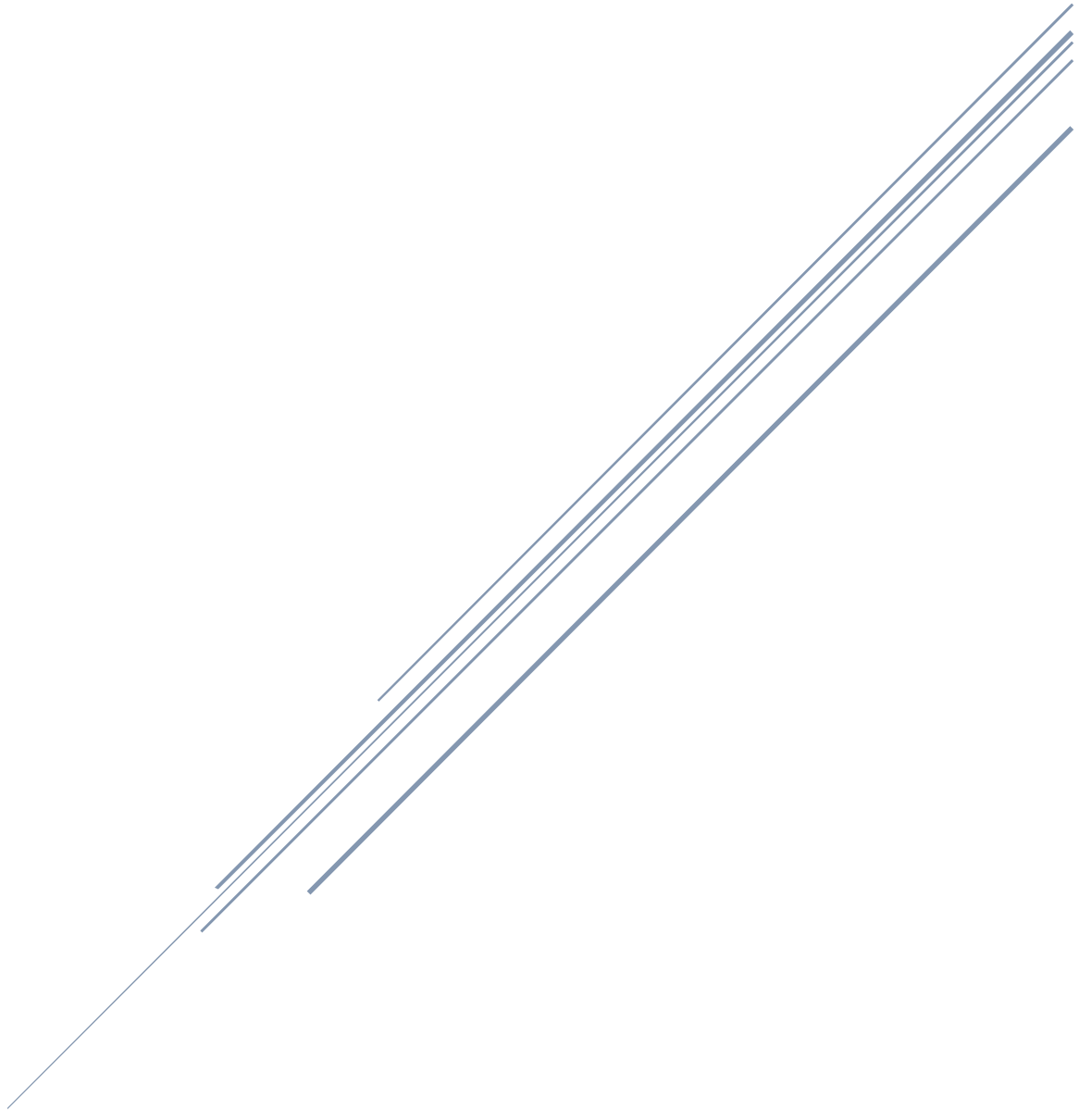


PLANT CITY HIGH SCHOOL

FOOTBALL PROCEDURES



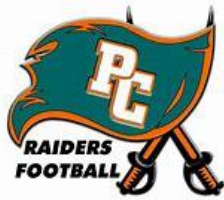


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Welcome to Plant City High Football

Coach Michael Clayton's Coaching Philosophy

Coach Michael Clayton often says that ***"If you are not getting better, you are getting worse"*** which has been adopted as the theme for the Plant City High School Raiders' Football Program. It is this dedication to perfection and a strong will to win that drives Coach Clayton to expect the best at all times from his players and coaching staff. At the same time, Coach Clayton takes a personal interest in each of his players to become the best student-athlete they can be, taking many of his own experiences and successes as a student-athlete himself to guide and shape his players for lifelong success.



While Coach Clayton is passionate about football, he is even more passionate about instilling life lessons and a foundation for future success in life after football.

The success of the Plant City High School Raiders' Football Program will be a result of high-quality young men, a terrific coaching staff, and strong family and community support. Our goal is to build a tradition of success that ranks us among the greatest.

Almost everything in this handbook is the same for both varsity and sub varsity players. You may be on different squads, but you are all members of the same team. Be prepared to commit yourself as we take Plant City High School Football to the next level of excellence. It is going to take hard work, discipline, and most importantly dedication to this program we call Plant City High School Raiders' Football!

Program Mission/Goals

High school sports are competitive in many ways but are designed to be personally rewarding and a healthy part of the high school experience. The Plant City High School Raiders' Football program's core principles are to **TAP IN**:

- > **Team Discipline**
- > **Academic Achievement**
- > **Player Commitment and Effort**

> **Improve Daily**

> **Never Quit**

Coaches' Expectations for Players

Plant City High Raiders' Football players will:

- Recognize that the game officials are the sole authority of any scheduled game, and that maintaining **RESPECT** for the officials is of vital importance to Plant City High School Football
- Recognize that the coach is the sole authority on the team, and that maintaining **RESPECT** for the coach and his decisions is of vital importance to Plant City High School Football Strive for excellence in academic studies and attend all classes
- Put the best interests of the team ahead of his own
- Work each day to be a better player/person/student than the day before
- Understand and appreciate the value of physical and mental conditioning before the season begins
- Understand that playing time is never guaranteed, but rather earned
- Put forth maximum effort at practice - never take a play off
- Always treat other players, coaches, officials, and spectators with **RESPECT** regardless of the circumstance
- Absolutely no "hazing" or "initiating" any person in any form as a condition of acceptance on the Plant City High School Football team
- Always listen to the coaches and do what is asked of you as a player and team member
- Be a positive role model for others and encourage sportsmanship by showing **RESPECT** and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every event connected with Plant City High School Football
- Refrain from the use of drugs, tobacco, or alcohol

- Learn the rules of the game and the policies of the Plant City High School Raiders' Football program and Plant City High Student Code of Conduct handbook
- Never confront coaches at the game field. Players shall take time to speak with coaches at an agreed upon time and place
- Remember it is only a game

Plant City High School Raiders' football players will conduct themselves properly at all games and practices as well as on campus and in their daily lives. **Playing Plant City High School Raiders' football is a privilege, not a right.**



Improper Behavior Includes:

- Abusive or degrading language (swearing)^{[L][SEP]}
- Improper use of social media (it's a tool, not a toy)^{[L][SEP]}
- Physical threats or violence (to include hazing/bullying)^{[L][SEP]}
- Disrespectful acts towards women (sexual harassment, etc.)
- Advocating poor sportsmanship^{[L][SEP]}
- Harassment of any game official^{[L][SEP]}
- Disputing or attempting to influence a game official
- Any distractions that take away from the team's focus^{[L][SEP]}
- Lack of respect for the coach or teammates^{[L][SEP]}
- Any infraction of Plant City High School's Code of Conduct

Discipline Actions for Players

"Discipline is not the enemy of enthusiasm." Plant City High School Raiders' football players must have a deep respect for the game of football, and for the possibility of disciplinary actions that may lead to suspension or dismissal from the Plant City High School Football Program. Student-athletes that are suspended from school are not allowed to practice or play during the period of time they are placed on suspension.

The Importance of Player Commitment and Effort



"Perfection is not attainable. But if we chase perfection, we can catch excellence." (Coach Vince Lombardi). The factors that will determine the success of any team are the personal commitment and responsibility to the overall program applied by each and every player on the team. It takes intense dedication to reach both personal and team goals. Plant City High School Football program strives to play deep into the post season each year. Effort, concentration, and perseverance are the basic foundations of a successful team. Player attitude that reflects dedication to these goals makes the difference between excellence and mediocrity. You are a select group of young men. Nothing short of 100% of each player's effort is expected at every practice and at every game.

The Importance of Academic Achievement

Plant City High School Football has historically had players with some of the highest overall GPA averages in the State for student -athletes. This is a tradition we value greatly and would like to continue. The football schedule is very demanding on a player's schoolwork and free time. It is each player's responsibility to balance all of these throughout the school year and season.

- > **All players must have at least a C average (2.0) on an unweighted 4.0 scale to be eligible to play.**

Parent Commitment

- Not to force a player to participate in football
- To remember that players participate to have fun and represent their school, and the game is for players, not adults
- To inform the coach of any physical disability or ailment that may affect the safety the player or the safety of others on the team
- To teach the player to play by the rules and to resolve conflicts without resorting to hostility or violence
- To discourage any behaviors or practices that would endanger the health or wellbeing of any of the players
- Ensuring that the player treats other players, coaches, officials and spectators with respect, regardless of circumstance
- Recognizing and supporting the player's commitment to the game by providing the means to get them to and from football events on time, in sound physical shape, and mentally ready to play
- Teaching the player that doing one's best is elemental to achieving team goals
- Reinforcing the concept that putting forth a best effort is more important than the outcome of any one game to the player
- To praise the player's efforts and successes
- Ensuring proper nutrition and sleep for the player
- Emphasizing the benefits of skill development and practices
- Learning the rules of the game and the policies of the Plant City High School Football program

Parent Behavior

Certain behavior is expected of all parents of players involved in Plant City High School Football:

- Refrain from coaching player/players during games and practices from the sidelines, unless designated as one of the official coaches of the team.
- Be a positive role model for the player and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every Plant City High School Raiders' Football program event.

- Parents will refrain from unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting, or using profane language or gestures.
- Respect the officials and their authority during games and not confront coaches at the game field. Parents should take time to speak with coaches at an agreed upon time and place.
- No player, coach, parent, director, board member or anyone affiliated with Plant City High School Raiders' Football shall by actions or works bring the program into a state of disrepute. When attending games parents must sit in the stands and avoid standing near or on the track.
- Coaches will be expected to reply to parent e-mails within 24 hours of their receipt. Parents may speak to any coach by contacting him in person, through email or by telephone, and arranging a meeting time. Parents should check the school website ([Plant City High / Homepage \(hillsboroughschools.org\)](http://PlantCityHigh/Homepage(hillsboroughschools.org))) for information before calling the coach about general information.

Raiders Football Program Costs & Expenditures

Like most extra-curricular programs, athletic programs receive very little financial support from their local school system. The Plant City High School Raiders' Football program costs more than \$100,000 annually to effectively operate.

We rely on ticket sales and our fundraising efforts. The monies raised through player assessment fees, individual fundraising, and group raising help fund some of the football programs significant expenses, such as:

- Player uniforms and equipment purchases and upkeep
- Bus and Passenger coach transportation to all local and away games
- Pre-game meals for the Varsity and JV teams
- Post-game meals for away games for Varsity
- Purchase of Spirit Packs (athletic clothing) for the players
- Resource stipends
- Referee fees for all home games
- Tournament fees (7-on-7 games, etc.)
- End of the year banquet

Fundraising & Volunteer Responsibilities

"If everyone does a little, no one has to do a lot!!"

Each year, the Plant City High School Football Operations will develop and approve a complete budget. Because football has become a year-round sport, our fundraising continues throughout the year. Plant City High School Players and parents are required to participate in at least three (3) fundraising events each year. In addition to fundraising events, Football Operations organizes many opportunities to meet this expectation throughout the year, not just during the football season. At Plant City High School, we fully recognize that no two families are the same. We truly understand that your ability to support the Plant City High School Raiders Football program may conflict at times with your family needs and priorities - **and we believe that family comes first!** We encourage all parents to give whatever measure you can in terms of your time, talents and treasure.

All parents are asked to pay an assessment fee of \$100 which covers your core program expenses and in addition volunteer to work at least 5 hours by either working concessions, game day logistics (sideline markers, etc.) or selling team spirit wear.

Usually, Sub-varsity parents work varsity games, and varsity parents work Sub-varsity games, so parents are free to watch their player's game. We use **the Booster Club** to coordinate participation and to inform parents on available slots. Sign-up sheets for all games will be posted prior to the beginning of the season to give parents the opportunity to schedule in advance. We look forward to working with you this season!!



Equipment Costs

This chart illustrates the equipment cost per player (\$2,729.00). On average, the Plant City High School Football Team will dress approximately 65 varsity players and 55 sub-varsity players for a total of around 120 players.

From head-to-toe, our players wear the best and safest equipment; beginning with state- of-the art football helmets designed to meet or exceed safety standards for the prevention of concussions and other head/neck injury. Additionally, scientifically designed shoulder pads designed to provide optimum comfort while protecting the shoulder, chest, lower neck and spinal area are provided for our players to enhance their safety.

Most players elect to purchase their own practice and game football cleats, as well as tactical dri-fit undergarments (padded girdles, undershirts, etc.). Add in the cost of a good pair of gloves (\$30-\$50) and as you can see, the total cost is staggering. This chart also illustrates recurring expenses to launder, repair and replace uniforms and equipment as well as additional costs in food (pre/post-game), drinks, half-time snacks, transportation and Spirit Wear. With the notable exception of protective equipment costs, increases in transportation and food costs continue to be our greatest program expenditure.

The Total Cost for Your Son to Play: **\$ 2,729.00**

2022 Budget Snapshot (Where the Rubber Meets the Road!)

We recognize that Plant City High School Football is not the only game in town, and like all high-school football programs in Hillsborough County, developing a sound operating budget to finance football operations can be a daunting effort. Once our 2022 Football schedule has been finalized, the process of developing and approving our 2022 operating budget begins. Because games are either won or loss on the gridiron, our budget strategy is based on a positive outlook of going through the regular schedule and the post season. As such, we forecast both income and expense assumptions into our calculations for fundraising goals. The following chart illustrates a high-level overview of our 2022 Budget Income/Expense Assumptions:

Meals

Pregame Meals – Varsity: games = \$4,000 + Sub-Varsity = \$2,025	\$6,025
Postgame Meals – games * \$400 = \$4,000	\$4,000

Travel

Cleaning

Uniform Wash – (Varsity & Sub-Varsity) * \$100	\$3,000
Locker room cleaning	\$500

Equipment

Spring ball equipment and training kit	\$4,000
In season equipment and training kit	\$5,000
Yearly football equipment, field and weight room repairs/additions	\$10,000
Helmet Reconditioning	\$10, 000

Misc.

Hudl account/Apparel	\$8, 000
Resource Stipends	\$10,000
2 a Day Camp	\$5, 000
Off season spirit pack	\$3,000
Athletic Trainer	\$2,000
Total: Not Including bus travel & New Uniforms	\$70,525

Pledge & Contributions - (Time, Talents & Treasure)

The Plant City Raiders' football program would not function properly without the continued financial support of parent Boosters and the generosity of Raider Alumni and our business community. We strongly encourage all player parents (both varsity and sub varsity) to become active members of the Plant City Raiders' Football Boosters Club (501.c3). Our 2022 goal is to raise at least \$100,000.00 and have 100% participation from player's family members which will allow the Plant City High School Raiders' Football Program to continue to operate in excellence.

It is important that all Raiders Parents understand that participation in Plant City High School Raiders' Football Program is strictly voluntary but does come with a personal commitment. There are no free rides to becoming a successful football program, just as there are no free rides in your son's personal growth as a student-athlete. Everything requires hard work!

The Plant City High School Raiders' Football Program continues to believe that parents and players will give of their time, talents and treasure to support our program. To ensure for the continuing financial stability for our program, we encourage each player's parent(s) to pledge to one of the booster levels. See Mr. Randall Humphrey, Plant City High Schools Athletic Director.

Plant City High School Football Booster Donations can be paid to the booster club treasurer before or at the 2022 Raiders Football kickoff. This dinner celebrates the end of Fall Two-A-Day's, the start of the 2022 Football Season, and more importantly, the achievement of your son making the roster as a 2022 member of the Plant City High School Raiders Football Program.

Checks can be made out to the **Plant City High School Football Booster Club.** **The Plant City High School Football Booster Club is a 501 (c) (3) non-profit organization.** Your contributions may be tax deductible.

There are no refunds should your player quit the team after making the roster. As you can see, it takes a lot of dedication on the parts of players, coaches and parents to make the Plant City High School Raiders Football Program a success. Remember... ***"If everyone does a little, no one does a lot!"***



Practice, Practice, Practice!

"Somewhere he is out there, training while I am not. One day, when we meet, he will win." (Tim Tebow).

Football at Plant City High School is a year-round sport. Soon after the regular season ends and our playoff run is complete, Plant City High School Raiders Football starts planning for the next season.

We will practice on holidays and teacher planning days during football season. Players are expected to be at practice every day on time. If you're not at practice, another player will get the opportunity to play and start. Two (2) unexcused absences will result in a players' suspension from the team.

