

Central Middle School 8th Grade Football Expectations

The 7 Be's:

1. Be Honest- I would rather coach an honest fool than a lying genius.
2. Be on Time- Vince Lombardi once said "If you are early, you are on time. If you are on time, you are late."
3. Be Respectful- Treat yourself, your teammates, your coaches, and your opponent with the respect they deserve.
4. Be Enthusiastic- No bad days, only bad moments.
5. Be Coachable- The best coach in the world can do nothing for you if you don't listen and learn.
6. Be Ready- Come to practice with all the gear you need and be ready to work
7. Be a Student- You are a student first and an athlete second.

Above all else, communication is the key. Lots of problems and headaches can be avoided if we talk about them beforehand.

Consequences

Failure to adhere to these six expectations could lead to consequences at the discretion of the head coach or the assistants. Classroom behavior can carry over into football consequences. All of those decisions are at my discretion.

COVID-19 Accommodations

With the ongoing pandemic, we are all going to have to be flexible in our approach to starting practices. We will be requiring daily temperature checks before students are allowed to practice. Please keep you, students at home if they are feeling under the weather. We will also be sanitizing equipment as much as possible and trying to limit the exposure to physical contact as much as we can. We will only go full contact when absolutely necessary. We have not, as of yet, been given direct instruction on how the start of the season will go so we are all just trying to do our best.

Attendance

I am aware that life happens outside of football. If your athlete has to miss a day of practice please let me know ahead of time. There are no consequences for unexcused absences provided there is a valid reason. If your athlete has 1 unexcused absence they will miss the first half of whichever game they are playing in. If they play JV and Varsity they will miss the first half of both. If they have 2 unexcused absences in a week they will not play. If a student has 5 unexcused absences for the season they may be removed from the team.

Paperwork Required to Practice

Your athlete must have an updated and complete physical on file. You must also complete all paperwork at edmondschools.rankonesport.com. All of this needs to be done before your athlete is allowed to practice.

Equipment Needs

We provide most equipment for the athletes. The only thing we don't provide are cleats and any optional equipment your athlete wants (i.e. Cowboy collars, face shields, Rib Protectors). If you are providing any of the safety equipment for your athlete it must be up to date on its safety certification. I would highly recommend that your athlete has a football girdle. This cuts down on the amount of pads they have to put in their pants and makes cleaning and drying much easier. Also, you will need to purchase a combination lock for their football locker.
P

Game Day Expectations

All students will meet in the cafeteria for a pregame meal after school. Then we will ride the bus to the stadium together as a team. All athletes, both JV and Varsity, will ride the bus over. After the game you are free to take your athlete home provided that you check out through me. I will have a sign out sheet. This is to ensure that all students are accounted for. The locker room will be open the next morning for the students to drop their pads off.

Contact Information

The easiest way to get in contact with me is through email or after practice.

Email: kyle.allen@edmondschools.net

Please do not approach me or my assistants before, during or after a game to discuss your child's playing time or lack thereof. I will be more than happy to talk to you the next day.