

WILTON WARRIORS FOOTBALL

2017 TEAM HANDBOOK



***“WE WILL STRIVE FOR PERFECTION, WE MAY NOT
REACH IT, BUT IN THE PROCESS WE WILL ACHIEVE
EXCELLENCE”***

VINCE LOMBARDI

Hello,

I would like to take this opportunity to welcome you as a part of the Wilton Warrior Football program. The 2017 season will provide many exciting times and rewarding experiences. The high school football experience is like no other. Playing on Friday nights in front of a packed Memorial Stadium will provide you and your team mates with memories that will last a lifetime.

There will be a lot of hard work and dedication to become the best “Warrior” you can be. Hard work provides positive outcomes. One of the statements that best describes the high school football experience is: “Positive attitudes create positive experiences, positive experiences create positive outcomes, and positive outcomes equal success.”

The purpose of this booklet is to inform you of what will be expected of you as a member of the Wilton High School Football Program. You are responsible to read and understand the contents of this booklet. This booklet is a supplement to the Wilton High School Athletic Handbook.

The policies have been designed to help all of us to achieve our goals. This information is not meant to replace the line of communication between you and your coach, but rather to give you some guidelines and also encourage you to, in fact, communicate with your coaches.

I look forward to getting the season started and sharing in the great experiences that high school football can provide.

COACH CUNNINGHAM
HEAD FOOTBALL COACH

Dear Student-Athletes, Parents/Guardians:

It is with great pride that I welcome you to the Wilton High School Athletic Program. Wilton is extremely proud of the success of its many programs, but does not condone a "win at all costs" attitude. It is our philosophy, interscholastic athletics play an integral part in the life of the high school student-athlete. The challenges associated with athletic sports participation are many: Physical strength, skill, endurance and strategy are only part of the picture. In addition, planning, preparing, performing, cooperating, persevering, supporting, being gracious in victory and resilient in defeat are life skills important to learn early. A student-athlete's drive, determination, confidence, mental toughness and emotional control are tested daily. A student-athlete with a high level of integrity is paramount for the Wilton athletic program

We acknowledge that participation in extracurricular activities is a privilege that enriches and enhances the lives of student-athletes, their families, and the community. First and foremost, we stress to our student-athletes that **academics come first**. That being said, it is our expectation that our student-athletes can maintain balance in regards to their academic and athletic experiences at Wilton High School. Our athletic fields are an extension of our classrooms, and the values of respect and fair play are the cornerstones of the athletic department here at Wilton.

Becoming a member of any one of the 30 varsity sports is a privilege that carries with it responsibilities to one's self, the team, the coaching staff, and the school. The athletics program is considered an extension of the education process and should contribute to the development of the student-athlete as a productive and contributing member of the school, community, and society.

The parents and the fans who attend the games also have to make a commitment to good sportsmanship. Not only must we discuss sportsmanship with our children, we must also display it at all athletic events. There have been far too many situations in which the student-athletes exhibit good sportsmanship while the adults in the stands and on the sidelines let their emotions take control and exhibit behaviors of anger and aggression. Please cheer for Wilton and not against their opponents or the officials.

This handbook and website serves as our text, and in it you will find information to help make our athletic program efficient and effective. If you ever have questions or concerns regarding your child's interscholastic experience, I encourage you to speak with their coaches and/or myself. My door is always open. I encourage you to take advantage of the opportunities offered to your sons and daughters here at Wilton by remaining involved with our athletic programs.

Thank you and I look forward to seeing you on the field, court, pool or track.

Sincerely,

Chris McDougal
Wilton High School
Athletic Director

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WILTON ATHLETIC VISION STATEMENT:

Wilton Athletics will forever strive to develop a community that finds inspiration from competition, exemplifies the highest standards of character, leadership, sportsmanship, fitness and achievement, and fosters growth in a supportive, respectful environment.

