about what is happening please contact us.
3. Follow the chain of communication if there are issues:
 - Coach at your child's level
 - Varsity Coach
 - Athletic Director

Most issues can be resolved through communication. My preference would be to communicate over the phone or in person if possible.
4. Keep an eye on the schedule for changes. Download the app, check the website, and keep up to date on changes. Sign up for the Remind text alert to keep up to date as well.

III. Coach Responsibilities and Expectations:

1. Prepare practice plans and provide instruction on a daily basis.
2. Be encouraging.
3. Communicate with students when games and practices are and what the expectations of each practice will be.
4. Communicate with parents about changes to games and practices.
5. Help prepare students for success on the field.
6. Make decisions about who will play where and at what level.
7. Make sure students are keeping up with their schoolwork by checking in with staff and regularly checking their progress.

IV. Equipment Required:

1. Cleats
2. Formed Mouth Guard(school provided)
3. The school supplies all other equipment

Optional equipment:

Back Plate- Some of our shoulder pads allow for this to be attached

Q Collar- NFHS approved

Long Sleeves- White or Black Solid coloring

V. Team selection process:

Varsity will consist of players in 10th-12th Grades

JV will consist of 10th-11th Graders

*11th Graders will likely play JV unless they are a starter on Varsity. Additionally, if a junior only starts 1-way(O or D) they will likely participate in half of a JV game. Coaches will likely send out messages on Sundays to outline the week and involve those heading to JV Games Mondays

**Week 8 will likely require additional guidance on playing time for players

VI. Letter Requirements:

To gain a varsity letter for football the following requirements must be met:

1. The student must complete the season.
2. No infractions of the MSHSL rules.
3. Play in at least 1/4 of varsity quarters