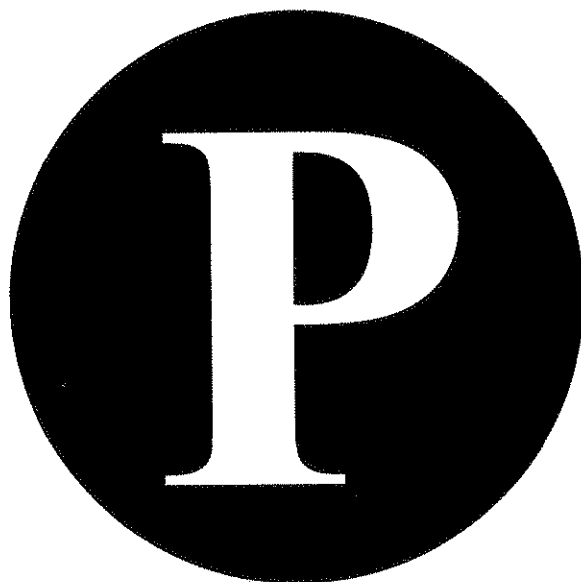


Princeton High School
Football 2011



Parent Information Packet

Injury Protocol

Shannon Koch- School Athletic Trainer

The athletic trainer is available for evaluation and treatment of any injury that may occur during practices or games. Please have your athlete see the athletic trainer prior to going to a doctor. In the event an athlete is seen by a doctor they MUST have a note stating the diagnosis and when the athlete may return to play.

Email: shannon_koch@monet.prs.k12.nj.us

Physical Forms

The school nurse sent out the physical forms via mail. Please get these forms back to the school ASAP. We want everyone cleared before the first day of preseason camp. If they are not cleared in time then they will not have enough days of practice (6) before the first scrimmage.

Summer Weight Room Sessions

See calendar for dates and times.

Players are expected to attend either the morning or evening weight room sessions. Beginning Monday July 18th there will be one session in the evening and all players should attend this session.

Individual Camp Information

QB/WR Camp at The College of New Jersey

For more information go to: www.footballcamp125.com

Princeton Football Camps

For more information go to: www.princetonsportscamps.com

Al Bagnoli All Star Football Camp at University of Penn

For more information go to: www.pennathletics.com

Team Camp

July 11-14 8:00 AM to 3:00 PM

Held at WWP-South High School

Brochures are available

If you are not on vacation, then your son should be at the team camp.

7 on 7s

-July 5th, 7th, 12th, 14th, 19th, 21st, and August 9th

-All 7 on 7s will be held at West Windsor Plainsboro South from 5-7 pm. Players should report by 4:30 pm for warm-ups.

Summer Preseason Practices

Monday August 15th

See calendar for dates and times.

What to pack?

-Food

PB&J, Chicken, Tuna, Snacks, Fruits

(try to stay away from junk food and fried foods)

-Drinks

WATER, Gatorade, Vitamin Water (NO SODA)

-Gear

Socks, Underwear, Gym Shorts, T-Shirts, Compression Shorts,

Swimming Trunks, Soap, Shampoo, Towel, Cleats

What to expect?

There will be a significant level of running, sprinting and hitting. Please make sure your child attends the summer weight room sessions as this will help prevent injury and prepare him for the rigors of preseason.

Cleats and Uniforms

Cleats must be black and white OR black, white and royal blue.

Players are not permitted to wear anything which separates them from the rest of the team. Game uniform consists of helmet, game jersey, game pants, belt, game socks and cleats. Please wash your child's practice pants and jersey regularly. Our managers will wash the game uniforms at school.

Locker Room

Players are expected to take care of all school and personal equipment by keeping them in their LOCKED in their OWN locker. Nothing should be on the floor.

Game Bus Protocol

All players are expected to ride the bus to and from away games. If a player needs to leave directly from a game, a note from the parent must be submitted to me the day before a game. Players should leave all bags and personal belongings at school, especially iPods and cell phones.

Princeton High School Football 2011 Player Contract

“Coming together is a beginning. Keeping together is progress. Working together is success”-Henry Ford

Mission Statement

Success for the Princeton High School football program will not only be determined by victories, but by meeting the goals we have set for ourselves on and off the field. A Princeton High School football player will be a student-athlete who is a good student, teammate, sportsman, and citizen.

We reach our goals by doing the following:

How to be a Champion

- Commitment to yourself, team, and family
- Dedication to excellence through hard work and sacrifice
- Do what is right both on and off the field

Role of the Player

- Have a positive attitude- “If you think you can, you will.”
- Listen to the coaches. They are there to teach and guide.
- Be disciplined- *“Doing what you have to do, doing it as well as you possibly can, and doing it that way all of the time.”* –Bobby Knight
- Give your best effort in every drill, practice, and game.
- Have fun!

Team Dynamics

- A team is more successful as an “entire one” than an “individual one.”
- When individuals make personal sacrifices for the sake of the team, then teamwork is achieved.
- To be a starter the following must be needed:
 - Commitment to Academics
 - Attendance
 - Hustle, Effort, and Heart
 - Knowledge of Position
 - Mental and Physical Toughness
 - Team Oriented Attitude

Code of Conduct

As a member of the Princeton High School Football Team, you represent more than just yourself. Your actions both on and off the field reflect many people- positive or negative. These people include:

1. Yourself
2. Your family
3. Your team
4. Your coaches
5. Your school

Expectations:

1. **Eligibility** – Players must maintain at least a 2.0 GPA while on the team. If it drops below a 2.0 you will be assigned a tutor until the GPA is back at or above a 2.0.
2. **Sportsmanship** – Whether we win or lose, we will always treat our opponents with respect. Unsportsmanlike conduct (foul language, “trash talking”, etc) will not be tolerated and will result in removal of game. A good player maintains his emotions no matter the situation.
3. **Work Ethic** – Every player is expected to give 100% effort - **all of the time.**
4. **Behavior** – Your actions, both on and off the field, determine your status on the team.
5. **Drugs/Alcohol** – Drugs/Alcohol will not be tolerated on this team! If you are found to be using drugs/alcohol, you will be suspended for two consecutive games! A second violation will result in removal from team. No exceptions!
6. **Attendance** – Players are expected to attend all practices, games, and off the field activities. Family emergencies are the only acceptable reason for missing a practice, game, or team event. Please notify the head coach if a family emergency arises. Missing a practice, game, or team event for any other reason is inexcusable and will result in a loss of playing time. In the best interest of the program, do not schedule any appointments during a practice, game, or team event.
7. **Profanity** – Not acceptable. There are other more appropriate words that can be substituted for foul language. Too many players use them without realizing it.
8. **Off-Season** – A player is responsible to attend off-season workouts, weight training, and other events. Players are encouraged to play different sports during the other seasons as this will keep them active, involved, and in shape.
9. **Play football** – We play football because it is fun, enjoyable, and it will create memories that will last a lifetime. Remember: Play hard, play smart, have fun!

Player Signature _____

(by signing this agreement you acknowledge and adhere to the expectations stated above as a member of the Princeton High School Football Program)

Parent Signature _____

June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Final Exams	16 Final Exams	17 Final Exams	18
19	20 Final Exams Weight room after school	21 Last Day of School	22 Weight Room 8:00-10:30 AM	23 Weight Room 8:00-10:30 AM	24 Golf Outing @ Princeton Country Club 7:30 AM Report 8:00 AM Start	25
26	27 Weight Room 8:00-10:30 AM	28 Weight Room 8:00-10:30 AM	29 Weight Room 8:00-10:30 AM	30 Weight Room 8:00-10:30 AM		

Notes:

- Players are more than welcome to do their two main lifts right after school on Exam Days. It's a good way to relieve stress and to clear their minds before their next exams.
- The golf outing is our biggest fundraiser. Seniors are required to help. Other players are more than welcome to help.
- There is only one morning session for the weight room in June. Two sessions will begin in July.