CORE VALUES & BELIEF STATEMENT:

Adhering to the belief that academics are paramount, our athletic community believes in the importance of these core values:

Perseverance in the face of challenge

Respect for every player, official, and coach, regardless of outcome

Integrity at all times

Development of character, skills, and leadership through team participation

Excellence as students, athletes and representatives of the Wilton Community

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CONTACT INFORMATION:

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EXPECTATION OF COACHES / ATHLETES / PARENTS:

It is the belief of the Wilton Athletic Department and Wilton High School the following expectations will be met. These expectations coincide with the Athletic Handbook as well as the Wilton Athletic Vision Statement and Core Values.

- Commitment to academic excellence
- Be role models
- A commitment to open communication
- Understanding of and commitment to Athletic Mission Statement
- A commitment to excellence for all and winning at the varsity level
- Commitment to the safety of the student athlete
- Fairness and honesty
- Caring, compassion and support
- Mutual respect between officials and all parties
- Dedication to the sport
- Be a part of the solution, not the problem
- Current knowledge of the sport and ability to coach and be coachable
- Understand that it is an honor and privilege to represent Wilton High School

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ELIGIBILITY & PARTICIPATION:

During your first preseason team meeting, coaches will discuss the following related to eligibility and participation. This information can also be found online in the Athletic Handbook:

- Academics - 2.0 GPA and no failing grades. (*Athletic Handbook - Rules, Regulations and Eligibility*)
- An updated physical (must be within 13 months of the current year)
- In order to try out the player must be enrolled in Family ID [{Family ID}](#)
- After the player has been rostered then they must pay the \$125.00 participation fee for the current season via **Pay Pal** or write a check to WHS Activity Fund and bring to the athletic office.
- All athletes and parents must sign the WHS Athletic Code of Conduct:
http://www.wiltonhighschool.org/pages/Wilton_High_School/Our_School/Departments/Athletics/WHSAthletics

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TEAM SELECTION:

There are no cuts in the Wilton High School Football Program.

All participants are members of the program through the completion of the fall sports regular season. A member may be removed for disciplinary reasons, scholastic ineligibility or mutual agreement between player and coach.

An athlete will not be allowed to drop one sport for another except with the permission of the coach prior to the first game. An athlete removed from a sport for disciplinary reasons will not be allowed to join another team in the same season.

VARSIITY:

Selection of the varsity team will be based upon practice the player's performance in the following areas:

- Knowing and understanding assignments.
- Mastering on the proper techniques and skills.
- Overall effort in practice and scrimmages.
- Willingness to compete
- Demonstrate sportsmanship

Playing experience from the previous season(s) in a major contributing factor in selecting player's to participate on the varsity level.

JUNIOR VARSITY:

The JV level is intended for those who display the potential to develop into varsity level performers. This level of competition is to provide the members an opportunity to develop the knowledge and understanding of offensive, defensive and special team playbooks. Also, this level will provide refinement of fundamental skills and the opportunity to obtain valuable game experience. All student-athletes will participate practice and games, however, they may not all play equally. As coaches, we attempt to find meaningful playing time for all eligible players based on their degree of effort, skill improvement, and ability to compete and execute their assignments at game speed. Many times this will be directly related to their performance in practice.

FRESHMAN:

At the freshman level, students-athletes become accustomed to interscholastic practice and play. At this level of play, there will be a greater opportunity for all student-athletes to participate to enhance their development of basic skills, rules, strategies, team play, with an equal focus on the importance of winning and losing gracefully. All team members will be afforded a chance for meaningful playing time.

CROSS ROSTERING:

There will be times a junior varsity player may participate in a varsity game on special teams or in certain substitution packages. There may also be situations where a member of the varsity team may be asked to play with the junior varsity. Such instances include return from injury or team injuries.

Freshman may be called up to junior varsity games to fill a position need or due to injuries. On vary rare occasions has a freshman been brought up to the varsity level. The head coach will have a meeting with the parents and player to discuss this situation.

SIX-QUARTER RULE:

In April of 2015, the CIAC board of control has instituted a six quarter rule for football. Here is the definition of the rule:

Counting quarters and defining a week:

- 1. Football players may not participate in more than two (2) levels of competition in any one week period.***
- 2. Football players may not exceed participation in more than six (6) quarters in any one week period.***

Definitions:

- “Level of Competition” is defined as varsity, junior varsity, and freshman or other.***
- A “quarter” is counted towards participation once an athlete has been involved in at least six (6) plays in any one quarter.***
- A “one week period” is defined as a period of time where a minimum of five days (24 hour periods) of rest or practice are scheduled between athletic contests except when games are postponed.***
- A “play” is defined as any offensive, defensive or special team’s participation during a scheduled contest.***

CAPTAINS:

The role of the captain is the most prestigious honor bestowed up an athlete in the Wilton High school Football Program. The captain’s soul

responsibility is to lead with only the team in mind. They must have the ability to both listen to and communicate with all the athletes in the program and the coaching staff. The captain must never compromise nor surrender regardless of the adversities set before the team.

Captains for following year are selected by the team at the end of the current season.

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CHEMICAL HEALTH POLICY:

Please refer to the Athletic Handbook for more information related to the Chemical Health Policy;

- The student-athlete will be suspended from participation and membership in all athletic/extracurricular organizations for 14 calendar days. This will include parking privileges. After the suspension, the coach/extra-curricular activity advisor will determine the most appropriate position in the organization for the student-athlete.
- Student-athletes who have previously incurred a first offense for violation of Possession/Use/Abuse of Alcohol/Drugs on School Property or at School Sponsored Activities will be suspended from participation and membership in all athletic/extracurricular organizations for the remainder of the school year.
- Student-athletes who in the future incur an additional offense for violation of Possession/Use/Abuse of Alcohol/Drugs on School Property or at School Sponsored Activities will be suspended from

participation and membership in all athletic/extracurricular organizations for the remainder of the school year.

CIAC CHEMICAL HEALTH POLICY:

According to CIAC policy, any student-athlete found using performance-enhancing drugs by their school district will be immediately disqualified from any further participation in CIAC –sponsored sports for a period of 180 school days on each occurrence.

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HAZING:

Hazing is defined as activity or behavior that recklessly or intentionally endangers the mental or physical health or safety of a student-athlete for the purpose of initiation or admission into or affiliation with any organization sanctioned, authorized or allowed by the Board of Education, including any student-athlete initiated or student-athlete led activity or organization. This would include those same activities inflicted upon a particular grade of student-athletes i.e. freshman, sophomores, juniors, seniors. Hazing activities are seriously disruptive of the educational process.

No student-athlete, teacher, administrator, coach, volunteer, contractor or other employee of the school district shall plan, direct, encourage, aid, engage in, permit, condone or tolerate hazing. Any hazing activity, upon which the initiation for admission or affiliation with an organization sanctioned or authorized by the Board of Education is conditioned, directly or indirectly, shall be presumed to be a forced activity, even if the student-athlete willingly participates in such activity.

The school district will investigate all complaints of hazing and will discipline or take appropriate action against any student-athlete, teacher, administrator, volunteer, contractor, or other employee of the school district who is found to have violated this policy. Discipline or appropriate action may include but not be limited to suspension or expulsion for student-athletes and termination for employees.

This policy is not meant to exclude voluntary team spirit activities that must be planned with the prior approval and/or supervision of the team coach and athletic director.

More information related to this policy can be found in the Athletic Handbook.

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SOCIAL MEDIA:

Athletes are expected to use social media in a responsible and respectful manner. The expectation is that all athletes will meet the standards in the WHS Student Handbook in regards to bullying and cyberbullying.

Coaches will use social media for “Information only”.

