

TARTAN FOOTBALL



2021 HANDBOOK

We Over Me!

Tartan Football Philosophy

Do Things the Right Way!

Our goal as coaches is to teach young men important life values while simultaneously instructing them in the game of football. The core values of this program are:

Attitude & Effort

Character

Teamwork

Competition

Academic Success

All of these values will be embedded in what we do every day in this program. Through membership in the team and giving great effort and having a great attitude, players will learn how to work together and compete against others to achieve athletic and academic success.

COACHING STAFF

Varsity

Head Coach/OC
Assistant HC/OL
Head Strength/DL
Inside Linebackers/DC
Corners/Special Teams
Safeties
Wide Receivers
OL
RBs
OLB

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Sophomore

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What does it take to be a Tartan Football Player?

Not everyone is cut out to be a Tartan Football Player. Being a true athlete does not simply mean wearing the uniform and being just another member of the squad. These are the traits that you must possess if you want to be successful in football or anything else. The coaches want to impress on you the importance of the following traits, which are absolutely necessary for every good athlete.

1. Are You Coachable?

Can you handle coaching? Can you take criticism without seeing it as a personal attack? Are you trying to improve? You must understand that the coach's job is to challenge you and to correct mistakes. Sometimes coaches need to be critical. The criticism is not directed at the person but at the performance. You must be able to separate the two. If you ever feel you have been personally attacked by anyone on the coaching staff please meet with me when appropriate.

2. Are You A Team Player?

You must think of the team first before your own individual desires or success. In a team game, nothing is more important than team unity. In many cases were the biggest, fastest, strongest team doesn't win because the other team played better as a team. Team unity comes from working together, sacrificing together, and playing together. It comes from the knowledge everyone is making a sacrifice to make the team successful.

3. Are You Willing To Prepare?

Preparation starts in the off-season. A true athlete is continually trying to make himself a better athlete by working to improve their strength, speed, and agility. Almost everyone is willing to give 100% on Friday nights under the lights but the great athletes are ones willing to put in the time and energy long before the game starts. This preparation should include weight training, running, agility work, and playing other sports. Unlike most sports, football can only be played for 3-4 months in the fall. I know many of you would like to play football year round. Because this is not possible, you must make the most out of the time you have and then find other ways to improve during the off-season. You are only in high school once and should participate in as many activities as possible become well-rounded person!

A true athlete comes to practice with an attitude and practice everyday with the same effort and intensity. True athletes only have one speed; it is the same everyday, whether it is a practice or a game. True athletes are willing to work on their weaknesses as well as their strengths. Are you willing to spend time working on the skills you need to improve? Most of the time you will not get enough reps in practice to truly learn or improve a skill. The true athlete understands this and spends the additional time.

4. Do you have the ability to perform under pressure?

Pressure situations are a part of football. What goes through your mind if the success or failure of a play is based on your throwing the block, hitting the hole, throwing the pass, catching the ball, filling the hole, making the tackle, and/or knocking the ball away? Performing in these situations takes confidence. Confidence comes from knowing you have put in the time and energy and done everything in your power to prepare. If this is truly the case, you have already succeeded.

Tartan Football Team Rules

The following is a list of policies and rules that each student/athlete must adhere to in order to be a part of the Tartan Football Program. These rules cover football players, managers, and film personnel. Please read these rules and understand that being a part of Tartan Football is a privilege. Accepting this privilege means that you will be held to a higher standard of accountability than the regular student.

Academic Eligibility Rules

The Minnesota State High School League policy states that to be eligible for participation in MSHSL activities, one must be making satisfactory progress towards graduation. Our goal is to develop the total student in all of our programs. This requirement will improve our students and give much needed credibility to our programs. Anyone not meeting this goal is ineligible to be a member of the team. To ensure all students are making progress this program will check its players grades **all year long!**

In season Grade checks

At each level of play (Varsity, B Squad, 9th) during the football season, the coaching staff will conduct grade checks every two weeks. Players will be expected to fill out sheets with their teachers updated grades and present them to their position coach during the first Friday study hall. If they are passing all of their classes, they are exempt from study hall.

- Study halls will be every Monday and Friday at a length of time determined weekly. While 10-12 players may be excused, Freshmen study hall is mandatory for all players!
- If a student/athlete is failing more than one class at a *check-point*, an *intervention* takes place.
- Definition of an *intervention*- A player must provide documentation that they went to the teacher of the class in question and received missing work or additional instruction. **This must take place before school!**
- The intervention will continue until the next checkpoint. If the student/athlete is still failing a class, playing time will be lost.
- Any player that failed more than one class in the last trimester of last year or is behind on credits, they will be placed in an intervention program immediately.

