

*LAKE HOWELL FOOTBALL*

2018 -2019

PLAYER / PARENT

HANDBOOK

**Welcome to “SILVERHAWK NATION”**

This handbook is designed to serve as a reference book for information and an explanation of expectations placed upon you as members of the LHHS Football Program. We are very excited about the direction of our football program. We will keep you up to date on news and announcements via:

Our website

Follow us on twitter

Like us on Facebook

If you have further questions please email Coach Lorenzano at: lorenzsz@scps.k12.fl.us or call (407) 790-6478.

TRIPLE H PHILOSOPHY

OUT HEART

OUT HUSTLE

OUT HIT



Dear Parents / Guardians,

The Football Coaching staff at Lake Howell High School is dedicated to providing your son with the tools necessary to be successful on the football field, in the classroom, and in life. We as coaches can provide the proper motivation, atmosphere and skill set that will allow your son to excel. However nothing is guaranteed and great results are a direct reflection of the amount of dedication, hard work and effort put in by your son. All players are expected to put forth the amount of effort it takes to improve every day.

Football is not an individual sport. Individuals stand out when the team plays as one. Having the proper mental focus and attitude is a key component to the success of this football team. Every player will abide by the expectations set forth in the handbook. There will be no favoritism or special treatment. Rules and expectations will be enforced and consequences will be applied.

A teams success is depends on the willingness of every player to respect and abide by team guidelines. When we abide as one, we work as one, we play as one, and we win as one. I look forward to this being a great year, the turning point for Lake Howell Football. Let’s make this a history-making year filled with fun, emotion, and excitement. ***Each player and player’s parents/guardians must sign the Player/Parent Contract, created by the LHHS High football program, located at the back of this handbook.***

Thank you for being a part of our LHHS family and I look forward to working with you to make this an exceptional year for our boys.

Coach Lorenzano

Head Football Coach

Lake Howell High School

**Program Philosophy**

Playing football is a privilege not a right. Players must hold themselves to a higher standard of excellence on and off the field. We will approach life and football with a “blue collar” work ethic. Nothing will be given, everything will be earned. All LHHS players will be required to memorize and recite our program philosophy: “The Triple H Mentality” Out Heart, Out Hustle, and Out Hit our opponents. There are nine commandments of this mentality.

***Out Heart***

* Commitment: (to team, family, school)
* Passion: (love the game and show it)
* Faith: (believe in yourself, your team, your coaches)

***Out Hustle***

* No Limits: (never limit yourself always go beyond what you think your can do, dare to be great, take a risk)
* No Loafs: (any increase in speed or effort within a play means you didn’t start off that way. Play with intensity all of the time taking plays off will not be tolerated)
* No Regrets: (Always give everything you have, never walk off the field questioning if you performed at the very best of your capability.)

***Out Hit***

* Play Physical: (This is a violent game and needs to be played that way. No cheap shots. We always want to intimidate our opponent with physical play.
* Play Tough: You WILL get bruised and banged up, so will your opponent. It then becomes a battle of will and determination.
* Play Relentless: (Keep coming, no matter what play with the same intensity every time your opponent should now that as the game goes on you will not stop or let up EVER.

**Program Objectives**

***Freshman/JV Football***

**Purpose:**

Teach players the beginning intermediate rules of high school football and the strategies of LHHS football.

**Emphasis:**

Prepare the players, both mentally and physically, for varsity football. Freshman & JV football is about player development more than wins and losses.

The largest difference between a Junior Varsity player and a Varsity player is their aggressiveness. Junior Varsity players tend to be more timid for one of two reasons:

(1) They do not understand the game and they play confused or, (2) they do not have the size, strength, and agility to play aggressively.

The focus of JV football is to overcome these shortcomings and develop players that are ready for Varsity.

**Weight room:**

Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed, and agility of the JV players will improve their ability to prepare for varsity.

