

SALISBURY  **SABRES**
FOOTBALL









HANDBOOK

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Official Sabres Website








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Over the next several pages we hope to inform, enlighten, and answer any questions you may have about the Football Program at Salisbury Composite. Everything will be covered from player eligibility to where to find the fields our boys are playing on!

So without any further ado, let's get started!!!

WEBSITE

Our team has an official website where you will catch all the action and learn about upcoming games and events! Game pictures, rosters, upcoming events, www.salfootball.com is the place to go.

Parents are encouraged to submit pictures they've taken during games to be posted as well!

FOOTBALL PROGRAM

The Salisbury Sabres Football program provides the opportunity for students in our school to play a great sport! Both the Junior and Senior Teams are registered in the Metro (Edmonton) High School Football League and with Football Alberta. Our program follows the rules and regulations set out by these organizations.

The Senior Team is a Tier 1 team. Practices start mid-August and the first game will be first week of September. Expectations are high, commitment levels are high, the desire to win is high. Parents and players both need to appreciate that and be ready for the level of dedication required during the season. Five nights a week: four practices and a game. Practices during long weekends can also be expected.

Though we are a part of Salisbury Composite and are provided a locker room and bus for local games, please note, **the school does not fund the football program**. This is why we have the Red and Black Booster Club, a registered non-profit organization to govern and manage fundraising; plan, organize and manage events; deliver financial accountability, and provide support for the coaching staff.

Player Eligibility

This program is a next step for players who have participated in minor and bantam football. Additionally, it provides an entry point for newcomers to the sport. During preseason training camps, coaches instruct the basic fundamentals of football to enable new players to learn the skills needed to participate in practices and games.

The Sabre Football Program is open to students in grades 10 to 12 who are participating in an active academic program. Students in their second year of grade 12 are not eligible.

We welcome students who live within our boundary yet attend another school that does not offer a football program. There is a process to follow, so please contact the Head Coach for information.

Football is a physical sport and the contact element of the game must be thoroughly understood and enjoyed by each player. Physical size can be an asset but not a necessity. Quickness, skill, desire, and attitude all play a very important part. Football is also a mental game and those who play must develop an attitude of belief in themselves, their team mates, their coaches and the team as a unit.

TWO VERY IMPORTANT NOTES:

It is compulsory for second and third year players to attend the summer conditioning camp to maintain their eligibility to play in the upcoming season.

A recent medical certificate stating the player is fit to participate in football must be presented to the coaching staff prior to the first practice of the season.

Junior and Senior Teams

The Junior and Senior Sabre teams are each made up of 30-40 players from grades 10 to 12.

The Junior Team is comprised of grade 10 and 11 students, no grade 12's. The Junior level is a training ground for players to gain football knowledge, skill and maturity in order to advance to the Senior level. This ensures that younger players face reasonably similar opponents.

A grade 10 player can play for the Senior team if that player is outstanding enough to be a starter or see a lot of playing time. This will be at the discretion of the coach and in agreement with the player.

Every player will play football during practices. Player and parents must accept that not all players will receive equal playing time. We're playing to win. In close game situations, the coaching staff will adhere to the 'Team Before Self' philosophy and choose the players based on this belief.

Players must maintain a satisfactory academic standard. Students will be required to sign a performance pledge form outlining academic and attendance expectations. Students with unexcused absences from classes on game days will not play in the next game.

Players can and will be removed from the team at any time during the season for poor attitude and/or conduct, and/or illegal activities on and/or off school grounds, whether they are a great player or not. And this applies to both football time and school time. In this unfortunate event, *there will be no registration refund issued in any amount.*

Sabre Player Qualities

P PASSION for the game you are Privileged to play!