An unexcused absence is any absence not pre-approved by the Head Coach. Bottom line - ***tell me before and it's a reason; Tell me after and it's an excuse!***

RAIDER'S SCHEDULE COMING SOON!!!

School Absence Policy for Out-of-Town Games

Students will be excused early from classes on the day of an away game for travel to the game destination. Arrangements for boarding a bus will have been made for the appointed time by the coach. The coach will provide the attendance office with the list of players traveling and the time they should be excused. Players will be notified in advance of the time to leave class and board the bus. The team occasionally returns late in the evening. If the return is after midnight, the players may be excused from the first portion of school the following day. The coach will inform the players before they exit the bus what the attendance policy will be for the following morning. For the first hour or so of the bus trip out of town, a quiet period will be encouraged to give players the opportunity to work on their homework or other academic endeavors.

Game Days

Players are expected to wear their game jersey or designated Business Casual attire to school on all home and away game days. This decision will be made by The Head Coach and Team Captains. Specific instructions will be provided each week on what is required from players on that game day regarding equipment, attire, or any special changes we have for that week.

Pre/Post Game Meals

The Plant City High School Football Parents or selected food sponsors will serve a pre-game meal for all sub varsity and varsity football players prior to a football game. This meal will be served on campus and is nutritious and filling. For varsity football games in which travel out of town is expected, a postgame meal will be provided (i.e., Subway, etc.)

Season Kickoff Event

The Plant City High School Booster Club will kick off the **2022 Raiders Football season with a “Kick Off Event” TBD**. The cost to attend this event is TBD per person. This event marks the end of a grinding two-a-day fall practice schedule and celebrates the selection of new Varsity and Sub Varsity players into the ranks of the Plant City High School Football program. Coach Clayton and his staff will have the opportunity to introduce themselves to family members, while introducing new Varsity and Sub Varsity players. Players will get the opportunity to introduce themselves and recognize their parents. Coach Clayton and his staff will present each player with his game-day jersey for a group photo shoot which signifies the crossing over into a new season. **During this important event, final financial pledges are due.** Players are asked to wear khaki slacks and a dark t-shirt for this event (and yes, game day jerseys will be returned at the conclusion of the event).

Annual Raiders Football Banquet

Held in January of the New Year, the Raiders Football Banquet serves as an opportunity to honor our graduating seniors in football as well as our young ladies who cheered them on and training staff. This heart-warming event captures the highlights and victories during the previous season. It also serves as a lasting reminder of the commitment our young men and women have made as Plant City High School Raiders and sets the bar for underclassmen to exceed. Awards are presented to both football players, cheerleaders, and trainers for a variety of achievements during the long and arduous season, along with special tributes to the coaching staff and other notable supporters of Plant City High School Football.

Communication/Website

Our website is the best way to stay informed about the team. It contains the schedule, announcements, pictures, etc. Most communication is done either by email (list-serve) specific team communications outlets or through the website, [Plant City High / Homepage \(hillsboroughschools.org\)](http://PlantCityHigh/Homepage(hillsboroughschools.org))

ALL ADDITIONAL ACTIVITIES WILL BE COMMUNICATED TO THE PLAYERS IN A TIMELY MANNER AND WILL BE SENT TO ALL PARENTS THROUGH E-MAIL OR FLYER

PLANT CITY PLAYERS CONDUCT GUIDELINES

OFF THE FIELD AND HOUSEKEEPING RULES:

- 1. Be ON TIME for all activities: Practice:(Centers and QB's should arrive 10 minutes prior to all others to get snaps), Study Hall, and meetings**
- 2. IF YOU DO NOT PRACTICE YOU DO NOT PLAY! (Unless excused by a medical professional for necessary rest of treatment or by Coach Clayton)**
- 3. No Cell Phones in meetings or film study**
- 4. No food or drink in meeting rooms or film study**
- 5. Do not leave any handouts, itinerary, or game plan related material behind in meeting room.**
- 6. Keep the locker room clean each class has a day:**
 - 1. Monday: Seniors**
 - 2. Tuesday: Freshmen**
 - 3. Wednesday: Sophomores**
 - 4. Thursday: Juniors**
 - 5. Game Day: Team Clean Up**
- 7. Check your equipment regularly for safety and optimal performance.... shoulder pads, cleats, helmet, etc..... your equipment is a major part of your safety and performance level**
- 8. Clean your cleats outside before entering the gym or locker room**
- 9. PROFANITY WILL NOT BE TOLERATED**

ON THE PRACTICE FIELD RULES:

- 1. Every player should be on the field and ready for stretch by 3:30pm every day except Monday (4:10 on Monday due to Study Hall)**
- 2. No Loafing and walking on the practice field.... We must practice up tempo to play up tempo.**
- 3. No sitting on helmets or water carts during practice**
- 4. Pay attention on the practice field even if you are not involved, it is your responsibility to be ready when your name is called.**
- 5. Stand back at least 15 yards if you are not in the play or drill that is being conducted.**
- 6. No one is permitted to leave the practice field without permission from your position coach or head coach.**
- 7. If you are injured, report to your position coach then to the trainer.**

IF YOU VIOLATE A TEAM RULE OR POLICY, YOU WILL BE DISCIPLINED! THE FORM OF DISCIPLINE WILL BE DISCUSSED WITH THE HEAD COACH, POSITION COACH, SCHOOL DIRECTOR AND YOUR GUARDIAN! ONCE THE DISCIPLINE IS DECIDED YOU HAVE 2 CHOICES, EITHER ACCEPT IT OR RESIGN FROM BEING A MEMBER OF THIS FOOTBALL TEAM!

REMEMBER:

All the following rules and policies have one thing in common; they are derived from "common sense". Be punctual, treat people with respect, make good decisions and you can avoid a great deal of embarrassment for your team, family, and most importantly yourself!

Acknowledgement:

All players and parents must acknowledge an understanding of the expectations for the Plant City High School Raiders Football Program as outlined in this handbook by signing the following Acknowledgements of Program Rules (3 pages). With this information and these expectations in place, it is the expressed wishes of the Plant City High School Panthers Football Program that each player and parent have an enjoyable and rewarding season. Remember to bring your team spirit to every high school football event and always remember...**WE ARE PLANT CITY HIGH!!**

Player's Acknowledgement of Program Rules:

- That the referee is the sole authority of the game, and that maintaining respect for the referee is of vital importance to Plant City High School Football.
- That the coach is the sole authority on the team, and that maintaining respect for the coach and his decisions is of vital importance to Plant City High School Football
- Strive for excellence in academic studies and attend all classes
- Put the best interests of the team ahead of my own
- Work daily to be a better player/person/student than the day before.
- It is the player's responsibility to report any possible injuries to coach and athletic trainers.
- Playing time is never a guarantee.
- Putting forth maximum effort at practice is expected and provides the benefit of skill development and preparation for competitive games.
- Each player will always treat other players, coaches, officials, and spectators with respect regardless of circumstance.
- Absolutely no hazing or initiation of any person in any form will be tolerated.
- Always listen to the coaches and do what is asked.
- Be a positive role model for others and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials, and spectators at every event connected with Plant City High School Raider Football. Do not confront coaches at the game field. Players shall take time to speak with coaches at an agreed upon time and place.
- Student-athletes that are suspended from school are not allowed to practice or play during the period of time they are placed on suspension. This includes ISS (In School Suspension).
- Remember it is only a game.

I will abide by the aforementioned rules and guidelines and if I fail to abide by the rules and guidelines then, I shall be subject to disciplinary action that could include, but is not limited to:

1. Extra conditioning and/or one of the following
2. Verbal warning by an official, coach, or administrator of Plant City High School
3. Written warning from any of the above persons
4. Limited play and/or suspension from the Plant City High School Raiders Football team

Parent's Acknowledgement of Program Rules:

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, game officials, and administrators at all times.
- I will place the emotional and physical wellbeing of all players ahead of any personal desire for the team to win.

- I will support the coaches, officials, and administrators working with my child, in order to encourage a positive and enjoyable experience for all.
- I will remember that the game is for the players, not for the adults.
- I will ask my child to treat other players, coaches, game officials, administrators, and fans with respect.
- I will always be positive.
- I will always allow the coach to be the only coach.
- I won't get in arguments with opposing parents, players, or coaches.
- I will not come onto the field of play for any reason, unless asked by the coach to come to the aid of my injured player, during the game.
- I will not criticize game officials.

I will follow protocol by stating my concerns within the vehicle the program provides (through the Booster Board or with the coach directly). I will abide by the rules and guidelines and if I fail to abide by these rules and guidelines, I shall be subject to disciplinary action that could include, but is not limited to, the following:

1. Verbal warning by an official, head coach, and/or school official.
2. Written warning from any of the above persons
3. Requested removal from the area of play for a specified number of games.

Parent's Signature: _____

Player's Signature: _____

Head Coach's Signature: _____

Date: _____