“Work without a Vision is Drudgery”,
“Vision without Work is a Dream”,
“Work with a Vision is Destiny!”

-Anonymous
NOTE: Liberty Public Schools Athletic/Activities Handbook. Please be sure to read in addition to the expectations in this handbook.

GOAL: Be the best 8th grade football program in the State of Missouri.

OBJECTIVE:
● Have Fun!
● Instill the values of a strong work ethic, teamwork, and sportsmanship.
● Teach players the positions, rules, and concepts associated with organized football. This includes, but is not limited to:
  ◦ Proper techniques of blocking.
  ◦ Safe methods of delivering and receiving contact (tackling).
  ◦ How to run to the football.

PHILOSOPHY:
● TEAM 1st, Individuals 2nd, everything and everyone else next.

EXPECTATIONS:
Each player is expected to
1. Develop and take care of themselves physical in order to play FAST!
2. Study the playbook, be coachable, and listen and follow directions in order to play SMART!!
3. Commit to working hard in the weight room, physically and mentally prepare themselves each week, be humble, buy into the program, and have team success in mind in order to play TOUGH!!

CONTACT INFORMATION:
The following are contact resources for the 8th grade football program. Coach Meade will put out regular emails during each week with important info. Practice and game changes are announce via email and twitter.
● Wiley Meade, Head 8th Grade Football Coach: 816-736-5410 ext 2662 (classroom) 816-405-9061(cell)
● Email: wiley.meade@lps53.org
● Office Hours: (by appointment)
● Twitter: @Coach_Meade
PRACTICE TIMES AND LOCATIONS:
● Fall practice will generally occur during the week from 3:30pm to 6:00pm unless otherwise posted.
● Practice site is the grass field west of Discovery Middle School.

PICK UP TIMES:
● All athletes shall be expected to be picked up, or have a way home, within 15 minutes of the end of practice time (6:15pm on practice days).
● Game day pick up time will depend on when the team bus gets back from game location (generally around 7:30pm).

BUS RIDER POLICY:
● As per district policy, all athletes are to be transported to and from games by district transportation, unless approved by and previously communicated with LPS administration.

SHUTTLE BUS:
● LMS athletes will ride a shuttle bus to DMS everyday the team has scheduled practices and games.

TRYOUT PROCEDURES:
● There are no “tryouts” for 8th grade football, but there are requirements to be met in order to be eligible to participate. Please see the Liberty Activities Handbook.

“A” and “B” TEAM:
● For each schedule contest, there will be the understanding of both an “A” level and “B” level game that day.
● For football, these two teams are divided based on level of player ability. The “A” level game is generally athletes who are more
physically, mentally, and emotionally mature and competitive. The “B” level game is generally for players who are not at the “A” level.

**FOOTBALL PRACTICE ATTENDANCE POLICY:**
Athletes must be present and physically participate in practice in order to prepare to play in games. Attendance will be taken each day of practice. A practice will occur every day as posted on the schedule, but may be modified in the event of inclement weather.

- After the 14 days of pre-season practice have been attained, 3 unexcused practices will result in dismissal from the program.
- Each practice day missed (excused or unexcused) will result in playing time taken away. “Missed” means physically unable to participate in the practice session.
  - Ex: Monday, could not practice because of doctor visit/detention/birthday party = minus one quarter of play.
  - Excused absences must be arranged in advance with Coach Meade. Examples of excused absences include doctor’s appointments, make up test, or family emergencies.
  - A player that has pre-notified Coach Meade that he will be late may not start, but may still be able to play the quarter.
  - Physical conditioning may be made up for an excused practice in order to recoup playing time.

**EQUIPMENT:**
Students are required to maintain all equipment issued to them. They are responsible for returning all equipment at the end of the season. Failure to comply can result in fines, credit for participation, etc. In addition, students should immediately notify the coaching staff of equipment failures.

- **NO MODIFICATION OF EQUIPMENT IS ALLOWED!**
  - EX: Cutting knee pads.
- **NO INSCRIPTIONS ON ANY PART OF GAME OR PRACTICE UNIFORM!**
- **ATHLETES MUST BE PROPERLY DRESSED IN ORDER TO TAKE THE FIELD WITH THEIR TEAM.**
  - HELMET, JERSEY, PANT, BELT, WHITE SOCKS (MID-CALF), SHOES.
  - UNDER GARMENTS EXTENDING OUTSIDE THE JERSEY MUST BE TEAM COLORS (BLUE, WHITE, GRAY, BLACK).
VISORS, NECK ROLES, COWBOY COLLARS NOT ALLOWED UNLESS PRESCRIBED BY DOCTOR.

- ANY UNIFORM, EQUIPMENT NOT RETURNED BY THE END OF THE SEASON WILL BE CHARGED TO THE ATHLETES STUDENT ACCOUNT.
- ATHLETES WILL BE RESPONSIBLE FOR THE CARE AND CLEANING OF THEIR UNIFORM AND ALL EQUIPMENT. ANY GAME JERSEY/PANT TURNED IN AT THE END OF THE SEASON WITH SIGNS OF NEGLECT (BLEACHED, WHITE PANTS TURNED PINK, UNCLEAN, ETC) WILL BE CHARGED FOR THE ITEM.

EQUIPMENT REPLACEMENT COST:

- HELMET = $250
- SHOULDERPADS = $150
- GAME JERSEY = $50(EACH)
- GAME PANTS = $40(EACH)
- BELT = $10
- PRACTICE JERSEY = $25
- PRACTICE PANTS = $20
- CHIN STRAP = $10
- THIGH PADS = $10(SET)
- KNEE PADS = $10(SET)
- EQUIPMENT BAG = $40

INCLEMENT WEATHER POLICY:
Practices or games may be interrupted or cancelled due to inclement weather. In the case of an interruption, the football team will stay in a predetermined area and follow established procedures for student safety. In case of a cancellation, students will be instructed to ride the bus or have ride home after school. Cancellation will be announced at school and broadcast via email and twitter.

INJURIES:
Injuries can occur in every activity. It is important to immediately notify the coaching and training staff if athletes become injured.

- Athletes that have missed practice and or game participation due to doctors note, but be cleared by a doctor to be allowed back into participation.