R RESPECTS his coaches, teammates, himself, and his reputation

I INTEGRITY drives and dictates every action, every decision

D DISCIPLINE ensure a player is always at his best

E EXCELLENCE in everything you do, both on and off the field

Player Guidelines

1. Respect all officials, opponents, coaches, trainers, parents and teammates
2. Address the coaching staff as 'Coach'
3. Only team captains are permitted to speak to officials
4. Dress code is in effect whenever in public as a team and at school on game days. Dress shirt, tie, game jersey, nice pants
5. No smoking or using tobacco in the dressing room while traveling as a team or on the school grounds
6. Players found to be involved with the use of alcohol (under age), illegal drugs, or any other illegal activity at any time will be immediately dismissed from the team and proper authorities will be notified
7. Be positive. Any problems or concerns, discuss it with the appropriate coach
8. Practice attendance is compulsory. If you cannot attend, contact the coach prior to practice to explain why. Chronic lateness and absences will disqualify a player from upcoming games
9. If you are late, report immediately to the head coach upon arrival
10. Though every player will play during practice, not every player will receive equal playing time, some may not see the game field
11. Players and coaches will travel to and from the games on the team bus
12. Injuries acquired in practices or games are the responsibility of the school and must be reported to the Sabre trainer
13. Players with injuries or completing therapy are still expected to attend practices though they cannot participate actively
14. Players are responsible for keeping our locker room, visiting locker rooms and buses clean and tidy
15. Players are expected to participate in fundraising activities

Team Philosophy: Respect + Discipline = CHAMPIONS

Your Parents/Guardians

Players, it all starts here! These are the people that make it possible for you to play the game or football. They are the ones who provide the food you eat, moral support and not to mention the cheque that allows you to wear Salisbury colours. *Respect* what they do for you. *Discipline* yourself to never let them down in anything you do in life. They will never expect anything more from you than what you can give with 100% effort. If you can demonstrate that kind of effort in everything that you do in life, you will always be *a Champion* to them!

Your School

There are over 1000 other students that share Salisbury with you. Being an elite school athlete you assume the role as someone your classmates will look up to. To earn this reputation you must have the self-confidence to being part of an exclusive club while demonstrating modesty around your peers. The reputation of the whole team rides on every move you make and everything you say. The image of being either a dumb jock or arrogant player only damages the whole team's image, and the image of the sport of football. Be kind to your classmates and encourage their attendance the games. A key to school spirit is athletes supporting athletes. Try to attend other Sabre sporting events as a demonstration of your dedication to the school. The more we watch other sports, the more other athletes will watch football. Discipline yourself to treat your peers as equals, to earn the respect you deserve as a Salisbury Sabre. In this way your peers will come to see you as a Champion!

Your School Work

The only way that football will be your career is if you make it to the CFL or the NFL. If you make it, awesome! However, if you don't, you must have something to fall back on. A good career, one that you will enjoy your entire life begins with a successful education. This whole process starts NOW in high school. Sports and education can go hand in hand to help you achieve your goals. Both universities and Junior Football teams have scholarships to help pay for some of the costs of post-secondary school. Good marks will help make that happen.

The Referees

Referees are there to provide control over the game which protects you as a player. Refs are human, they will make mistakes. Sometimes obvious calls are missed and unfair penalties given. It happens so expect it. The idea is to persevere and play your game. Salisbury

maintains a clean reputation with the referees. Self-control and mature behavior will keep it that way.

Your Opponents

Know thine enemy. Never underestimate your opponent.

They practice as hard, if not harder, than you. They are watching video of you every week just to learn where the Teams weak spots are and how to use it to their advantage. Practice hard. It's your responsibility to be prepared to meet them!

When you engage your opponent, respect them not only as a worthy opponent but as a fellow athlete. Have the discipline to be a clean, hard hitting player. This says something about your character (strong minded, self-controlled). Demonstrate your good sportsmanship by helping your opponent off the ground. Lead by example, show everyone participating and watching what Sabre Pride is all about. When we accept the Championship trophy, all will know we earned it and deserve it.

Your Coaches

All the coaches are volunteers. They are there for the love of the game and the desire to teach what they know to you. A championship team is created by having strong relationships between coaches and players. Respect is earned. You want it, you need to give it. Do as the coaches instruct and you will develop into an even stronger player, coming away from the game of football a better person for it.

Yourself

Don't forget to respect yourself. Now, in High School, you are a result of the choices you make. Your actions now will set the course for the next 5-7 years of your life. Set some good, solid goals and go for them. Train hard, eat properly and always maintain a state of mind that keeps you focused on the game. And remember to have fun; enjoy the time you have with your team.

The Role of the Backup Position

Only 12 players can be on the field at one time. If you are not one of those twelve, you must assume the role of back up player. The importance of this role cannot be stressed enough. There are a lot of responsibilities that come with the job.

Starting positions can always change week to week and it's up to the backups to prove they deserve to start in the next game. This happens in three ways: during practice, special teams, in Game Day.

Practice- practice hard, know the plays, study opposing teams, and always be ready






Special Teams- field goal team, field goal block team, punt team, punt return team, kick-off team, and the kick-off return team all require 12 players. This is the backup players chance to shine by working hard and demonstrating athletic ability to the coaches.

Game Day- be mentally and physically ready to step in at a moments notice. Always be someplace the coach can see you without being under his feet. Reporting observations to the coaches lets them know the backup is mentally in the game. If the backup player asks, or worse, demands to be played, it won't happen.




COACHING STAFF AND GENERAL TEAM INFO

Coaching Staff Descriptions




Head Coach

-  Provides leadership and oversight to the whole program
-  Organizes team and practices
-  Liaison between team and school
-  Final decision maker
-  Member of the Red and Black Booster Club



Offensive and Defensive Coordinators

-  Responsible for providing leadership to assistant coaches
-  Call plays in the game
-  Organize game plan with aid of other assistant coaches

Assistant Coaches

-  Serve as an appropriate role model and sounding board to the players
-  Teach skills required for the position they are coaching, providing leadership and constructive feedback to the players
-  Assist coordinators in assigned areas

Trainer

-  Familiar with athletic first aid and taping methods
-  Tend to player injuries and taping requirements both at practices and games

The Team Website will list the names of all the coaching staff.

Team Pictures

Individual and team pictures are provided for each player and coach. The costs are included in the registration fee and by fundraising activities.

Framed pictures are presented to the school for display.

Award Banquet

At the end of the season a banquet is held to honor the players and coaching staff, celebrating the season's successes and highlights. Players who have shown outstanding achievement are presented awards engraved with their names. A 'keeper' trophy is theirs to take home. This truly is a family event and one that should not be missed!!!

Team Meal Nights

The night before every Senior game the team gets together for a Team Meal. It is held at the school cafeteria right after practice and is generally made up of a pasta dish. An excellent team building opportunity, these meals are not to be missed and are for BOTH the Junior and Senior teams to share together!!! It's important to remember just because they play at different times does not mean they are two different teams. Both wear the Sabre jersey proudly.

Parents will be asked to volunteer putting the meal together and general kitchen clean-up after. Players clean up the eating area and take out the garbage.

The Red and Black Booster Club

Annual General Meetings

Because the team is part of the school but not run by the school this not for profit organization was created as a governing agent for the Football Team. Parents with players on the Salisbury Sabres Football Team are automatically members of the Red and Black Booster Club.

Annual General Meetings are held to inform parents and players of the seasons' events and to elect the following years Executive. Generally held the beginning of September, attendance is imperative.

The Executive consists of a President, Vice President, Secretary, and Treasurer. Meetings are held monthly with the Junior and Senior Head Coaches also attending. The purpose of these meetings is to ensure the business aspect of the football team is being run effectively and efficiently. Budgets are set and followed. Fundraising events planned and executed. Any trips the team may take are also discussed and decided upon. The Red and Black Booster Club also tries its best to ensure the coaching staff have everything they need to do their jobs.

The Executive of the Red and Black Booster Club also act a liaisons between the parents and coaches.

Grievances

Grievances are to be submitted to the Red and Black Booster Club Executive in writing or in person. Complaints at the team level will be handled by the Red and Black Booster Club President, a coach and the parent of the player. More serious complaints will be handled by the school. If the problem involves another team from the Metro League, the school will forward he grievance to the Metro League Directors.

Registration Fees

As has been pointed out, there is no funding received from the school or the school board. All funding is generated via registration fees and fundraising. Expenses covered by fees and fundraising include but are not limited to:

-  Insurance
-  Gear
-  Uniforms
-  Wellness Centre for players who attend
-  Spring Camp
-  Summer Camp
-  Game film
-  Referees
-  Coaching clinics
-  Field rentals
-  Transportation
-  Football Alberta Fees
-  Locker Room upkeep
-  Provincial Game expenses
-  Team Pictures
-  Spirit Packs for players (girdle, shorts socks, t-shirt)
-  Trainer costs
-  Trophies
-  Website
-  Advertising/promotion

Also included in Registration Fees are two tickets to our annual '*Pasta Night*' along with a pass to get into regular season games.

Insurance Coverage

It is mandatory that all players are registered with Football Alberta. Insurance is also provided for coaches, trainers and executive members. Coverage includes Individual, Liability, and Accident insurance if required.

Volunteer Opportunities

When a player registers parents are also asked for 'volunteer cheques'. These cheques are cashed only if the parents did not participate in volunteer activities. There are three cheques required, each representing approximately 2 hours of work. The amount required will be posted on the website and included in the registration package.

Opportunities to volunteer include:

Supervising Bottle Drives

Participating in fundraising events and sales

Pasta Night

Sitting on the Executive

Team Meal Nights

Stick Crew

Banquet set up and take down

Washing Jerseys

As an example: Assisting with a team meal, two hours at the Pasta Night, and being part of the stick crew for one game would fulfill volunteer duties for the season.

It is completely understood that some parents just don't have time available for these extra activities. This is not a problem at all. Simply communicate this to the executive and the volunteer cheques will be cashed.

Equipment

An 'equipment cheque' is also required at the time of registration. The amount will be posted on the website and included in the registration package. Should a player NOT return all of his equipment at the end of the season, the cheque will be cashed to cover the cost of replacement. The difference, if any, returned to the parent. The cost to fully and properly protect and clothe a football player is around \$1000.

Players are responsible for having their own cleats and gloves.

Washing Instruction

All equipment handed out at the beginning of the season is clean and sanitized.

Practice Equipment: All pads should be removed from the pants and girdles before laundering. Pants, elbow and forearm pads, girdles and girdle pads should be presoaked and washed at least once a week. Girdles should not be put in the dryer.

Game Equipment: Pants and socks should be presoaked overnight and washed after every game. DO NOT USE BLEACH. Use a stain remover for grass stains.

Any questions, please ask the equipment manager.

Parent/Fan Guidelines

Coaches and Players are required to abide by certain guidelines. The same goes for Parents and Fans.

1. Parent behavior and conduct will always reflect credit upon high school football, the team, and the parent his/herself
2. Opponents must be shown the same respect as the Sabres. Never belittle or criticize a player or another team
3. If an unsportsmanlike comment is directed at the Sabres, ignore it and cheer louder
4. Game officials are to be shown the utmost respect. Once a call is made, it must be accepted as unchangeable. Only team captains may speak to the officials. Any negative interaction with the officials could be detrimental to our team
5. Refrain from using profanity
6. ***Win or lose, we do it with pride and dignity!***

High School Football Fields

Strathcona Athletic Park (SAP)	1011 Clover Bar Road
Riel Recreation Park	#10, 47 Riel Drive, St. Albert
Foote Field, U of A	6820-116 St, Edmonton
Clarke Stadium	1100 Stadium Road (right behind Commonwealth)