***Varsity Football***

**Purpose:**

Teach players the advanced rules of high school football and the strategies of LHHS football.

**Emphasis:**

Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.

**Weight room:**

Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

**Try Outs / Cut Policy**

Players are required to earn their place on this football team. A point system has been implemented to allow players show their commitment and dedication to their team and their school. Players are awarded points for off season workouts, community service, fundraising, and academics. Those players who are playing other sports in the offseason will be awarded workout points. Players will need to make their goal points by April 23th, 2018 to participate in spring football. Players that do not have enough points by that day will not be allowed to participate in physical practice. These players will be able to remain earning points for the fall by attending every spring practice as a team manager. They can resume physical practice during the summer months earning points for the fall. Players that do not meet the point criteria of by July 31, 2018 will be cut for that season.

**Expectations of Our Coaching Staff**

You can expect our coaching staff to always be professional and caring. As a coaching staff we want to build quality relationships with every member of the team. We will prepare your sons physically and mentally for the rigors of a long season. We will hold team members accountable to all policies. We will simulate adverse situations in practice so they know how to deal with them come game time. Every coach will maintain an open door policy, where players feel comfortable enough to communicate concerns.

**Player Expectations**

We will operate the LHHS Football Program in accordance with the rules, regulations, and policies as outlined by the FHSAA, and the administrative policies of LHHS. Within that framework we will provide a football program of the highest quality that meets the needs of our students, alumni, school and community.

As Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from a physical consequence to dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

**Attendance**

All players are expected to be present and on time to practice.

1. Any player who is late to practice will only be admitted to practice after completing a physical consequence. If the player is a repeat offender, playing time in the next game will be taken away. If the behavior continues it will result in dismissal from the team.
2. Any player who misses practice without notifying Coach Lorenzano in person text, or by email **ahead of time** will be dealt with accordingly. NO CALL, NO SHOW, NO PLAY!
3. In the case of an unforeseen emergency, parent must contact Coach Lorenzano.
4. All illness and sickness absences need to have a prior approval or doctor’s excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)
6. The LHHS Athletic Dept. policy states that an athlete must be at school for the entirety of all class periods to be eligible to play games on that day.
7. Any circumstances (Dr. visit, Dentist, etc.) that would be excused may ONLY be excused through the LHHS administration.

**Inclement Weather**

When a practice is scheduled we will do something as a team regardless of the weather (obviously, extreme occurrences such as a hurricanes provide exceptions) so practice will always be on. When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:

1. Move practice to the gymnasium
2. Watch film and wait out the weather for an opportunity to go back outside
3. Go to weight room and wait out the weather

In a situation where we go inside to wait out the weather practice may be extended past the scheduled time.

**Academics**

You are expected to be a student first and an athlete second. Treat yourself with proper respect. To be a member of this team, you must attend class regularly, and achieve a minimum GPA of 2.0. Poor behavior and low achievement make all of us look bad.

The academic progress of all team members will be monitored throughout the school year. Study hall and tutoring will be provided.

**School Suspensions**

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school- sponsored activities for a prescribed number of days and shall be declared ineligible (practices or contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

A second suspension within a competitive season will result in ineligibility for the remainder of the season in the case of athletics.

Any player suspended from school will receive the following consequences.

1. 1st Suspension = Coach’s discretion based on the infraction (i.e. 1 game suspension)
2. 2nd Suspension (different incidents of being suspended from school) = Removal from the team

**Hazing**

No player will ever be ridiculed by another player either in the locker room, training rooms or on the field. The Junior Varsity players will be respected by the Varsity team, and vice versa.

**Locker Room**

The locker room floor will be free of trash and equipment that does not belong there. Your lockers will be inspected daily and must be in the neat organized manner coaches demonstrated in the beginning of the year. Players are responsible to bring in their own combination lock. Coaches will keep combination on file. All lockers must be locked before leaving the locker room. We share training facilities with other sports. Although we try to limit access to the stadium facility to only the football team people do wonder through. NO ONE other than coaches and players should be in the locker room without coach’s permission. Theft is an issue WE DO NOT steal from each other, we are family and must build trust. Any player found stealing will be expelled from the team.

**Drugs and Alcohol Use**

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in dismissal from the team.

**Equipment Care**

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating with the LHHS football team. The average cost of outfitting you with essential and proper fitting safety gear is around $700.00 per student/athlete. The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. We only require players to purchase their own cleats. Everything else will be loaned to the athletes so we need to follow some simple maintenance steps for your borrowed equipment throughout the year.

All players are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment

If a player loses any piece of equipment then they are responsible for the cost of replacing it new!

**Weight Room Requirement**

All Football players will be required to participate in a weight-training program during the season. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. All players who plan to play football next year are expected to be working out with the team in the off-season.

**Winter Workouts**

Your football team is built December through July, not August through November. We will have off-season workouts during the school year after our regular season. These workout schedules will be posted on the website. They will include weight training, flexibility training and speed work. Participation is very strongly encouraged. Attendance will be taken for the team’s records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the LHHS football team to compete at the High School level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

**Spring Practice**

Attendance is mandatory and essential if you want to be an integral part of the team. The purpose of Spring Practice is for coaches to evaluate and condition players and introduce the upcoming season’s offensive, defensive, and special team’s philosophies and handout playbooks. All current LHHS students are required to workout during this time.

**Summer Workouts**

The summer is a time to get a jumpstart on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are mandatory; they are a necessity for a successful season. 7 on 7’s and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% of summer workouts. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let coach know BEFORE you leave. Be responsible and communicate with him. BE COMMITTED to your team and its goals. **You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole.**

**Injuries and Health Concerns**

If you have an injury or health concern, please see one of the LHHS Athletic Trainers, before going to a doctor. If a player is taken to the hospital then either Coach Lorenzano or the Athletic Trainer will notify a parent. Players should report any updates in medical conditions or medications being taken to both Coach Lorenzano and the training staff. They should also report health conditions such as skin rashes or mononucleosis to Coach Lorenzano so appropriate action can be taken to prevent spreading to teammates.

**Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing physical activity and part of practice getting ‘mental reps’ by analyzing practice.**

**Team Meals**

Pre-game meals are a privilege at Lake Howell High School. It is an honor to attend, and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful.

You may speak in a low voice while at the team meal. But no horseplay will be tolerated. If your actions take away from our team's focus, you will be asked to leave. The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash property. Thank our supporters as you leave.

**Nutrition**

Try to stay away from soda, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water. On game days do not consume soda and candy. Think healthy. The better you eat, the more energy you will have and you will feel and play better. It is also very important to get at least eight hours sleep per night.

**Parent Expectations**

I will enjoy my child’s opportunity to experience the benefits of playing high school football.

I will trust in my child’s ability to have fun and to perform and achieve excellence on his own.

I will attempt to help support my child’s team by volunteering time and/or service whenever I can.

I will help my child learn the right lessons from winning, losing, individual achievement, and mistakes.

I will respect my child’s teammates as well as fellow parents and fans.

I will give encouragement and applaud only positive accomplishments whether from my child or his teammates.

I will support the efforts of the coaching staff. I will not instruct from the sidelines unless asked to by the coach.

I will ensure that my child will attend all practices and games and will inform the coach in advance if unable to attend.

I will respect all facilities made available to my child.

I will respect the equipment and uniform loaned to my child for practice and play.

I will respect the officials and their authority during games.

**Communication Process**

Coaches have the authority over who becomes a participant of the team and when the participant plays or is removed from the team. The coaching staff determines coaching strategy. Acceptance of a position on the team includes acceptance of this policy. Therefore, these issues are not appropriate topics for parent involvement and discussions with coaches is discouraged. It is NEVER acceptable for a parent to attempt to discuss playing time with a coach during a game or practice. It is also NEVER acceptable for a parent to attempt to discuss the performance or playing time of another participant.