**ANYTHING THAT IS PERCEIVED AS HARMFUL BEHAVIOR,
MUST BE REPORTED!**

CAPTAIN’S PRACTICE:

“Captain’s practices,” are clearly in violation of CIAC By-Laws, in CIAC Handbook Section 4.5.C ([CIAC Handbook: Captain's Practices](#)), and are not permitted.

Under no circumstances can it be construed that adult presence (parent or volunteer) makes a “Captain’s Practice” legal or appropriate.

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TEAM RULES:

General:

Treat all team members, coaches, officials, administration, school personnel and all others with RESPECT!

Equipment:

Team members may only wear **issued** equipment distributed by the coaching staff. This includes helmet, chin strap, shoulder pads, girdle, knee pads, any miscellaneous equipment, practice pants & jersey. A

team member will be removed practice or game for not complying with the equipment policies.

Varsity Game Uniform:

Game jerseys and pants and belts will be issued the day before the game. Game uniforms will be collected after the game to be cleaned and repaired. Team members must wear the appropriate game socks. All under garments on legs and arms must be white. Any team member not in compliance with the uniform code may not dress for the game.

J.V. & Freshman Game Uniforms:

Game jerseys, both home and away, will be issued to all junior varsity and freshman team members. These jerseys are to be worn only for team activities and games. The team members are responsible for the jerseys. The jerseys will be collected at the conclusion of the team's last home and away games. Practice pants will be used for all junior varsity and freshman games. Appropriate socks should be worn for games as well.

Locker Rooms:

- One locker per player
- Throw out your garbage
- Clean your clothes
- Nothing on the floor
- Use your lock box
- Treat the room with respect
- Do not take from your team mates
- No hazing or bullying of anyone
- No one allowed in the room during school hours.

Training Room:

- See the trainer before you go to the doctor
- Get treated and get out of the training room
- No socializing

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PRACTICE INFORMATION & PLAYING TIME:

The calendar for all practice times in the pre-season is posted on the website (www.wiltonwarriorfootball.com). It will be updated weekly throughout the season.

The practice policies and parameters have been established by the CIAC and the State of Connecticut.

Pre-season:

1. Korey Stringer Institute
 - *Heat acclimatization & conditioning*
 - *A player must have five days of conditioning*

2. CIAC Statute of limitations
 - *Calendar set up by CIAC; 2 days in helmets, 3 days in helmets & shoulder pads and 3 days in full pads before a player may participate in scrimmages.*

3. Contact Time
 - *120 Minutes per week in the pre-season*
 - *90 Minutes per week throughout the regular season*

If a player misses a day for any reason, either excused or unexcused, the player must adhere to the policies of the CIAC before they may participate in any scrimmage or game.

Varsity & J.V.:

- 6 days per week in the pre-season
- Saturdays mandatory in September
- Monday – Friday in October & November (games may be played on Saturdays)
- Calendar may change do to unforeseen circumstances, check the Wilton Football website (www.wiltonwarriofootball.com).

Freshman:

- 6 days per week during the pre-season
- 5 days per week during the regular season (Monday – Friday)
- Calendar may change do to unforeseen circumstances, check the Wilton Football website (www.wiltonwarriofootball.com).

All practice are mandatory, unless there is a religious obligation. Team members are expected to attend and participate all practice sessions and game. If a team member is going to miss practice, they need to email the appropriate coach. Consequences will be determined on a case by case basis.

Consequences for missing practices and participating in the game will be determine by which practice(s) was missed. In some cases, the CIAC rules will determine the consequence. If a team member misses practice outside the CIAC statute of limitations, the consequence will be the judgement of the coaching staff. The coaching staff will analyze what the team member missed, in determining whether the team member has the ability to protect themselves during game competition. This consequence could vary depending on each team member's situation.

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GAME INFORMATION:

Attendance:

All student-athletes must attend a minimum of 4 classes on the day of a contest in order to participate.

Transportation:

All student athletes and managers are required to use the supplied bus for transportation to all away games. Any parent that wishes to transport their child must complete a Travel Release Form and submit it to the Athletic Director at least 24 hours ahead of time. **AT NO TIME IS A STUDENT ALLOWED TO DRIVE THEMSELVES AND/OR OTHER STUDENTS TO ANY GAME.**

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ADDRESSING THE MEDIA:

- Members of media must receive permission from the head coach before speaking with athletes.
- Treat members of the media with respect. They are an important part of the program.
- Do not compare, mock or criticize your opponents. Praise them.
- Be confident, but not boastful. Talk more about your teammates than yourself.
- Never pass up an opportunity to praise others.
- Do not say anything that will end up on our opponent's bulletin board.
- Do not take your complaints to the media. Talk to your coach if there is a problem.
- It is OK to say "I would rather not comment on that" if you believe that your answer will create a controversy.
- There is no such thing as "Off the record".
- Do not believe everything you read.

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CONFLICT RESOLUTION PROCEDURE:

Please refer to the Athletic Handbook for more information.

Parent and/or Student-Athlete Conflicts:

As your child becomes involved in the athletic program, they will experience some of the most rewarding moments of their young lives. It is important to understand that there may also be times when things do not go the way you or your child wishes. At these times communication with the coach is important.

Appropriate concerns to discuss with a coach include:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior
- Missed practice and/or vacations during season

Issues not appropriate to discuss with a coach include:

- Team/game strategy
- Coaching Policies
- Calling plays
- Playing time
- Other student-athletes
- Selection of Captains
- Selection of special awards

Conflict Resolution Process:

These steps are to be followed for conflict resolution:

1. Student-athlete meets with Coach – it is important at the high school level to encourage your child to advocate for themselves.
2. Parent and Student-athlete with Coach/Head Coach (if involved coach is an assistant).
3. Parent and Coach/ Head Coach with Athletic Director
4. Parent, Coach/Head Coach and Athletic Director with Principal.

All meetings between above will be pre-arranged. These steps must be followed in order for the conflict to be resolved.

UNDER NO CIRCUMSTANCES WILL A COACH MEET WITH A DISGRUNTLED PARENT OR FAN BEFORE, DURING, OR IMMEDIATELY AFTER A GAME.

Please wait 24 hours after a contest to speak with a coach.

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AWARDS:

Varsity Letter: Determined by coaching staff and approved by the Athletic Director.

Plaques: Plaques are awarded to seniors that have successfully participated in four years of an athletic program at Wilton High School. Student athletes that play multiple sports will receive their plaque at the completion of their fall, winter, or spring season.

Leadership: This award is voted on by the members of the team on each level (J.V. & Freshman) for the teammate they felt provided the greatest leadership during practices, matches, and team events.

Post Season: (All-FCIAC, All-State): All-FCIAC teams are determined by the league by-laws. League head coaches are involved in the selection process. All-state teams are determined by head coaches vote or media selection.

Banquet Awards: The following are awards presented at the end of the season celebration. They are determined by player performance, written criteria passed on, or team vote:

- Lee Pierucci Memorial Award
- Youth Football Commitment award
- National Football foundation Scholar-Athlete
- Captain's Recognition Gift
- Lineman of the Year
- Back of the Year
- Chief Award (Special Team Player of the Year)
- Robbie Keers Memorial Award (Defensive Player of the Year)
- Offensive Player of the Year
- Tom Fujitani Memorial Award

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Please print out, sign and date this form, or both player and parent email Coach Cunningham (cunninghamb@wiltonps.org) acknowledging all have read and understand the contents of this team handbook.

PLAYER:

I have read and understand the aforementioned team policies and procedures. I understand the consequences should I violate the policies and procedures. I furthermore agree to abide by these policies and procedures.

Sign:

Date:

PARENT:

I have read and understand the aforementioned policies and procedures that my son must follow during the Wilton High school football season and understand the consequences should he violate the policies and procedures.

Sign:

Date: