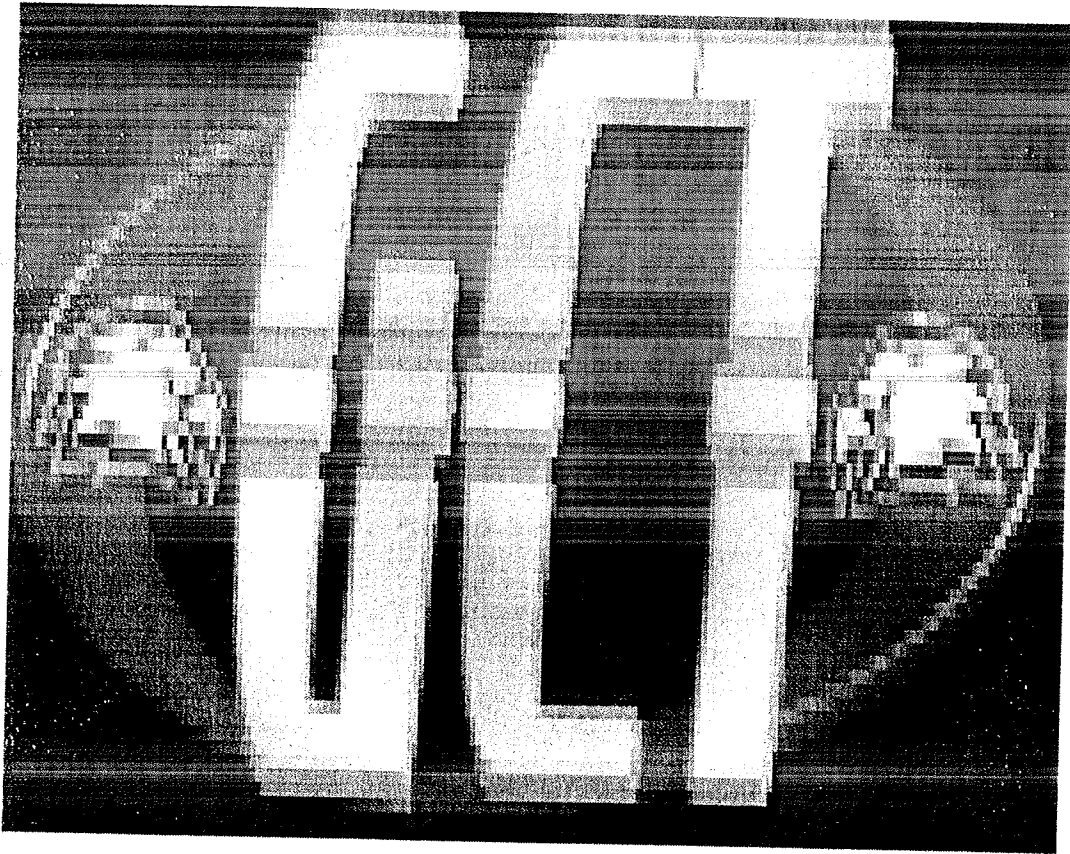


# Greene County Tech

## Player's Manual



### Uncommon

*"Success is uncommon; therefore, not to be enjoyed by the common man.  
I'm looking for uncommon men."*

2010

## THE EAGLE "11"

- On a scale of 1 – 10, be an "11"!
- E.A.T every day for victory! (Effort, Attitude, and Togetherness)
- Appreciate and respect your parents.
- Be humble in victory and gracious in defeat.
- Say "Yes ma'am" and "No ma'am" & "Yes sir" and "No sir".
- Always leave a place better than you found it.
- Fear no opponent. Respect every opponent.
- Prepare to Win!
- Do not worry about things that you cannot control.
- Show respect to custodians, cafeteria workers, bus drivers, and teachers.
- Always be early. Never be late!
- Attend worship regularly.
- Make your parents proud!
- Never accept losing!
- Get respect by earning it!
- Have a firm handshake.
- Speak intelligently, without profanity.
- Look others in the eye when talking to them.
- Do not procrastinate, do it NOW!
- Say "Please" a lot.
- Say "Thank you" a lot.
- Be the first to say "Hello".
- Sit towards the front of the class.
- Admit your mistakes. Do not make the same mistakes again.
- Treat everyone like you want to be treated.
- Use seat belts.
- Demand excellence & be willing to pay for it.
- Smile a lot; it costs nothing and is beyond price.
- Pray not for things, but for wisdom and courage.
- Be a man of your word.
- Become someone's hero!

