

**St. Albert Catholic High**

***SKYHAWK FOOTBALL***



***TEAM HANDBOOK***

# ST. ALBERT CATHOLIC HIGH SCHOOL FOOTBALL PROGRAM



Welcome and thank you for choosing and becoming an important part of our football program. We pride ourselves on being a highly respected, hard-hitting, “never quit” football team that produces exceptional young men that become pillars of the community.

Our resume of former players is second to none. We have had teachers, policemen, firemen, paramedics, engineers, graphic artists and even a Grey Cup Champion player for our program and graduate on to rewarding and successful careers.

Our ultimate goal is not only for you to have an outstanding high school experience playing football, but to teach you the life long skills that will help you to make the proper decisions and become fine, upstanding, educated young adults, ready and willing to give back to the community.

The one thing that we are most proud of here at St. Albert Catholic High is the many, many, many young men who, after finishing their playing careers with us, and have returned to coach at the Atom, Pee Wee, Bantam, High School and higher levels of football. These young men believe in giving back to the community and to the very organizations where they first learned to play the game.

By becoming a part of this program, you become a part of the St. Albert Catholic High “family”. Our family prides itself on making positive choices, even though those decisions are often the most difficult to make. Our family thinks less about itself and more about others. Our family gives more than it receives and above all else, our family will never loses sight of our faith, the truth, or of what is right.

So, once again, welcome and prepare to work harder than you have ever worked before. The rewards, although some are immediate, await you at the end of our journey together. God Bless you. St. Albert The Great, Pray for us!

*“Everyone has the will to win, but few have the will to  
prepare to win.”*

*Bobby Knight*

## What Does It Mean To Be A Skyhawk?



- To be a Skyhawk is not a simple thing. It means to be held to a higher standard than the average student.
- *Our motto is to produce the best person, student and athlete that we possibly can.*
- When you become a Skyhawk, it becomes less about you and more about us.
- To be a part of this program, you must always do your best in the classroom.
  - ❖ That means attending all classes, completing your homework and striving to be a positive influence on others.
- To be part of this program, you must act appropriately outside of the classroom.
  - ❖ That means you are expected to be kind and respectful to others, not to partake in behavior that would embarrass yourself or the program.
  - ❖ You are expected to act like a young adult, a shining light in the community.
- Playing football is not easy. Playing football for this program is even tougher. If playing for this program was easy, everyone would do it.
- It is a privilege to play for St. Albert Catholic High, not a right.
  - ❖ Treat yourself, your family, your school and the program with the respect that they all deserve.

*“Sports is life with the volume turned up!!”*

*Barry Mano*

*“A life is not important except in the impact it has on other lives.”*

*Jackie Robinson*  
CORE COVENANTS



**“HAWKS”**

**H**heart

**THE WILL TO BE SUCCESSFUL**

Perseverance  
Courage  
Desire  
Sportsmanship

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**HONOUR THE GAME**

**A**ttitude

**RESPECT FOR PARENTS, COACHES &  
TEAMMATES**

Respect  
Team Before Individual  
Positive Environment/Having Fun  
Honour the jersey

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**It’s about “WE”, NOT “me”**

**It Never Hits The Ground !!**

**W**ork Ethic

**“NO SACRIFICE NO VICTORY”**

Execution  
Dedication  
Commitment  
Discipline

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**Of the game plan, working towards our goals  
To strive for what is right, no matter the cost  
To each other, our program and our personal growth**

**K**nowledge

**Knowing is not enough, we must apply. Willing is not  
enough, we must do!**

Know your responsibilities  
Do your best in school  
Know your team  
Know your opponent

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**S**pirituality

Prayer (pre-game) for strength, protection and focus  
Accountability to God, yourself and to others  
Always improving as a person, student and player

Focus on the little things that matter

## GENERAL PHILOSOPHY



- A leader is one who can make others do more than they think that they can.
- Confident players excel. Believe in your teammates, your coaches and yourself.
- We all must take responsibility for our actions.
- Taking ownership is the first step towards getting commitment. There is a difference between interest and commitment. When you are interested in doing something, you do it only when it is convenient. When you are committed to something, you accept no excuses, only results. *Interest and commitment is like bacon and eggs. The chicken is interested, the pig is committed.*
- Never criticize a teammate in front of others. We deal with concerns of our team within the team. There are times when we need to remind our teammates about things, but this should be done without embarrassment to that team member.
- We need to earn each other's trust. Football, more than most team sports requires us to count on each constantly, both on and off the field. We need to know that our teammate will be with us, supporting us, for every play of every game.
- **NEVER** question an official's call. **(PERIOD)**
- Be aggressive in your play, but always play clean. Unsportsmanlike behavior is a sign of frustration, lack of skill and immaturity.
- Be on time for games, meetings and practices. Make sure your uniforms are clean. Teams that are organized, play organized.
- We succeed when we meet our goals. Our goals are not always just the game victory. By meeting our small goals on a daily and weekly basis, we will attain our big goals.

