



**DLJH FOOTBALL
PARENT MEETING**

August 3, 2023

MEET YOUR COACHES

- Derek Foster (Head Coach/OC)
 - Lekenwic Haynes (DC/LBs)
 - Steven Swallers (OC/QBs & RBs)
 - Mykael Briones (SPT/DBs)
 - Logan Williams (DL)
 - Austin Dorsett (OL)
 - Austin Garner (DBs)
 - Javier Sanchez (WRs)
 - Travis Parks (WRs/Kickers)
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MISSION STATEMENT

We will be committed to the development of student athletes to the highest standards of character, commitment, and competition (**Three C's**). Our program will strive to provide experiences that encourage growth in students, families, and coaches.

THREE C's (PLAYERS)

- **CHARACTER** - Be trustworthy and act with integrity.
- **COMMITMENT** - Preparation, attitude and effort must be present in the classroom and on the field/court.
- **COMPETITION** - A rising tide lifts all boats. Student athletes must strive to be the best version of themselves and encourage those around them to do the same.

COACH EXPECTATIONS

1. Love Our Athletes Like Our Own Children (We're raising men)

- a. Be a relationship builder
- b. Constant encouragement
- c. Teach and model accountability
- d. Train athletes to be successful at HS level (Field, Classroom, Community)

1. Commitment to Growth & Learning (Professional Development)

- a. Benefits program, athletes and yourself
- b. Spend time w/ HS coaches to ensure vertical alignment & program consistency

1. Keep The Game Simple

- a. Minimize learning (# of plays/concepts), Maximize reps
- b. Avoid "over-coaching" during practice

1. Have Fun While Competing

- a. Make DLJH Football the place kids want to be!
- b. Constantly emphasize healthy competition with self and others

PROGRAM PHILOSOPHY

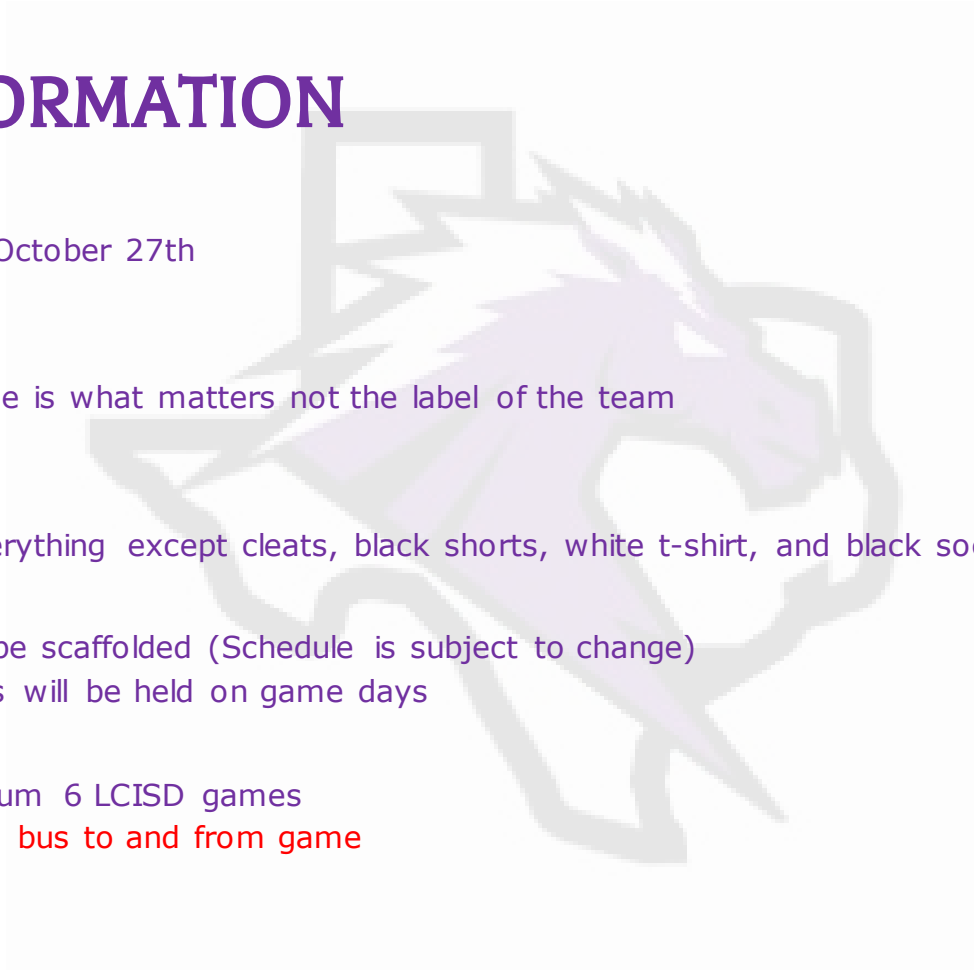
- Multi-Sport
 - We will never tell or ask your kid to specialize
 - **Over 85% of our high school athletes are multi-sport competitors**
 - Emphasis on:
 - Having Fun
 - Self-Discipline
 - Vertical Alignment
 - Goals are to prepare our student athletes for:
 - Challenges presented during their everyday lives
 - Next level of play
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ATHLETIC REQUIREMENTS

- Current Physical
 - Due before Friday, August 18th
- Rank One Forms must be completed online
 - <https://lamarcisd.rankone.com/New/NewParentLogin.aspx>
- Copy of Birth Certificate
- Current Utility Bill – Dated after August 1st, 2023
- Athletic Contract
- All documentation completed by August 18th, 2023
 - **FOR ALL SPORTS**