**“We want great men who,  
when fortune frowns, will not  
be discouraged.”**

**Colonel Henry Knox  
Continental Army**

## Academics

1. Never forget that academics are the reason we are all here.
2. Apply the same dedication and intensity to do well in school as you do in football.
3. How do you do well in school?
  - a. Sit in the front of the class.
  - b. Listen with you eyes.
  - c. Do not put off work until "tomorrow".
  - d. Learn how to study, learn what the teacher expects of you.
  - e. Do not just "get by"...be the best you can be on the field and the classroom.
  - f. Do not be the class clown...the class clown is not respected.
  - g. Do not allow peer pressure to hurt you in the classroom.
  - h. Communicate with the teacher regularly.
  - i. People that cheat and do not do their best in class will have a tendency to do the same in football.

## Relationships

1. Players
  - a. Learn to be a part of the team.
  - b. Worry about team goals before you worry about individual goals.
  - c. Develop friendships with athletes on the team.
  - d. Learn to laugh at yourself before you laugh at others.
  - e. Love each other, yet compete like crazy against each other in practice, and fight for each other when the time comes.
2. Coaches
  - a. You must impress your position coach to have the opportunity to play or start.
  - b. You should be comfortable with the coaches to be able to visit with them and talk to them on a personal basis.
  - c. The coaches want only the best for you. Learn to take coaching. Learn to use criticism to make you better.
  - d. Get to know and be friendly with all of the coaches.
  - e. Learn when to be serious. Learn when to have fun.
  - f. God gave you one mouth and two ears for a reason.
  - g. Learn to do EXACTLY what we ask you to do.

## Team Concept

1. The team comes first!
2. We will make decisions to help the team first and then to help you.
3. We will keep and talk about team statistics. We do not care about individual statistics if they hurt the team.
4. We are all expected to make great sacrifices to help this team win.
5. We believe that at some times, team punishments are appropriate.
6. No one person or one play is ever the reason we win or lose a game; however, we know that one play or one person can make a difference.

## Leadership

1. Be a leader every day, even on those days you do not feel like it.
2. Be a leader first by what you do, then by what you say and how you say it.
3. Be an "11" on and off the field.
4. Good leaders are not at the back of the pack and the first out the door.
5. Be positive and encouraging to your teammates.
6. Voice your opinion in a positive and team building manner.

## Positive Attitude

1. True Eagles are positive no matter how bad it gets.
2. A positive attitude is contagious.
3. Be the one to say, "It's a great day to practice" instead of being the one who complains about it.
4. Believe and talk about how we are going to win.

## Mental Toughness

1. There is great unity in shared pain.
2. Great players learn the difference between pain and injury.
3. Do not allow yourself to be talked in to being tired or hurt.

## Pride and Class

1. We will be known as the team that plays the hardest in Arkansas.
2. We will be known as the team that is in the best condition in Arkansas.
3. We will be known as a team that plays with great class and enthusiasm.
4. We will not trash talk, point fingers, or bring negative attention to ourselves or our team.
5. We will proudly wear the Green and Gold. We will always wear the colors and represent our school, community, team, and family with great pride and class.

## GCT Football Team Policy and Priorities

### **Priorities:**

1. **God/Church**
2. **Family**
3. **Academics**
4. **Football**
5. **Everything Else**

### **Eagle Rules:**

1. I will not do anything to embarrass my family, my team, or my school.
2. I will not lie, cheat, nor steal and I will not tolerate anyone who does.
3. I will not miss practice unless I tell Coach Conaway before practice begins. I understand that all missed practices will be made up. (Raiders & Pioneers)
4. I will treat all people with respect.
5. I will be on time. (Raiders)
6. I will stay eligible. I understand that I must have a 2.0 the previous semester to play football.
7. I will report all injuries to the trainer before I go home. Only the trainer, a doctor, parents, or Coach Conaway can determine my status for practice.
8. I understand that if I am caught drinking or using drugs, I will miss a game regardless of what time of year I am caught. I also understand that if I violate the policy twice at any time in my career, I will miss an entire season.
9. I will not be selfish: lying, cheating, stealing, poor attendance, drug and alcohol abuse, pouting, chronic tardiness, lack of effort, and negative talking will not be tolerated.
10. I will not be immature: not getting along with teammates, poor work habits and character traits (practice, work, school).

### The Law of the Jungle

**“One play can win the game. One game can make the season, and one player, any player, can make the difference between winning and losing. No one knows when the big play is coming, so every player must do his best on every play.”**

## **Objectives of the GCT Football Program**

1. The program will be an encourager and motivator of all players to excel in the classroom. Academics and Football are not separate, they go hand in hand. Our Coaching Staff will strive to encourage all players to give their best effort in the classroom. We will take on the role of reminder to turn in work promptly and make that work a quality product. We will adhere to a policy of (No Zeros). If students turn in their work on time and stay organized, the Strong Grades will take care of themselves.
2. Play at a level of effort, intensity, aggression, and perseverance that our opponents cannot endure.
3. Through the Football experience, we want to become better people. Players will learn to be encouragers. They will learn to be more accountable and responsible. They will learn to be positive about this day, their school, their community, and their country. They will learn the influence they have on younger people and use this influence in a positive manner.
4. Have fun! Football is a game to be enjoyed. To be enjoyed it must be done correctly. Once learned how to play correctly, there is nothing more fun. The player will give his best physical and mental effort, and once he has done that, everything else will take care of itself.
5. Learn the schizophrenic nature of football. Between the white lines, we expect the most intense, physically aggressive people on the field. We expect perfect gentlemen of the field.

## Role of Players

Assumption--*That which is taken for granted.*

1. We assume that you want to be the best football player you can be. This is important because when our coaches look at you, they see what you could and should be and will push you to achieve your maximum.
2. We assume that you want to play on a championship team. Our practices, our off-season, and our summer program are designed to produce a champion. You must commit to our plan and do your part to improve in every phase of our program. You understand that decisions are made with the priority being the team, and the individual must be second. Players must understand that the position they play is where they help the team the most, and cannot always be where they want to play.
3. We assume that you expect to make the highest grades that you are capable of making. You are responsible to the team to turn in your work on time.
4. We assume you want to become a better person. You understand that you represent Eagle Football 24 hours a day, not just at school. You may be the only player some people ever know. Your character is a reflection of our program.

## Player Expectation

### **I. General**

Two Expectations: A. *Attendance* B. *Attitude*

#### **A. Attendance**

1. Be here every day on time
2. If you cannot practice, come dressed out and encourage your teammates.
3. If you cannot come to practice, call Coach Conaway (479) 263-4748! Do not send messages with other players, do not call other coaches, you call. It is not your parent's responsibility to call, it is yours. Parents, don't do the dirty work for your boys. We are trying to make men out of them.
4. Irregular attendance makes it difficult or impossible for you to be a part of the team. Irregular attendance is the first sign of dismissal.

**Consequences-** If you do not come to practice and do not call in, there is a strong possibility that you will not be allowed to play in the game that week. It has a great deal to do with attitude and history. A person who missed once with what turns out to be an acceptable reason will be judged less harshly than the chronic absentee or tardy.

General Rule: 8 Gassers for an unexcused absence

4 Gassers for an unexcused tardy

There is no punishment for excused absence or tardy. However, only the Head Coach can excuse absences or tardies and only if executed correctly by the athlete.

#### **B. Attitude**

1. Come every day with the expectation of something great happening.
2. Be an encourager every day.
3. Losers view the player/coach relationship as a competition (i.e., the player is trying to do as little as possible-the coach is trying to get much more).
4. Winners view the player/coach relationship as a cooperative effort to make the player the best he can be.
5. Have great expectations daily.
6. Don't be Cool- We have no room for cool players- Be passionate about Eagle Football.

**Consequences-** If you have an attitude detrimental to practice or the team, you will be eliminated from practice. When this happens you will not compete in the contest that week.

## **Attendance & Attitude - choices you make.**

### **II. On Field (Practice – Game – Off-season)**

#### **A. Effort**

1. You are expected to give great effort every play
2. You decide on each play, each drill exactly how much effort you will give.
3. Effort is simply a habit.
4. A player who gives 100% every play with less ability is often more productive than a player who is more gifted but doesn't play fast and physical.
5. If you cannot give 100% effort, tell your coach.
6. We don't want 90%, your teachers don't want 90%, your parents don't want 90%. We want all or nothing.
7. During practice, get in a habit of giving 100%, take each play, each drill one at a time.

**Consequences-** Not giving effort will result in gassers for every time you do not give 100%. The team that gives 100% effort every play takes care of their conditioning during practice.

#### **B. Compete**

What you are watching when you see two teams competing is a contest of wills rather than a contest of skills. Skill will only come into play if one team is superior in skill that the wills are never tested. Compete means to expect, prepare, practice, and play to win. It is higher than participation. It is to empty yourself physically and mentally to achieve victory. It is to sacrifice individualism to be apart of something bigger. Compete means to not be afraid to make mistakes. Compete means to not fear failure. Compete means to always encourage your teammates.

#### **Consequences of not competing- gassers**

Both of these expectations are choice you make. You choose whether to go 100% physically (effort) and 100% mentally (compete). With every choice there is a consequence – the negative is punishment sure enough to help you understand that the positive choice is not only better, but easier.

### III. Classroom – School Building

#### A. Accountability

You will be responsible for all work you teachers ask you to complete. We can help somewhat by helping you increase your vocabulary, but most of all being a winner in the classroom is giving 100% effort which means turning in assigned work.

Vince Lombardi – “Winning is not a sometime thing.”

Consequences – For every assignment not turned in will result in gassers after practice.

#### B. Responsibility

You are responsible for your actions. Breaking school and classroom rules are choices and must have consequences. You are a member of something great, and being suspended for breaking school rules hurts our team. Use good judgment in the classroom and on school grounds, always keeping the team in mind. Remember, you are a member of this football team 24 hours a day.

### IV. Off Campus

#### Little Eyes Upon You

*There are little eyes upon you and they're watching night and day.  
There are little ears that quickly take in every word you say.  
There are little hands all eager to do anything you do,  
And a little boy who is dreaming of the day he'll be like you.*

*You're the little fellow's idol, you're the wisest of the wise.  
In his little mind about you no suspicions ever rise.  
He believes in you devoutly, holds all that you say and do;  
He will say and do, in your way, when he's grown up like you.*

*There's a wide eyed little fellow who believes you're always right;  
And his eyes are always opened, and he watches day and night.  
You are setting an example every day in all you do,  
For the little boy who's waiting to grow up to be like you.*

The above was written for fathers, but it is just as true for athletes. High School athletes emulate College and Professional athletes, elementary children emulate you. Make sure you are someone's hero...not a zero.

## **Consequences of Poor Choices**

**Selfishness-** You will be eliminated from the team. There is no cure except removal when you consistently put yourself above the team. You must be eliminated.

## **Symptoms of Selfishness**

Chronic tardy or absent, stealing, fighting, violation of dress, appearance code, class misconduct, chronic complaining, laziness, loser mentality

If there are problems in community, consequences are severe. You may be the only representative of our program that people see. You represent us – it is imperative that you keep this in mind.

## **Player Placement**

Every player would like to be a starter on our Football Team. Unfortunately, not all of you will. The coaching staff will determine who will start. Consequently, I feel it is important for you to understand how we will determine depth charts as practice progresses.

### ***The following five points will be:***

1. Knowledge of Assignment – We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and should know their assignments.
2. Hustle & Effort – Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect you to also. Extra effort wins games.
3. Hitting & Mental Toughness – We will discover during spring and fall training who has a strong desire to be physical. Football is a collision sport and must be played with a great deal of toughness. Everyone can hit.
4. Contribution to the Overall Team – The individual who motivates his teammates to do better is always enthusiastic and ready and will make a greater contribution than one who does not have this quality.
5. Talent – If the above four characteristics are equal – and they should be – then the young man who produces on the field in the way of making plays will start.

## **Locker Rooms**

These are your athletic homes. You are responsible to keep your individual area clean and as a team keep the area neat. You are not required to have everything in your locker in one exact manner. You are trusted to keep in orderly and neat. If this should be a problem, you position coach and you can work on this together. Coaches will always try to pick up the locker room after practice. Since we are paid only to coach, we feel that our athletes should pay us for picking up after them. Each article left out is one gasser. No one except players is allowed in locker room. Do not have or invite anyone in without permission.

## **Parent Expectations**

Help your child attend every function on time (In-season, Off-season, and summer). If you have questions or opinions, please communicate with coaches rather than players. Never hesitate to call or visit with coaches about any concerns that you might have. The only problem we cannot solve is the one we do not know about. Please join us in the teaching and training process in which your son(s) is participating.

## **Athletic Security**

There always seems to be problems with items coming up "missing" in locker rooms. No matter the cause – we must have a solution.

## **Athletic Solution**

1. Coach – to make sure all players have secure place to store items of value.
2. Athlete – to store items of value in safe place.
3. Team – to eliminate selfish acts such as stealing.

## Injuries

1. Always communicate injuries **FIRST** with your coaches and the trainer.
2. Any injury not properly communicated will not be covered with the school insurance.
3. If injured, one should plan to be at practice for therapy and/or mental reps and support.
4. It is your responsibility to properly hydrate yourself. Drink your body weight in ounces to stay hydrated.
5. Weigh-ins will be held before and after each August practice.
6. If you need to be taped or padded before practice, it is your responsibility to communicate with the trainer. Never be late for practice because you failed to plan.
7. Use ice barrels when provide. This will enhance the recovery of your lower body.
8. Train properly throughout the season. This will enhance the durability of your body.

## **Equipment and Equipment Room**

1. Always maintain and take care of your equipment.
2. Turn in game gear right after each game for wash.
3. You are responsible for taking practice gear home and washing it. Please do this at least two times each week.
4. Never go into equipment room without a coach.
5. Coach Hunt, Coach Holifield, and Coach Marsh are responsible for all equipment and gear. Discuss helmet, pad, and cloth problems with these three coaches.
6. Always make sure you are ready for practice the day before. Any last minute fixes will be punished.
7. Communicate equipment and cloth problems in plenty of time to allow for repairs.
8. Treat your things with respect and remember that someone else will use your equipment in the future.

## What is Expected of GCT Football Players

### Participation Criteria

Competitive athletics at GCT requires that all participants develop and maintain the highest possible skill level and physical development in order to preserve the safety and well-being of each participant during athletic competition. With this in mind, certain criteria or pre-requisites can and must be established by the head coach.

1. All players should have participated in football in the prior year. An athlete that did not participate in football in the prior year must:
  - a. Enroll in the winter and spring off-season program prior to the next season
  - b. Attend spring practice and June Team camp
  - c. Have at least 80% attendance in the "Flying Eagles" program immediately prior to the start of the season.
  - d. Pass all pre-season conditioning tests.
  - e. Be 100% eligible at the start of the football season. (pass 4 solid classes and have an overall G.P.A. of at least a 2.0) summer school, night school, and correspondence courses can be used to achieve these requirements.
2. Athletes that have been in the program must have finished the season and the off-season program in good standing.
3. All athletes in the off-season program are expected to maintain a minimum G.P.A. of 2.0 during the off-season semester. Summer school, night school, and correspondence courses can be used to achieve this if necessary.
4. All athletes are expected to attend Spring Practice, Summer Pad Camp, and The PHAST EAGLES summer speed and strength program.
5. Athletes that do not attend at least 80% of the FLYING EAGLES program will not be allowed to participate in full pad practice until they complete conditioning requirements.
6. All athletes will be expected to adhere to the GCT Football Team Policy and other requirements set forth by the Arkansas Athletic Association and Greene County Tech School District.
7. All athletes must have an AAA approved physical prior to participation. Physicals given after May 1<sup>st</sup> are good for the next school year.