Head Coach, athlete, and/or parent meetings may help to resolve OTHER issues creating concern or dissatisfaction. Such meetings MUST be scheduled beforehand and will be on campus. Any meeting with a parent may also include an assistant coach, trainer, or an administrator.

Meetings can be scheduled by contacting Coach Lorenzano through email. Contact should not be made to an assistant coach as they are relieved from meeting with parents and will simply point you toward contacting Coach Lorenzano. If a meeting is requested it should be done through Coach Lorenzano only. The vast majority of player concerns will be worked out at this level. If the player or parent were not satisfied with what transpired at the coach’s level, the next step would be to involve the Athletic Director. If all else fails, the Principal will become involved.

During the season parents **WILL NOT** discuss player concerns (other than injuries) within the time period 24 hours before a game to 24 hours after a game. A parent may send an email but a response should not be expected within this time period.

**Parents Attending Practice**

All practices are open to parents unless otherwise notified. However, it is prudent for parents to stay off the field and not communicate with any players or coaches. The time allocated for practice is short and all attention needs to be on practice.

Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings. Also, due to limited space parents will not be able to go into the weight room when the team is lifting.

**Fundraising**

With the high cost of outfitting a player in quality football equipment ($700), it is essential that we perform various fundraisers to supplement what is provided by the school’s football fund allotment. In addition to the basic expenses, some other major expenses are field equipment, team building events and travel. We are also currently trying to raise funds for some long-term major improvements to the program. We have several fundraisers planned and the dates will posted on the website’s calendar of events. ***Fundraising is a Team Function!***

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know.

**Community Service**

We continually ask ourselves, "What is the mission of our high school athletic programs?” For some members of our community or for some parents, the answer would center on how well the team does in terms of wins and losses. This viewpoint would evaluate the season based upon winning the district title or how far a team advances in the playoffs.

We associate educational athletics as being the intentional efforts of our coaches to teach skills, behaviors, actions and attitudes that extend far beyond the X's and O's of our sports. Some of these positive character traits are: hard work, discipline, teamwork, perseverance, sportsmanship, respect and learning how to win and lose with dignity. In addition to these we will add community service as another character trait that can be used in our pursuit of educational athletics. We define community service as giving back to the school and surrounding community through volunteerism. Service is doing something for somebody else without any expectation of getting anything in return. It is a selfless way for our team to give back to their community. Throughout the year, the team will participate in several community service activities. These activities will have the secondary benefit of being team-building events as well as allowing the players to claim hours for Bright Futures Scholarships. ***Community Service is a Team Function!***

**Team Building**

Team building has many key elements; the most important elements are earning trust, communication, and teamwork. These elements can be built in many different ways. Through team camps, recreational events, community service, fundraising events and standard team preparation. Throughout the year (on and off season) the team will participate in several team-building events. The team will attend football camp during the summer. All the team building events will be posted on the website’s calendar of events. ***Team Building Events are Mandatory!***

We hope this handbook answers your questions and motivates you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and/or lack of communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team.

As the 2018 season progresses, you may at one time or another have questions in regards to a variety of different issues. Please feel free to contact Coach Lorenzano and every effort will be made toprovide you with the information you need.



**2018-19 Player/Parent Contract**

(Submission required for participation)

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (player), and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (parent/guardian), have read the 2018 -19 Lake Howell Silverhawk Football Player & Parent Expectations Handbook. By signing below, we acknowledge that we understand its contents and agree to the terms of the handbook. We understand the guidelines for attendance, punctuality, playing time, etc. We will do our best to work together to provide a positive experience. We are aware of the commitment it takes to be a part of the Lake Howell High Football Program and are aware that all decisions that are made are for the betterment of the TEAM.

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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Athlete Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent/Guardian Date