



## **D1 Bound Football Academy**

### **Team Goals and Objectives**

#### **Goals:**

- To provide a competitive developmental program that includes quality instruction in all aspects of football with an emphasis on fundamentals and skill development. D1 Bound Football will strive to enhance each athlete's skills in an effort to better equip them for their short and long-term goals.
- To give our athletes the necessary skills to perform successfully in football and life with an emphasis on sportsmanship, respect, responsibility, leadership and teamwork.
- To pursue athletic scholarships for those players who have the desire, athletic ability, and academic standing to play at the collegiate level.

#### **Coaching:**

Directors and Coaches will:

- Over-communicate with players and parents about all practices, tournaments and what is expected for D1 Bound Football to run successfully.
- Place the emotional and physical well-being of our players ahead of a personal desire to win.
- Treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- Take reasonable measures to honor all commitments to athletes.
- Do our best to provide a safe playing situation for our players.
- Lead by example in demonstrating fair play and sportsmanship to all our players.
- Do our best to organize practices that are fun and challenging for all our players.
- Provide a sports environment for our teams that is free of drugs, tobacco, and alcohol, and we will refrain from their use at all youth sports events.
- Be knowledgeable in the rules of football and will teach these rules to our players.
- Remember that we are youth sports coaches, and that the game is for children and not for adults.

D1 Bound Football expects a style of play that is both fundamentally sound and reflects a high level of effort by the student-athlete. All coaches are expected to adhere to the highest code of conduct and are teaching the following principles:

- Technical Instruction

- Fundamentals of football
- Skill development
- Strategic and tactical development
- Physical Development
- Conditioning
- Preparation for games and practices
- Psychological development
- Think positively about game
- Treat student-athletes and opponents with respect
- Model the type of behavior expected of student-athletes

#### Student-athletes Commitment / Code of Conduct:

- Treat each other with respect
- Use appropriate language at both practices and games
- Treat coaches, parents, opposing student-athletes and referees with respect
- Play hard, but play within the rules
- Attend as many team functions (football or social) as possible
- Always give full effort at practices and games
- Exhibit good sportsmanship at all times

#### Parent Commitment / Code of Conduct:

- Support the team in positive manner
- Make sure student-athletes arrive at practice and games on time
- Make required payments in a timely manner
- Treat each other with respect
- Use appropriate language at practices and games
- Treat coaches, parents, opposing student-athletes and referees with respect
- Never criticize student-athletes or coaches for loss of a game
- Encourage your child to play by the rules
- Never ridicule or shout at your child for making a mistake or losing a game
- Attend as many team functions (football or social) as possible
- Exhibit good sportsmanship at all times

#### Attendance:

- Attendance at practices and games is mandatory
- Attendance at other team functions is strongly encouraged
- If a parent cannot attend, allow the student-athlete to go with another family
- Student-athlete should never miss for transportation reasons
- If student-athlete cannot attend (illness, family or school commitment, etc.):
- Notify coach as soon as possible
- Playing time may be reduced, not as punishment, but to recognize that student-athletes who attend are physically and mentally prepared to play

### Respect for Referees:

- Student-athletes, coaches and parents must show respect for referees, during and after games.
- Student-athletes and parents should not talk to referees or comment on calls. The only person who should talk to the referee is the coach, and this must be done in a professional manner.
- Referee's styles vary from game to game and student-athlete's need to adjust
- Student-athletes and coaches cannot afford to be distracted by referees' calls.
- Coaches and parents set the example and tone for the student-athletes.

### Student-athletes on Sideline need to:

- Stay next to the coach for instruction.
- Watch the game.
- Support teammates with positive comments.
- Mentally prepare to return to the game.
- Let the coach decide on substitutions.

### Parents on the sideline will:

- Positively encourage student-athletes during the game and at home.
- Positively comment about the team or student-athletes to other spectators.
- Support the team no matter how the game is going.
- be positive and supportive when things are going well, but more important when things are not going well.
- Let the coach focus on the game without interruption.
- Make only positive comments about any student-athlete.
- Have fun

### Parents can reduce stress on student-athletes by:

- Making sure the student-athletes arrive at games and practices on time.
- Allowing the coaches give instruction before and during the game.
- Not talking to student-athletes on the field on the sideline, i.e. no coaching the team or individual student-athletes.
- Letting the student-athletes relax and interact with other student-athletes between the games.

### Communication:

- D1 Bound Football encourages open communication.
- If a parent needs clarification on an issue, please contact the coach or director for clarification.

- If a parent has a concern, please wait 24 hours before discussing the issue.
- If not satisfied with concerns being addressed, concerns should be discussed with the D1 Bound Football Director.

Consequences of Violating Team Policies:

- 1<sup>st</sup> Warning - Generally, informal discussion with student-athlete or parent.
- 2<sup>nd</sup> Warning - Formal discussion with student-athlete or parent.
- 3<sup>rd</sup> Warning – The matter will be brought before the D1 Bound Football Director / Advisory Board.