#### Exceptions:

1. A new student in the GCT School District *may* be allowed to participate upon the proof of physical fitness.
2. If the Head Coach believes that extenuating circumstances prevented and athlete from fulfilling any of the above criteria, the student *may* be allowed to participate upon the proof of physical fitness.

## GAME DAY EXPECTATIONS

1. Every game will be tough to win. No team wants or has a burning desire to lose. Some teams have a greater desire to win than others, hence, some teams are more difficult to defeat. When two teams are competing, what you are watching is more of a contest of wills rather than a contest of skills, with the stronger wills usually overcoming the skills. The skill will prevail unless it is so superior to the other team's skill that the will is not tested.
2. Force your opponent to play full speed seven seconds every play, knowing that when the game is on the line in the fourth quarter there is a high probability that fatigue should destroy his will. Force him into fatigue by making him give more effort longer than he is normally accustomed. Know in your mind if we are close going into the 4<sup>th</sup> quarter, the advantage is ours.
3. Mentally prepare to play the game. Visualize the game before you ever play. See yourself being successful. Remember: the body cannot tell the difference between a real experience and a vividly imagined experience.
4. Know and believe every close game will be decided by the Kicking game. It has to be our advantage. The coaches will devise a good plan and we will work on it more than any of our opponents. The players must be committed to winning in this area.
5. Stay true. No team will win every game it ever plays. No player will ever play a perfect game. Every player can stay true to his team, his school, to his parents, and to his community. To give up, to quit, to cut back, to feign injury, to negotiate for peace with the opponents is to change color, to be disloyal to your school, heritage, and those who trusted in you. Not every person can be great, but every person can stay true to colors. Greene and Gold!
6. Be result oriented. Each player must realize he is responsible to get results. No coach will call a perfect game. Our coaches will spend the time in preparing a game plan to give you the best chance to win, but you must perform. Understand that in a game, sometimes it may look as if you have not chance to win, you have never lost until you give up. The greatest comeback in football could be this year. You are never too far ahead to celebrate until the game is over. They cannot come back unless you let down.
7. What you do is so loud I cannot hear what you say. Football is a physical game, it is not a debate. You need to let your playing do the talking.
8. Never criticize, always encourage. Your teammates need you when they have made a mistake. Always be there to pick your teammates up.
9. The contest begins with pre-game.
10. At the conclusion of each game, we shake the hands of our opponents, and as one, gather in front of our fans and sing the Alma Mater to show our respect for our school and the appreciation for our fans. We then gather in the dressing room before you are released to go.

## Punishment Running

**“Raider”**

**Tardy, minor rules infraction, language, locker room, teacher referral, excused absence, make-up work for any missed practices, etc.**

**3 Timed Gassers**

**“Pioneer”**

**Unexcused absence, 2<sup>nd</sup> time teacher referral, disrespect of teacher or coach, school handbook violations, etc.**

**5 Timed Gassers**

**“Ram”**

**Conduct unbecoming an Eagle**

**6 Timed Gassers, Circuit, 3 Legged Dog**

## Eagle Contract

I have read the Eagle Football Policy. I understand that as a member of the GCT Football Team I am held to a high standard of behavior both on and off the field, 24 hours a day, 365 days a year. I understand that playing football at GCT is a privilege, not a right. I understand that I can be removed from the team for being selfish or immature. I understand the drug, alcohol, and tobacco policy. I am proud to be an Eagle. I will not act in a manner on the field or off that will bring shame or embarrassment to my family, my school, my teammates, or my coaches. I will do my best in everything I do at school, work, home, and on the football field.

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Player Signature

Date

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Parent Signature

Date

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Print Player's Name