Off season Grade checks

Grade checks in the off season will be every four weeks. Study halls will be offered as place to do work on an every other week basis. If academics struggles persist into the winter and spring, interventions will take place.

Code of Conduct Policies

1. Show respect for your teammates, coaches, officials, trainers, and opponents. Everyone plays an important role. We must treat each with respect to become successful.
2. Treat your teammates, as you want to be treated. Football is a team sport. We will win together and lose together as a team. Mutual trust and respect is mandatory if we are going to be successful.
3. All practices and meetings are mandatory. This includes lifting times. If you are unable to attend any of these, it is your responsibility to contact the coaches about the conflict. Failure to do so will be viewed as a missed practice.
4. Alcohol, tobacco, and other drugs are a violation of the Minnesota High School Rules. Any such violation will be dealt with in accordance with their guidelines.
5. Profanity is unacceptable. It will not be tolerated at any time.
6. Any time you have a complaint or concern it is important that you address it. There are appropriate times and places to discuss the concern. The practice field and/or game field is generally not an appropriate time. It is usually best if you see a coach in a one-on-one situation or see one of the team captains. Many concerns are simply a misunderstanding or misinterpretation.
7. The locker room is a place of pride. Treat it that way. Clean up after yourselves, before and after practices and games. Throw all trash in wastebaskets. The coaches will post any important information on the bulletin board. After games, it is closed to all non-team members until the coaches have finished meeting with the team.
8. Leave all valuables in your hall locker or in your car. Your football locker is not a safe place because of all the traffic during both practices and games.
9. Your equipment is given to you for your protection. It is your responsibility to take care of it and report any problems to the coaches and/or the equipment managers immediately.
 - A. Helmets are to protect your head and not to be sat on.
 - B. Spikes are not to be worn in the hallways. Clean them off before entering the locker room.
 - C. Helmets and shoes are to be cleaned and polished before every game.
 - D. Mouthpieces are mandatory for all practices and games. It is illegal to cut them.
10. We are a team. Everyone will ride on the team bus to and from away contests.

11. If you have been injured, report it to the coaches and head trainer. Do not just go to your doctor! You must complete all rehabilitation workouts and get the approval of the trainer, before you can play.
12. Every student/athlete is expected to be a positive influence in the classroom. Tardiness and misconduct that lead to detention, ISS, and/or suspension, affects the team. The team will address these violations.
13. Social media is a reflection and permanent stamp representing who you are. You represent Tartan High School, and Tartan Football. Any social media transmissions that reflect a negative light on the school or team will result in consequences parallel to those of MSHSL rules infractions. Keep it positive or keep it to yourself.

School Attendance Policy

Attendance for all periods of the day is required to participate in a practice or game. We are an academic institution and thus school comes first. If you have an unexcused hour or more and do come to school you are not eligible to participate in any football activities that day. You may watch practice so as not to miss any playing time. If you are sick from school and thus miss practice, you need to bring a note from your parents explaining your illness. You will not be penalized playing time, however in your absence someone else could overtake you on the depth chart. If this becomes a recurring illness, a doctor's note will need to be provided.

Tartan Football Playing Time Policy

Football has 88 starting positions at 4 levels: 9th, 10th, JV, Varsity. We do not cut players like other teams. We need numbers and competition, and thus very rarely is there no opportunity for a player in our program to compete on a weekly basis at one of these levels. Exceptions include an opponent not having a certain level due to numbers, but if that is the case we will schedule additional games. We want to develop the best varsity team we can put on the field every Friday night, and the best ones in the metro area do this by teaching kids a system and reloading every year with experienced seniors. It is our responsibility to make this program as competitive as it can be, and no parent or player will ever see things the same way as a coach. We are charged with making decisions that impact the outcome of games. At different levels, i.e. Freshman, B-squad, varsity, this is different. Frosh and B are developmental and playing time will be distributed as evenly as possible. At the Varsity level, there is no equal playing time. Year in school or prior playing time at another level is irrelevant. We will put the best team on the field that we can. If a player or his parents feel as though they aren't getting enough playing time, the athlete needs to first talk with his position coach for ways to improve his skill set, and there may be a conversation then about switching positions if his skill set isn't a good fit for what makes our team the most competitive. If the athlete still has an issue, he will speak with the coordinators and head coach. This is the player's responsibility and not the parents, as we are teaching young men how to be a

part of a team organization. Ultimately if a player or parent has a lingering issue on the matter of position or playing time, a conversation with the head coach and athletic director may be scheduled.