QUICK INFORMATION

- Time Frame
 - August 21st – October 27th
- Teams
 - A, B, C
 - The playing time is what matters not the label of the team
 - **Non-cut sport**
- Equipment
 - We provide everything except cleats, black shorts, white t-shirt, and black socks for games
- Practice
 - AM only & will be scaffolded (Schedule is subject to change)
 - No AM practices will be held on game days
- Games
 - Will play minimum 6 LCISD games
 - All athletes ride bus to and from game



MAJOR SPORTS PERIODS

- 3 periods
 - 1st, 3rd, & 7th
 - Mixed grade levels
 - 50 – 60 per grade level
 - You will be grouped accordingly
 - Eligibility
 - All documents must be turned in by 08/18/23
 - Must play football
 - Basketball gets moved in when you make the team
 - Must pass all classes all year
 - Study Hall (Advisory)
 - NO PASS NO PLAY
 - Take advantage of advisory and get work done
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INJURY & TREATMENT POLICY

- Trainer/Doctor Note
 - We can only treat injuries that occur on or in LCISD facilities
 - If an injury occurs in another entity the student-athlete must first visit a physician
 - Student-athletes will practice unless they have a physician's note or a note from our trainers that states otherwise **(parent e-mails do not qualify for athletes to sit out)**
 - Must obtain physician clearance note prior to returning to play
- Concussion Protocol
 - There is a **5-day return to play protocol** plan that must be followed if an athlete is suspected of sustaining a concussion
- CFHS Training Staff
 - Head AT – Amber Jones (amber.jones@lcisd.org)
 - Asst. AT – Cassidy Burke (cassidy.burke@lcisd.org)
 - Treatment from CFHS training staff may be available to DLJH athletes

CONCUSSION PROTOCOL

- If a player is **suspected** to have a concussion, they will go through a thorough evaluation with our athletic trainers.
- They will then be **referred to the doctor** where they will need to be cleared by a doctor to start the return to play protocol with our trainers.
- The return to play order is below:
 - Day 1: light aerobic exercise
 - Day 2: moderate aerobic exercise
 - Day 3: sport specific drills (no contact)
 - Day 4: sports specific drills (light contact)
 - Day 5: full contact but NO games
 - Day 6: full participation
- **A doctor's note does not clear them to full participation, this ONLY clears them to start return to play protocol.**

HOUSE BILL 114 (VAPING)

- If a player is caught vaping they will automatically be sent to the Alternative Learning Center (ALC).
- Once a student returns to Leaman from ALC they will remain **athletically ineligible** until 2nd semester.
- You will not be able to participate in/tryout for football and basketball.
- **This is a serious matter to the Purple Track and LCISD!**

COACH / ATHLETE / PARENT RELATIONSHIPS

- Items **not appropriate** for discussion with coaches:
 - Team Strategy (Vertical Alignment)
 - Play Calling (Vertical Alignment)
 - Playing time (Letters of teams should not matter)
 - Any situation that deals with other student athletes
- If an issue does arise you may contact position coach 1st to schedule a conference
 - **24 HOUR RULE**
- We have team goals beyond those of any personal goal

COACH / ATHLETE / PARENT RELATIONSHIPS (Cont.)

- Here to provide positive, memorable experiences
- My Boundaries
 - Work, Football, & Life Balance is very important
 - Will respond to emails and messages during school day unless it is a critical emergency
 - At home I'm "Husband and Dad", not Coach Foster
- I'm a nice guy, but I WILL NOT tolerate disrespectful behavior from parents!
 - Happy to discuss your concerns after 24 hours

PARENT EXPECTATIONS

- Be a good fan in the stands
 - Parents be aware that the school can (and will) remove you from the premises and can prohibit you from attending future contest due to undesirable behaviors
 - **Please refrain from stepping on any field or court during contest**
 - AM football practices are open to families as long as you watch from bleachers
- Disrespectful Conduct
 - Any sort of profanity, actions that demean individuals, opposing teams, & officials

PARENT EXPECTATIONS (Cont.)

- Officials
 - Officials are here to ensure your child's safety and keep the integrity of the game to the best of their abilities.
 - Remember it is JH (**Let the kids play**)
 - "So What" Rule for Coaches, Players, Fans
 - "Three Strike Rule"
 - Applies to Athletes, Coaches & Fans
- In Game Injury
 - **Please remain off the field/court**
 - Possible removal from current & future events if guidelines aren't followed
 - **Locate our security (**Bright Yellow Shirts**) after we have assessed the injury, we will have you escorted on the field if necessary**

ADDITIONAL INFORMATION

- **All QR codes for online payment will be posted on the Leaman athletic website**
- **SportsYou**
 - J8NFWY28
- Medical Info
 - Please ensure that we have any medications or items they will need in case they need them while they are under our care
 - (EX. Inhaler, EpiPen, Insulin)
 - We will label & keep them in our medical bag
 - Athletics Clothing/Laundry
 - **Athletes must wear black shorts and white t-shirt**
 - In LCISD we provide a laundry services for football equipment
 - Athletes will turn in all athletic clothes **daily**
 - Please take black shorts and t-shirts home to wash daily
 - We want to encourage hygiene and avoid sickness

BE ON THE LOOKOUT (MORE INFO TO COME)

- Annual Fundraiser
- Game Day Meals
 - More info to come after season start
- Season Schedule/Calendar on website





THANK YOU!

QUESTIONS?

GO CHARGERS!