- **If you lose, say little, if you win, say less!!**
- Never say: "I can't, I couldn't". Believe in the system. Everything we do is designed to make us successful, but you must provide an unquestioned effort to be successful.

## TEAM EXPECTATIONS



### **PRACTICES**

- Practices are our time to develop the group unity and skills that we will need to be successful. We could have an entire season without a game, and simply practice and still gain from it, both as players but more importantly as people. We gain much more from the hard work at practice, then from the experience of games; it is the successes gained by the group, after long hours of hard work that are the important parts. These bonds are made only by going through the difficult times together. When the hard work leads to success the bond is even stronger.
- Our practices will run approximately two hours. Individual workouts before and after practice are expected of everyone. Football, unlike any other sport, you need to keep your strength up for the entire season. Strength developed in the off-season, quickly wanes during the season. You must continue to work to stay at your strength level. Once you are on the field, your mind must be focused completely on football and the tasks at hand. You must leave all of the day's problems behind. Each drill must be completed with intense effort and concentration. Only through intense practice will our minds and bodies be ready for the intensity of games.
- Practices are never *optional*. The expectation to be a part of this team is that you have complete attendance at all training sessions. Our coaching staff understands that special circumstances arise that make attendance at practice impossible. Failure to notify your unit coach or the head coach about an absence will result in a loss of playing time, suspensions or worst case scenario, removal from the team.

- Everyone will suit up for practice unless they have permission from a coach. Report all injuries or illnesses to Mrs. Hoddinot. See a doctor or therapist if your illness or injury keeps you out of a practice.

## UNIFORMS

- It is important that you take care of your uniform. They must be washed in warm water and hung to dry, NEVER throw your jersey in the dryer.
- Game pants, like jerseys are for games only, do not wear your game pants for practice. They are to be washed in the same manner as the jerseys.
- We will have a unified look for all game days. All players will wear their jersey, tucked in, game pants and game socks for every game. No one is exempt from these requirements, it is not about personal choice, but about being part of a team. *“It is not about me, it’s about we.”* One of the biggest tasks that we must accomplish this year is to be a TEAM. If we always look like we are part of a team it helps develop that team unity naturally, without effort.
- **These jerseys never hit the floor.** Your jersey is part of who you are and a part of who we are as a team. Treat it with the respect that all of the players and coaches who came before you have earned. What you do with your jersey reflects the respect and glory of the program.

## GAME DAY

- The best of all days is actually the day of the game. This is what we prepare for with all our practices, workouts and meetings. All our energies are geared towards doing our best on game day. What we cannot do is allow ourselves the opportunity to assume that just because we prepared for a game, that the preparation itself will make the game a success. In fact, preparation is but one element that determines the ultimate outcome on game day. The way that we handle game day and the way we use preparation will enhance our chances for success.
- It is important that we have a routine or a ritual for game day. It is not about a superstition, but rather developing a comfortable pattern so that our minds can focus on the task at hand. Your game should begin the night before, by drinking plenty of fluids and then trying to get a good nights sleep.

- Game day at school begins with all players and coaches wearing a shirt and tie to school. Players will also wear their game jerseys over their shirt and tie. Players will attend all classes. Failure to attend classes on game day could result in loss of playing time. Failure to attend classes during the season could result in loss of playing time, suspensions or removal from the team.
- You should have a consistent pre-game meal. It should be high in carbohydrates and you should also be taking in plenty of water. Stay away from pop and energy drinks. (Pre-game meals are discussed in detail under nutrition.)

## **LOCKER ROOM**

- Treat this room like your home, or rather your mother's home. Keep it neat and clean. Do not write things on the walls or place anything that cannot be easily removed. Your locker room will eventually be given to new players, Leave it new for them. Visitors/guests are not allowed in the locker room without permission from a coach. The locker room is OUR space. Treat it with the respect that goes with the program.
- Do not leave your pads or helmet or clothing on the floor, benches or strewn around. Take pride in OUR room. Take pride in who we are as a program. Take pride in who you are as a person.

## **OFF FIELD BEHAVIOR**

- You are expected to conduct yourself at the highest level of behavior at all times. What you do as an individual, reflects upon all of us as a program. As a member of this program, you are noticeable and therefore vulnerable to intense scrutiny. You will be judged more harshly than other students and the general public. Because of this scrutiny, you must take extra steps to make positive choices in the classroom, out in public with your friends, and at home with your family. This program's success, as life is, is based on the positive choices that are made and the resulting actions of those choices.

## NUTRITION



### **Pre-Competition Meal**

- The purpose of the pre-competition meal is not to supply extra energy, but to keep the athlete from feeling hungry before and during the event. The last meal prior to competition should do the following:

- ❖ Provide the body an adequate amount of water.
  - ❖ Assist in avoiding hunger pains during competition.
  - ❖ Allow the stomach to be empty at the start of competition – (be easily digestible.)
  - ❖ Be high in carbohydrates and low in sugars, fats and proteins.
- The meal should be scheduled two or three hours prior to the competition; the closer you schedule the meal to the event the less and lighter you should eat. If we are playing a 4:30 pm game, you should schedule your pre-game meal for your lunch break at school.
  - **Avoid** or keep to very small amounts of the following in your pre-competition meal:
    - ❖ Hamburger
    - ❖ Sausage/hotdog
    - ❖ Luncheon meat
    - ❖ Peanut butter
    - ❖ Doughnuts
    - ❖ Chips
    - ❖ French fries
    - ❖ Fried fish/chicken
    - ❖ Mayonnaise/salad dressing

These foods contain very high fat, salt and/or sugar content and are not easily digested.

- Good examples of high carbohydrate foods for your pre-competition meal include:
  - ❖ Skim milk
  - ❖ Puddings
  - ❖ Low-fat yogurt
  - ❖ Bananas
  - ❖ Grapes
  - ❖ Peaches
  - ❖ Raisins
  - ❖ Pasta
  - ❖ Rice
  - ❖ Whole wheat/white bread
  - ❖ Crackers
  - ❖ Potatoes
  - ❖ Carrots
  - ❖ Corn
  - ❖ Peas

- Prior to the day of the competition ensure that your last meal prior to sleeping is a good meal and consume plenty of liquids. Try and avoid sports drinks and energy drinks. These are often high in sugar and caffeine and have been proven to actually inhibit performance of man athletes. Water is best or if you must have a sports drink, mix it 50% water with 50% sports drink. During competition, be sure that you are replacing lost fluids. To ensure that the body is well fuelled for the next days' performance, dinner should be eaten after the day's competition.
- Hydration is very important in the performance of an athlete. The most important thing to remember about water is that it cools your body. If you start physical activity without having adequate water in your system and you do not replace the fluid you lose due to sweating, you WILL become dehydrated. Dehydration is a main cause in the reduction of performance.
- You can avoid dehydration by considering these points around competition time:
  - ❖ Drink plenty of water/fluids 2 to 3 days prior to the event.
  - ❖ To allow the bladder to empty, stop drinking about 1.5 hours before competition.
  - ❖ 15 minutes prior to the game drink 1-2 cups of water for hydration.
  - ❖ Drink plenty of cool, plain water during and after the game. One half liter of water for every 15 minutes of activity.
  - ❖ Do not rely on thirst alone to be your guide – by the time you are thirsty, you are already starting to dehydrate.
  - ❖ Most manufactured sports drinks contain too much salt, sugar or caffeine, it is better to avoid drinking these before and during competition.
- Try and eat a diet very high in carbohydrates. You are working hard almost everyday and you need to replenish your food stores constantly. Also remember to drink as much water as possible on a daily basis. Lastly, try to plan what you are going to eat on game day. Don't leave it up to chance.

## IMPORTANT INFORMATION



<ul style="list-style-type: none"> <li>✚ Senior Head Coach:</li> <li>✚ Junior Head Coach:</li> <li>✚ Sr. DC</li> </ul>	<ul style="list-style-type: none"> <li>Mr. Sam Johnson</li> <li>Mr. Sam Johnson</li> <li>Mr. Kevin O'Donovan</li> </ul>
<ul style="list-style-type: none"> <li>✚ SACHS Principal</li> <li>✚ Assistant GM</li> </ul>	<ul style="list-style-type: none"> <li>Mr. Susan Coates</li> <li>Mr. Scott Ulmer</li> </ul>

## **Contact Information**

✚ St. Albert Catholic High: 780-459-7781

## IMPORTANT DATES



### **Spring Camp**

TBA

### **Main Camp**

TBA