Tartan High School Drug, Tobacco, Alcohol, and/or Controlled Substance Policy

1. First Violation: Two events or two weeks, whichever is longest.
2. Second Violation: 3 week or Six consecutive events.
3. Third Violation: 4 weeks or Twelve consecutive events.
4. Penalties shall be cumulative, grades 9-12.

The student/athlete may be excluded from practice and/or connection with the team with the second violation and any subsequent violations. Football is a short season as compared with all other sports. Any violation will be very detrimental to what the team is trying to accomplish each year. Using any of these substances will have a negative effect on your performance and your ability to prepare to perform. Stay away from them!

Practice Policy

Practice makes permanent. It is critical for our success to improve every single practice we have. Improvement comes from many things. We need to maximize our on the field improvement. Your goals for on the field practice should be the following.

- A. Improve your technique for your individual position.
- B. Help your teammates improve by coaching each other, encouraging each other, and playing hard in live situations to challenge your teammates. The harder you play the better they have to play to keep up.
- C. Improve your conditioning for better performance throughout the entire game.
- D. Improve your understanding of the game and your position.
- E. Come together and grow as a team.

All practices are mandatory. If you are going to be absent from practice for any reason you must let your head coach know personally in advance. Failure to contact a coach will count as an unexcused absence!

If you are injured or need treatment from the trainer, you are required to follow the procedures listed below.

- A. If you need to be taped, you must get it done from 2:44-3:00. This will give you plenty of time to get to your meeting. If you cannot get in right away, get dressed first and then get taped after the meeting.
- B. If you need treatment, you need to get seen by the trainer right after school.
- C. If the trainer has modified your participation, you need to be in full practice gear and do what you can.
- D. If the trainer has severely limited or said no participation, you still need to be dressed in shorts and t-shirt. No one is to be in school clothes.
 1. You can still accomplish practice goals B, D, and E during this time.
 2. You are to be with your position coach at all times so you can hear everything that

is going on.

3. You are to assist your coach anyway you can. Standing on the sidelines and having casual conversation is not acceptable.

Consequences for missing practice

1st offense- You will sit a quarter of the next game

2nd offense- You will sit a half of the next game

3rd offense- You will sit an entire game

4th offense- You will not be eligible to compete at the varsity level the rest of the year

PLEASE NOTE: These absences are cumulative for the season and include our Saturday practices. Also any missed practice over the MEA break automatically gets treated like a 2nd offense! Don't miss practice!

Lunch

During fall camp on Mondays, Wednesdays, and Fridays, all players will be required to bring a lunch to school because we will have a break. You will need to keep hydrated. Dehydration will affect your strength, endurance and energy. If you are going to keep up the energy to maximize your ability, you must stay hydrated. This means no pop. Most pop has caffeine and caffeine dehydrates the body. You also need to eat the right types of food that helps the body recover from the first practice but does not slow you down for the second one. Any food high in fat will stay in the stomach too long and will affect your energy and possibly make you vomit during the second half.

The two most important meals for fall practice are breakfast and the meal you eat right after the second practice. Those two meals will control how your body survives camp. You must eat something light before coming to camp. It needs to be something that will get your blood sugar up without triggering a sugar (insulin) crash. It must be light enough, so it leaves the stomach before practice starts. The meal right after camp is the one that will help you recover fully for the next day. Lunch is not a time to eat a large meal. It should be small and mostly liquid to replenish the sweat. After camp it is critical you eat a high sugar/high protein meal for maximum recovery. You need to eat within hour of the end of practice. In fact, the new research shows that if you eat a high quality source of protein right after practice and then again, two hours later, you will maximize your muscle's ability to build and recover from the activity. Each meal should consist of about 10-20 grams of high quality protein. Below are a few suggestions on what are the best things to eat during camp. We will provide water or Gatorade during lunch.

Breakfast

Milk
Fruit
Juice
Bagels
Pancakes
Waffles
Grain Cereal

Lunch

Milk
Fruit
Juice
Turkey Sandwich
Chicken Sandwich
Veggies
Tuna

Supper

Milk
Fruit
Juice
Turkey Sandwich
Chicken Sandwich
Veggies
Tuna



Parent(s) /Guardian(s) have read and understand the team rules. If my son violates any of these rules I will support the staff and school in the enforcement of the resulting consequences. It is understood that if I fail to sign this document it is a statement signifying that I will not support nor encourage the enforcement of the team's policies. Return by start of the first game

Parent's Name: _____

Parent's Signature: _____

Player's Name: _____

Player's Signature: _____

Date Signed: _____

This form needs to be signed and returned to the coaching staff before the player is allowed to play in a game.