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 4th of July Weekend Players do not report	2
3	4 4th of July Weekend Players do not report	5 Weight Room 8:00-10:30 AM 5:30-8:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	6 Core work on your own	7 Weight Room 8:00-10:30 AM 5:30-8:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	8 Weight Room 8:00-10:30 AM 5:30-8:00 PM	9
10	11 <u>Team Camp</u> @ WWP-South 8:00 AM-3:00 PM	12 <u>Team Camp</u> @ WWP-South 8:00 AM-3:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	13 <u>Team Camp</u> @ WWP-South 8:00 AM-3:00 PM	14 <u>Team Camp</u> @ WWP-South 8:00 AM-3:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	15 Weight Room 8:00-10:30 AM 5:30-8:00 PM	16
17	18 Weight Room 5:30-8:00 PM Entire Team Attends	19 Weight Room 8:00-10:30 AM 5:30-8:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	20 Core work on your own	21 Weight Room 8:00-10:30 AM 5:30-8:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	22 Weight Room 8:00-10:30 AM 5:30-8:00 PM	23
24/31	25 Weight Room 5:30-8:00 PM Entire Team Attends	26 Weight Room 8:00-10:30 AM 5:30-8:00 PM	27 Core work on your own	28 Weight Room 8:00-10:30 AM 5:30-8:00 PM	29 Weight Room 8:00-10:30 AM 5:30-8:00 PM	30

Notes:

-Team Camp will be held at WWP-South High School. It's a good way for us to get together as a team to begin the installation of Offense and Defense.

-We have 7 on 7s at WWP-South for QBs, WRs, RBs, LBs, DBs only. Linemen will be at PHS working out.

-Mondays there will only be one session in the evening. This is mandatory for the team. We cannot wait until August to build team cohesiveness.

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Weight Room 5:30-8:00 PM For everyone	2 Weight Room 8:00-10:30 AM 5:30-8:00 PM	3 Core work on your own	4 Weight Room 8:00-10:30 AM 5:30-8:00 PM	5 Weight Room 8:00-10:30 AM 5:30-8:00 PM	6
7	8 Weight Room 5:30-8:00 PM Entire Team Attends	9 Weight Room 8:00-10:30 AM 5:30-8:00 PM 7 on 7 @ South 4:30 PM Report 7:00 PM Pickup	10 Core work on your own	11 REST DAY	12 REST DAY	13
14	15 Day 1 Roll Call 8:00 AM End 4:30 PM (Fundraiser Day)	16 Day 2 Roll Call 8:00 AM End 1:00 PM	17 Day 3 Roll Call 8:00 AM End 1:00 PM	18 Day 4 Roll Call 8:00 AM End 4:30 PM	19 Day 5 Roll Call 8:00 AM End 1:00 PM	20 Day 6 Roll Call 8:00 AM End 4:30 PM
21	22 Day 7 Scrimmage @ Nutley 10:30 AM Report TBD	23 Day 8 Roll Call 9:00 AM End 4:30 PM	24 Day 9 Roll Call 8:00 AM End 1:00 PM	25 Day 10 Roll Call 8:00 AM End 4:30 PM	26 Day 11 Scrimmage @ Hightstown 11:00 AM Report TBD	27 Day 12 Roll Call 8:00 AM End 1:00 PM
28	29 Day 13 Roll Call 8:00 AM End 4:30 PM	30 Day 14 Roll Call 8:00 AM End 1:00 PM	31 Day 15 Roll Call 8:00 AM End 4:30 PM			

Notes:

-After the first day of preseason practice the players will go out into town (in groups) with a coach to sell fundraiser cards for about an hour to an hour and a half. I figure we will be finished around 4:30.

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Day 16 Roll Call 8:00 AM End 1:00 PM	2 Day 17 Scrimmage Montgomery 10:00 AM Report TBD	3 Day 18 Roll Call 9:00 End 11:30
4	5 Labor Day Roll Call 8:00 AM End 11:30 PM	6 Staff Development Practice @ 3:15	7 Staff Development Practice @ 3:15	8 1st Day of School Practice After School	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Notes: