

LAKESIDE VIKING FLAG FOOTBALL PROGRAM MANUAL



VIKING PRIDE BEGINS WITH ME!

“Never let yesterday’s disappointments over shadow tomorrow’s dreams”

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LAKESIDE Flag Football Coaching Staff

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*If you need to find a coach at school:

Coach Morrison is located at Henderson Middle School

LAKESIDE VIKINGS Flag Football – Program Goals

- To Reach Our Full Potential As Athletes and People
- To Leave VIKINGS Flag Football A Better Program Than Before
- To Represent LSHS With Class
- To Understand My Responsibility As A Role Model
- To Be Accountable For My Actions
- To Challenge Myself And Teammates To Excellence
- To Work To Meet Team And Individual Goals
- To Look Back On The Season With No Regrets
- To Compete At The Top Level In The State

LAKESIDE VIKINGS Flag Football – Program Philosophy

4 Terms That We Believe Should Define

All Members of The VIKINGS Flag Football Program

- **Commitment**

- o Are you willing to do whatever is necessary to become your very best?

- **Integrity**

- o Are you willing to do the right thing, even when no one is watching?

- **Honesty**

- o Can your teammates trust what you say?
 - o Do you do what you say you are going to do?

- **Loyalty**

- o Do you support your teammates, your coaches, and the program?

Rule of Thumb

Is it best for LAKESIDE High School?

Is it best for the team?

Is it best for me?

In this order!

Coaching Philosophy

“On these friendly fields of strife are sown the seeds that, on other fields and in other days, are born the fruits of victory.”

It goes without saying that any flag football team can lose. But in a very real sense I, as a coach, I should never lose. For my most important job is over and finished once the starting whistle has blown. I should know whether I have won or lost before play even begins. For as a coach I have two tasks. The minor one is to teach skills—to teach a young a lady to run faster, kick farther, execute great passes, make incredible catches, pull flags quicker, and read keys perfectly.

But the second and more important task is to forge young women out of young ladies. It is to teach an attitude of mind; it is to implant character and not simply impart skills. It is to teach young ladies to play fair, and to be humble in victory and proud in defeat. It is to instill the value of self-discipline and in ordered life, and the need for discipline in an orderly society. It is to teach the worth of teamwork, unity, and singleness of purpose. But most importantly, it is to teach them to live up to their potential, no matter what their potential is. It is to teach them to strive to do their best, even when their best is not as good as the other person’s.

In many ways, flag football is similar to the game of life. By its very nature, it is filled with scrapes, bruises, and setbacks, and it teaches that when one falls down or misses a play, she must continue with everything she’s got. Flag football is thus a tool by which I as a coach can help forge young ladies into young women. It is a paramount that I understand that this will come only through the enthusiasm and dedication of a coaching staff, which has the desire to lead rather than push, and to set an example rather than arbitrarily command.

So often we as coaches get so caught up in the strategic planning of the game that we forget that all the planning in the world cannot take on any dimension or movement until a young lady steps forward with a gleam in her eye and that fierce desire in her heart to excel. I can never make a great flag football player out of a young lady who isn’t potentially great, nor can I make a great team out of a team that isn’t potentially great; but I can make a great competitor out of any young lady and any team which has a desire to play the game.

We, as coaches, tend to worry so much about victories and winning that we forget that, as the cart follows the horse and as the tail follows the dog, so winning in Flag Football follows building young women of character. This, then, is my task. The final score for me as a coach is not so many points for my team and so many points for yours; but rather, so many young women of character out of so many young ladies. True, this score is never published. Still, when the stands are vacated and the field lights are dimmed, and I sit in the loneliness of a quiet and empty stadium, this is the score I shall read to myself and in which I shall find the real joy of coaching Flag Football.

-Coach Morrison-

Expectations of LAKESIDE VIKINGS Flag Football Coaches

Supporters of the LAKESIDE VIKINGS High Flag Football Program can expect the following from the coaching staff:

- We will be a positive role model.
- We will be a leader and a motivator.
- We will be a firm and fair disciplinarian.
- We will follow the “Team first, individuals second” belief.
- We will be committed to the flag football program, to the team, to the players, to the parents, to LAKESIDE VIKINGS High School, and to the community of Lakeside.
- They will be positive, supportive, enthusiastic, and encouraging.
- They will be fully prepared and organized for each practice and game.
- They will be honest with players and parents about roles on the team.
- They will communicate well with each other, players, parents, and administrators.
- They will follow and uphold all LSHS and flag football team expectations.

Expectations of LAKESIDE VIKINGS Flag Football Players

As we build a program it must be done from the ground up. The ideas and philosophies that serve as a foundation are very important. Players in this program are expected to know and buy in to these ideas. These four basic beliefs serve as a groundwork for you to develop as an individual and as a team.

“Foundational Four” Belief Statements

1. TEAM Comes First
2. Play and Live With DISCIPLINE
3. Choose Your ATTITUDE
4. Maximize Your EFFORT

1. “TEAM Comes First” is the number one philosophy in our program. The team is greater than the individual and will always take precedence. If a young lady learns to commit to the greater team and unselfishly put her personal interests second, she has learned a valuable lesson in life as it relates to career and family situations. We will commit to teach that every personal decision affects the team and consequences for personal actions also come with consequences for the team.

2. Playing Flag Football requires tremendous personal DISCIPLINE. It is necessary in order to play error free defense and in order to be a smart offensive player. We will strive to build discipline in every individual player as well as the team. We will focus on it and demand it each and every day in every way possible, knowing that if players learn discipline in the sport of Flag Football, it will lead to discipline in the realities of life.

3. We believe that ATTITUDE is the key to success. Each of us receives the gift and the ability to choose what our attitude will be each and every day, and in each and every situation. We will strive to teach proper and positive attitudes and will demand it from each person associated with our program. It is impossible to control many things in the game of Flag Football and in life - the one thing you can always control is your attitude.

4. Our goal will never simply be to “win” on the scoreboard. Our goal will always be to play hard, play with discipline, and have fun while giving our very best EFFORT possible. If this is achieved (combined with the three qualities above) winning will be the natural result. If our very best effort does not result in a win, then we can still hold our heads high, feel good about our effort, and give credit to our opponent. Again, we cannot control many things in the game and in our lives, but we can control and give our best effort. We will expect and demand the best from our athletes not only on the field of play, but in the classroom and in life.

LAKESIDE VIKINGS Flag Football Varsity Team Expectations

Varsity Team Expectations:

The varsity team represents the highest level of competition here at LAKESIDE High School. Our ultimate goal is to strive to win the state Flag Football championship as we incorporate and apply the “Foundational Four” belief statements. As a member of the varsity team, you are not guaranteed equal opportunity to participate in every contest. Every team member has a role, and that role is very important. While each role may not be equal in playing time, they are all equal in their measure of importance to the team and to our overall performance. Our goal is to complete a varsity team with the 20 or 25 best players in the program. These athletes will be selected from the Freshman, Sophomores, Juniors, and Senior class.

Expectations of a LAKESIDE VIKINGS Flag Football Player:

- A team first attitude- unselfish, positive, encouraging, and supportive
- A coachable attitude- willing to listen, improve, and accept constructive criticism
- A loyal commitment to LAKESIDE VIKINGS Flag Football and the entire program, supporting all teammates and coaches
- A commitment to give your very best effort, every day-every play
- Be self-motivated and self-disciplined
- Follow all school, classroom, and team rules
- Be a positive role model- you represent LAKESIDE VIKINGS Flag Football, Lakeside High School, and DeKalb County School Athletics
- A commitment to strive for the highest level of personal physical conditioning
- A commitment to off-season programs including: camps, workouts, and summer core
- Understand and accept your role on the team

Expectations of Parents

Parents of athletes in the LAKESIDE VIKINGS Flag Football program are expected to adhere to the following expectations:

- Be aware of your daughter's needs, feelings, and concerns.
- Attend as many games as possible so you get a full and complete picture of the program.
- Understand the point of: Your daughter, other athletes and parents, the coaches, and yourself.
- Support the "team first, individual second" belief.
- Demonstrate sportsmanship at all games.
- Allow your daughter to participate on the team in her own way; don't re-live your career through her.
- Show positive support and encouragement for your daughter, for all members of the team, and for the LAKESIDE VIKING Flag Football program
- Let 24 hours' elapse before initiating communication with the 4-step process below. Do not try to resolve a conflict with a coach before or directly after a game- that will likely create more conflict. Encourage your daughter to begin the 4-step communication process:
 1. Athlete meets with individual coach and/or head coach.
 2. Athlete and parent meet with individual coach and head coach.
 3. Athlete, parent, and head coach meet with athletic director.
 4. Athlete, parent, head coach, and AD meet with principal.

~Most of the time a conflict will be solved after Step 1.

• **Things parents may not ask about:**

- o Playing time
- o Game strategies
- o Other players on the team

• **Things parents may want to ask about:**

- o Does my child work hard and have a positive attitude?
- o How would you evaluate my child in terms of her offensive, defensive and / or team skills?
- o In what area(s) does my child need to improve?
- o Is my child a positive addition to the team?
- o What can I do to help?

In order to run a classy and successful program, we all need to be supportive and respectful of each other

LAKESIDE VIKING Flag Football Team Rules!

It is a privilege to be on the LAKESIDE VIKING Flag Football Team. Because of that privilege, our players must strive to be the kind of quality young ladies that we are trying to teach them to become. In order to participate in games a player must be in good standing academically, have no disciplinary infractions at LSHS, in the classroom, and on the team; and must have met all team practice expectations during the week.

- LAKESIDE High School rules are team rules. We will not deviate from any school rule. We will be 100% supportive of all administrative decisions. Social media guidelines will be aligned with the student code of conduct.
- Academics: All team members must be in good academic standing-carrying appropriate number of classes and passing all subjects for the spring semester- in order to be eligible to play on the team in the fall. Any player who earns a D or an F during the season are encouraged to meet with that specific teacher to ask for remediation to improve the grade to a C or better.
- Alcohol, drugs and/or tobacco are not allowed at any time during the season or out of season. Our team rule is an extension of the school rule: “A player must abstain from smoking/vaping, chewing tobacco, drinking alcohol, and the use of any illegal drugs. Breaking this rule will result in the immediate removal from the team for the remainder of the season. Players must abstain from attending any gatherings or riding in any vehicles where any of the above substances are present. Breaking this rule can result in the immediate removal from the team for the remainder of the season.” This rule extends to house or outdoor parties. If you happen to be at a function where alcohol, drugs and/or tobacco products are present, we ask that you leave immediately.
- Players may not miss practice without a legitimate excuse from a parent, coach, administrator, or doctor. If you cannot be at practice, you or your parents must notify your coach with the valid excuse. Contact information for each member of the coaching staff is located on the first page of this handbook. Do not leave word with anyone else. Remember, if you can’t practice, you can’t play. Detention and work are unexcused absences. The possible practice tardiness and absence consequences are described below. The ultimate decision is left up to the coaches’ discretion.
 - If a player is late to practice without a legitimate excuse:
 1. 1st violation – additional conditioning at the end of practice
 2. 2nd violation – suspension from participation in the next game plus additional 1. conditioning
 3. 3rd violation – dismissal from the team
 - If a player misses practice without a legitimate excuse:
 1. 1st violation – suspension from the next game plus additional conditioning
 2. 2nd violation – suspension from the next two games plus additional conditioning
 3. 3rd violation – dismissal from the team

- Players who will be absent from school will not be allowed to participate in practice or games occurring on that date. Please review the district policy regarding student attendance and athletic participation.
- We, as a coaching staff, will not tolerate any insubordination or back talk toward coaches. Players will address each member of the coaching staff as “Coach (last name).”
 - o We will release any player who does not:
 - o Show proper attitude at all times
 - o Give their best effort all the time
 - o Pass all of their classes according to GHSA standards
 - o Represent herself, LAKESIDE High School and DeKalb County Athletics with quality and class
- Players are representatives of LAKESIDE High School. Swearing, throwing equipment, cheating and other unsportsmanlike acts will NOT be tolerated. Suspension from one or more contests and/or removal from the team may result from repeated unsportsmanlike acts.
- Players will receive uniforms prior to the first game. These MUST be worn at all scheduled contests. Players should take good care of uniforms because they are passed on to future teams. Players will have to pay to replace uniforms which they abuse or lose.
- Players will not receive practice uniforms for the season. Players can not wear Slides, Crocs or any other non-athletic shoe to practice. Players may dress comfortably for the weather but dress appropriately.
- You are responsible for all your equipment and its maintenance. If any of your gear needs repair, get it taken care of before or after practice.
- Our managers are as important as any player or coach. Treat them with respect at all times.
- Regarding Injuries: Ally Herrington is our certified trainer. She will take care of any and all injuries. Make sure your coach is aware of any injuries that you may have. It will ultimately be the trainer’s decision as to whether or not you can compete at practice or games. If a player has to see a doctor, the trainer must know and have a written release from the doctor in order to resume play.
- Regarding game day: Ladies are to “Dress Up for game days” slacks, dresses, skirts, nice tops, dress shoes etc... Your game jerseys are not daily attire; they are not to be worn outside of games or team functions. Failure to adhere to this code, will result in non-playing time that game day.
- NOTE: Check the calendar for practice times/location. Listen for afternoon announcements or check the athletic website for practice or game changes in the event of inclement weather. It is your responsibility to find out where and when practice is being held!

“Know Your Team Rules as Well as The Consequences for Breaking Those Rules”

Rules of Training & Conduct

Attitude: You are a select athlete and will be expected to perform as one. This means that when you come to practice, or to a game, you should bring an attitude which is conducive to the progress of the team. You must try to leave behind you all the frustrations of the day, or anything else that will detract from your performance on the field. We, as a coaching staff, will maintain a positive attitude toward you. There will be times when you will be confronted with mistakes you have made. We ask that you use this constructive feedback as it is intended, to make you a better player.

Dressing for The Weather: We will go outside at every reasonable opportunity. Unless it is raining or extremely hot per county guidelines, we will go outside to practice. In addition to your cleats, bring another pair of shoes you can wear indoors. Slides/Crocs or any other sandal/casual footwear is unacceptable to wear to practice, conditioning, or games. Do not wear those to practice or they will be confiscated and returned to your parents. Come to events with athletic shoes on and then change to cleats if needed. There will be times when we will go outside and then come inside for additional practice hence weight training and conditioning. In any case, NEVER wear your cleats into the building!!!

Equipment Care: The equipment you are issued throughout the season, including your uniform, is your responsibility to care for appropriately. You are expected to share it with no one, other than a teammate. It should be returned clean, as you received it, and in good condition. You will be billed for any equipment not returned at the end of the season or any school equipment damaged due to misuse. No additions to, or alterations of the school uniform may be made without the approval of the head coach (i.e. team socks, jersey's, undergarments, etc.)

Travel Expectations: All players will travel with the team on the bus to the game. As we near and enter the school of the contest, we will have a period of quiet focus time. Athletes need to visualize and prepare mentally before they get off the bus. Players will return to the school after a contest with their team via the school bus. This is considered vital time for team members to bond and reflect on contests won and contests lost. Athletes may only return home with their parents after the game in emergency situations. The parent must notify the head coach in person and sign a travel release form. Players may only ride home with their parents, not a teammate's parents. Our expectations of being quality young ladies will be in effect when we travel. All bus drivers, employees at restaurants, school personnel, etc. will be treated with the utmost respect. The restaurant, locker room, sidelines, and bus will be left in better condition than we found them, or extra conditioning will be the result.

Fan Support: The coaching staff encourages you to invite your parents and friends to enjoy our games. However, all spectators will be expected to separate themselves from the players during the game. Players need to be free from distractions in order to concentrate on the matter at hand. It will be the responsibility of the players to remind their parent(s) and/or inform any guest who may be unaware of this policy.

Starting Line-Up: The line-up for each game may vary as the season progresses. There may be changes in personnel as well as unforeseen circumstances that occur during the season. It should be further noted that if a player goes on vacation, she is not guaranteed her "old spot" when she returns. She must earn it back. In short, the best players for a given situation will be put on the field of play for each game, and such decisions are the responsibility of the coaching staff.

Sideline/Game expectations: Players will remain on the sideline during all games. Do not leave to talk to parents, friends, etc. Only players, coaches, trainers and managers are allowed on the sideline during games. The sideline should remain clean and in order during the game. The only food (other than sunflower seeds) allowed on the sideline during the game is a healthy snack for energy- fruit, granola bars, etc. No meals- nachos, hamburgers, etc. will be eaten on the sideline during a game. We will eat meals before or after games. All players are expected to be in tune with the game and need to be cheering positively for all teammates. **If our team is on the field, we're all in support and standing on the sideline!** An occasional team cheer/chant is okay, but only to start a rally or celebrate a big play- it must be positive and in good sportsmanship. Chanting just for the sake of chanting, takes the focus off of the game and is a distraction.

Expectations of Managers: All managers will be required to attend practice on a rotating basis. Managers will be asked to do different jobs during practice including: Setting up equipment, taking roll, shagging footballs, keeping score, etc. During games a manager may be asked to: Take accurate and reliable stats for our varsity game, take score for the game, total the stats, stock and keep track of the medical kit, and help set up and carry equipment. A manager may receive a varsity letter by demonstrating exceptional work as a manager for the varsity team in fulfilling all required duties. A letter will be awarded at the discretion of the coaching staff.

Unwritten Rules

- Be early – meetings, practice, and games
 - No DRAMA, if you make other players on the team unhappy, FIX IT
 - Hustle everywhere
 - If you are not playing, cheer for those who are
 - Always tell your coaches the truth
 - Lend a hand in practice setup and breakdown
 - Turn in your uniform at the end of the season when you are asked to
 - Always have your uniform tucked in properly
 - Treat equipment with respect
 - Run when you know you might be late
 - No laughing after a loss
 - At practice, be focused on the task at hand, not social plans, school problems or an argument you may have had
-
- Take a knee during an injury of any player on the field, applaud when they are up

LAKESIDE VIKING Flag Football Team Captains

“A TEAM with STRENGTH...DISCIPLINE ...and PURPOSE”

FOCUS: The lack of leadership is the #1 reason teams fall short in reaching their goals at the end of a season. Leaders of our team consist of: A. The Coaching Staff, B. The Captains and C. The individual members of our team.

PURPOSE: To instill a leadership quality to our PROGRAM that has an “uncommon purpose” and “real-life significance.”

DEFINITION: *A Team Captain is...*

1. A leader by example, both on and off the field.
2. A student-athlete who has integrity throughout the entire school at LSHS.
3. A leader who has the respect and support of her teammates.
4. A leader who has the respect and support of her coaches.
5. An individual who is willing to support our PROGRAM 100%.
6. An individual who understands, although a captain, she is NEVER above any coach or fellow teammate...she is their equal...She believes in “BIG TEAM...little me” philosophy.

Captain Selection: - The selection of a captain or captains will be left to the discretion of the coaching staff. At the beginning of the season each of the team members will have an opportunity to nominate teammates who they feel are deserving of the team captain leadership role. Each flag football athlete will put her name on a ballot sheet and will then select two or three teammates that they feel would be an effective team leader. They must then provide a detailed explanation. They may vote for themselves but must explain why. The coaching staff will make the final decision and will meet with the individuals in private before announcing the selection to the team. If the members accept, then they will be asked to sign a “Captains Code”. (Similar to what we have listed above) The captains will then be announced to the team and asked to give a short “acceptance speech”.

TEAM RESPONSIBILITIES TOWARDS CAPTAINS:

1. Accept and Respect who YOUR captains are...and the responsibilities they now have!
2. Don't just sit back and follow...you too, lead by their example.
3. Feel comfort in VOICING any concerns you have with YOUR captains...they can relay your thoughts back to the coaching staff.

Try-Outs

Try-Outs / Choosing Teams – The LAKESIDE VIKING Flag Football program is made up of 1 team, Varsity only. We anticipate carrying as many as 20-25 players in the entire program. Players' abilities will be assessed at tryouts, and on an ongoing basis. No roster is ever "engraved in stone". Through the course of tryouts, the entire coaching staff will work with and evaluate all athletes trying out for flag football. In our collective opinion, we will select the student/athletes who best meet the criteria listed below.

The selection of all teams will be based on the following criteria:

- Tryout performance/speed (based on measurable criteria) –
- Desire and responsibility;
- Aggressive team and individual play;
- Coachable;
- Athletic ability and natural coordination;
- Flag Football knowledge;
- Team needs

If players have any questions on the interpretation of these criteria, it is important that they ask a coach. If any athlete does not understand why she has not been placed on the season roster, she is encouraged to contact a coach and set up a time during which she and the staff may confer. Any athlete who has not made a team, may still have an opportunity to be an active member of the team in the capacity of manager or statistician.

LAKESIDE VIKING Flag Football Lettering Policy

Varsity Letter- Lettering Policy: In order to earn a varsity letter in flag football a player must meet the following criteria:

- Be on the team and finish the season in good standing with the coaches, players, and school community.
- Any player may letter by playing in at least 1/3 of the varsity games and finish the season in good standing with the coaches, players, and school community.
- A player may earn a letter outside of the previous criteria based on extenuating circumstances; Attitude, effort, importance to the overall program, an outstanding contribution in a playoff game or state tournament, etc. These instances are rare and are up to the discretion of the coaching staff.
- Attend the season-end awards banquet.



LAKESIDE VIKING Flag Football Awards

Outstanding Offensive Player

- This award will be given to the most valuable flag football player based on the following criteria:
 - o Passing
 - o Receiving
 - o Leadership
 - o Yardage
 - o Points scored

Outstanding Defensive Player

- This award will be given to the most valuable flag football player based on the following criteria:
 - o Flag pulling percentage/interceptions
 - o Leadership
 - o Ability to make the correct play
 - o Ability to make the difficult play

Most Improved Player

- This award will be given to the most improved flag football player based on the following criteria:
 - o Offensive skill improvement
 - o Defensive skill improvement
 - o Improvement in the ability to make the correct play
 - o Improvement in the ability to make the difficult play

Viking Award

- This award will be given to the most valuable flag football player based on the following criteria:
 - o Attitude
 - o Leadership
 - o Team Involvement
 - o An individual who displays all of the traits of a "LAKESIDE VIKING FLAG FOOTBALL ATHLETE"

Preparing for Competition

- **Imagining or Visualization:**

- o “Run a movie” of a successful performance in your head.

- **Physical:**

- o Good nutrition, adequate rest and relaxation!

- o Maintain a good balanced diet.

- o For an energy boost eat simple carbohydrates – not candy or junk food!

- o Lack of sleep will cloud your mind, dull your senses and slow your movement.

- o For relaxation – Watch a movie, listen to music, read, anything that puts you at ease and relieves stress.

- **Be Determined:**

- o Determination begins with a goal. Decide how to achieve that goal. Start with: pride in what you’re doing, not what you can’t do; learn from your mistakes; don’t be afraid to fail; be willing to sacrifice to reach your goal; reward yourself for our accomplishments.

- o Once you get close to the day of competition, the physical aspects of optimum performance is overshadowed by the importance of mental toughness.

- o If you have prepared well, your body will automatically know how to perform. Your mind must now be tough enough to hand the situation.

- o To be at top performance, an athlete must be equally strong physically and mentally.

- **Mental Toughness:**

- o Believe and have faith in your abilities. Make a commitment to develop that faith.

- o Faith quiets the voice of doubt inside your head. You must quiet self-doubt.

- o Believe it is your responsibility to do the very best you can with the tools you have.

- o Accept the fact that faith is a growing process, not an absolute.

- o Responsibility for our life rests in our own hands.

“To succeed in anything, think of yourself in a positive way.” Consciously replace a negative thought with a positive one. “I am a winner” and “I deserve to be here” will facilitate our best performance.

It's All in Your Mind

by Walter D. Wintle

If you think you're beaten, you are.

If you think you dare not, you don't.

If you'd like to win, but think you can't, It's almost certain you won't.

If you think you'll lose, you've lost.

For out in the world you'll find,

Success begins with a person's will;

It's all in the state of mind.

For many a race is lost, before a step is run,

And many a coward fail, before the work has begun.

Think big and your deeds will grow,

Think small, and you'll fall behind,

Think that you can and you will:

It's all in the state of mind.

If you think you're outclassed, you are.

You've got to think high to rise.

You've got to be sure of yourself before

You can ever win a prize.

Life's battles don't always go

To the stronger or faster one,

But sooner or later the one who wins

Is the one who thinks she can.

