



***JAY ROYALS  
FOOTBALL***

***2021  
Player & Parent Expectations  
Handbook***

## **Welcome to the Jay Royals Football Family!**

Enclosed in this handbook is the information that will help you prepare for your involvement with the Royal football program. While it would be very challenging to cover every situation, we have tried to create a reference for you in preparation for the season. We are excited about the future and direction of our program.

Please refer to our school website ([www.jayhighschool.com](http://www.jayhighschool.com)), Royal Sports Media website ([www.royalsportsmedia.com](http://www.royalsportsmedia.com)), or school Facebook page ([www.facebook.com/jhsroyals](http://www.facebook.com/jhsroyals)) regularly as some of the data in this packet is yet to be finalized.

This handbook is divided into two sections, the first being coach-directed information for both players and parents, and the second is events that are tied directly to the football program. If you have any questions, please feel free to contact Coach Dampson ([dampsonj@santarosa.k12.fl.us](mailto:dampsonj@santarosa.k12.fl.us)).

# **INTEGRITY TOUGHNESS ACCOUNTABILITY**

## **ROYAL MIND-SET**

**DO THE RIGHT THING AT THE RIGHT TIME**

**GIVE RESPECT**

**HANDLE YOURSELF WITH CLASS**

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# ***JHS FOOTBALL STAFF***

## **HIGH SCHOOL**

HEAD COACH/OFFENSIVE COORDINATOR/QB's  
DEFENSIVE COORDINATOR/INSIDE LINEBACKERS  
OFFENSIVE LINE/OLB/ JV HEAD COACH & DC  
WIDE RECEIVERS/CORNER BACKS/JV OC  
SECONDARY/H-BACKS  
DEFENSIVE LINE/TIGHT ENDS

JERAD DAMPSON  
JOE SURRATT  
BRITT SHORE  
BRANDON PIPER  
JOREY DIAMOND  
JUSTIN SHORE

## **FRESHMAN (MIDDLE SCHOOL)**

FRESHMAN (MS) HEAD COACH / FRESH. DC  
FRESHMAN (MS) OC

MIKE ROBERTS  
JP JONES



## Dear Parents/Guardians,

Welcome to what should serve as a positive and exciting experience for your son. We, the coaching staff of the Jay Royals Football Program, have put together an expectations package for you in the hopes of helping you to better understand the program with which your child is involved. Our goal is to produce fine people first and good football players second, as football is an excellent tool for teaching fundamental and important life skills.

This handbook is a look into what the Royal football coaching staff deems to be the important facets of our football program. High school football should be a positive, memorable experience for all involved. Coaches' goals are to provide players the opportunity to be the best they can be. We intend to teach the game of football, instill discipline, encourage classroom success, prepare players through weight training and off-season conditioning, and build **unity** through hard work and commitment to a common goal of a successful football season. To be successful, everyone involved should realize that a **positive attitude** is a must. Very few things in life that are worthwhile come easily. Hard times require a positive outlook and attitude to continue striving to improve. Our motto revolves around everyone making and giving great effort to **RISE UP** to any challenge for the good of the **team**. A player's level of improvement is directly related to the amount of effort put forth in each activity the team undertakes.

We, as coaches, expect players to **give great effort** in everything we instruct players to do. While expecting great effort from players, coaches expect great effort from each other as well. It would be unfair for the coaches to expect more of a player than the coach is willing to give himself. In order for all to understand their role, everyone involved should realize the concept of "**TEAM OVER ME**". Coaches will show a genuine interest in the well-being and concerns of each player as an individual; however, coaches, players, parents and administrators cannot put their interests before the team's best interest. As coaches, we will emphasize the importance of player accountability. It is expected that players will be individually responsible for their actions and day-to-day choices. Everyone should remember, "Playing football is a privilege, not a right". There is no room for special privileges on a team. Everyone is expected to abide by the same standards and serve the same punishment when they do not. In the event an individual player becomes a hindrance to the team's goals, that player may be removed.

The Royal Football Program demands a great deal of time from our student athletes, and we do not tolerate absences or lateness for our practices, games, or other scheduled events. There is much to learn in a relatively short amount of time, so good attendance helps both the player and the team. We need you to support us in this effort and make sure that your son is available for the scheduled practices, games, and other events such as teambuilding and fundraising.

Thank you for allowing your son to be a part of our program. Together we will have a lot of fun while working hard towards our goals.

**Royals-RISE UP!**

**Coach Dampson**

# **PROGRAM PHILOSOPHY**

***JAY HIGH FOOTBALL'S MISSION IS TO TRAIN ATHLETES TO BECOME RESPONSIBLE CITIZENS, DEDICATED STUDENTS, SKILLED PLAYERS, AND DEPENDABLE YOUNG ADULTS IN ORDER TO MAKE A POSITIVE AND LASTING IMPACT ON THOSE AROUND THEM.***

As Vince Lombardi said, "Winning isn't everything, but striving to win is". This is the foundation of Jay High School's football philosophy. Football is demanding. It is a sport of discipline and will, requiring commitment and hard work. It takes a dedicated athlete. Football is not for everyone. However, playing football will give back to you far more than it will demand.

Football provides a tremendous sense of accomplishment and pride. It fosters confidence, courage, and cultivates lifelong friendships. Being a football player is a state of mind, and it is an honor that only a few share. Although winning is always an objective and is important, we believe in, and work toward, what Vince Lombardi said, "The harder you work, the harder it is to surrender." At the beginning of each season, players should make a commitment to strive for victory.

"How can I make the team better?" should be the question regularly asked throughout the season. Hard work, discipline, commitment, and sportsmanship are imperative. These traits are how we define a successful season and football program.

Being a committed member of the Jay High School football team translates directly to behaving as a responsible member of the Jay Athletic Program and the Jay community. We must always remember whom we represent.

***\*\*Each player and player's parents/guardians must sign the Player/Parent Verification Form, located on page 20 of this handbook.***

## ***JAY ROYAL PRIDE***

It is a privilege to be a member of this football team and to be a Jay Royal. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Jay High School Football has committed to PRIDE and EXCELLENCE. Remember you are laying the foundation. Remember this every time you walk into the locker room, weight room, step on the field, or wear a Jay Royal Football uniform. Remember, you are setting the example for those who will follow in your footsteps. You are a Jay Royal all the time and forever.

## ***EXPECTATIONS OF OUR COACHING STAFF***

**Be a positive role model:** Carry yourself in a professional manner at all times, on the field and in the community. Players and community members are always watching, as a representative of the program your actions will reflect on everyone, not just yourself. Make sure your interactions on the field reflect how you would want your own child to be treated.

**Coach every player:** They won't care how much you know until they know how much you care. We will coach players to help prepare them to achieve their greatest potential. Each player is putting in the time and effort to make the team better and it is the responsibility of the coach to help him improve his skills.

**Communicate:** A football program consists of many parts; it is important that everyone works hard to stay on the same page. All coaches should make sure to work together to stay informed of what is going on with players, scheme, and the program in general. Coaches should also strive to ensure the players understand the material being presented in practice and be approachable if a player wants to talk.

**Commitment:** We ask our players to invest a lot of time into our program and therefore the same commitment is needed from each coach. In turn, the program will try to place a priority on using time wisely during meetings, practices, and team activities.

## ***PROGRAM ALIGNMENT***

### **Junior Varsity and Freshman (MS) Football**

**Purpose:** Teach players the intermediate rules of high school football and the strategies of JHS football.

**Emphasis:** Prepare the players, both mentally and physically, for varsity football. Winning sub-varsity games is not an emphasis.

The largest difference between a sub-varsity player and a Varsity player is their aggressiveness. Sub-varsity players tend to be more timid for one of two reasons:

- (1) they do not understand the game and they play confused or,
- (2) they do not have the size, strength, and agility to play aggressively.

The focus of sub-varsity football is to overcome these shortcomings and develop players that are ready for Varsity.

**Weight room:** Develop strength, agility, quickness, and endurance through a structured lifting, agility, and conditioning program designed to make the players bigger, faster, and stronger. This will allow players to meet the physical demands of playing high school football. Increasing the strength, speed, and agility of the sub-varsity players will improve their ability to prepare for varsity.

## **Varsity Football**

- Purpose:** Teach players the advanced rules of high school football and the strategies of JHS football.
- Emphasis:** Win games by fielding the best team of players possible, who are both mentally and physically prepared to play football at the varsity level. Prepare potential college athletes for the collegiate level.
- Weight room:** Continue to improve strength, agility, quickness, and endurance to physically dominate opponents.

## ***LEADERSHIP COUNCIL***

A leadership council will be implemented for the first time this season, and much like its collegiate and professional counterparts, this council will help Jay High's football program grow from within by putting the student-athletes at the forefront of many team decisions. It gives the players a chance to lead by example and help shape the overall culture of the program. Their feedback is truly valued by the coaching staff. Students will be taught how to deal with issues concerning their fellow teammates while also developing a strong working relationship with their coaches. This dual investment, made by the coaches and the players, creates greater trust and accountability on both ends, and fosters a better working environment overall. Through the leadership council, the head coach will give the most committed players on the team the right to determine how issues pertaining to player interaction, from uniform selection to disciplinary procedures, are handled. The leadership council will consist of players from all grades regardless of position or location on the depth chart. (1 freshman, 1 sophomore, 1 junior, and 2 seniors)

## ***CUT POLICY***

It will be Jay High Football procedure not to cut players that might help the program. While the coaching staff would like to keep all athletes interested, players sometimes lack the basic skills or proper attitude to help build a strong program. It is very difficult for coaches and players alike when a player is cut. Whenever possible, we will not cut players.

## ***QUITTING AND DISMISSAL***

If at any time an athlete quits or is dismissed, he gives up all rights. Any and all equipment or cloth that has been issued to the player must be returned in original condition or have a plan to buy a replacement. No player has quit or been kicked off until I have talked to his parents. Quitting is not going to be an option in this program. If you quit one sport, you can't go out for another sport until the original sport is over with. Only Coach Dampson can dismiss a player!

## ***INCLEMENT WEATHER***

When a practice is scheduled, we will do something as a team regardless of the weather (obviously, extreme occurrences such as a tornado/hurricane warning provide exceptions) so practice will always be on.

When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:

1. Move practice to the gymnasium
2. Watch film and wait out the weather for an opportunity to go back outside

There is a 30-minute delay for each lightning strike withing 10 miles of our campus. In a situation where we go inside to wait out the weather, practice time may be extended or shortened. I will send out a Remind 101 update to all parents.

## ***STUDENT ATHLETIC PACKET***

All players must have an updated Student Athletic Packet and a current physical of file with the Jay Athletic Department before they can practice and or play. The athletic packet canbe found through the FHSAA here: [https://fhsaa.com/documents/2020/8/10/e103\\_consent\\_2020\\_04.pdf](https://fhsaa.com/documents/2020/8/10/e103_consent_2020_04.pdf)

A physical form that needs to be completed by a licensed physician can be found on the FHSAA website at: [https://fhsaa.com/documents/2020/3/26/e102\\_physical\\_2.pdf](https://fhsaa.com/documents/2020/3/26/e102_physical_2.pdf) Physicals are also offered free of charge through our local doctors around the end of April. Look out for more information coming soon.

## ***PLAYER EXPECTATIONS***

We will operate the Jay Football Program in accordance with the rules, regulations, and policies as outlined by the FHSAA, and the administrative policies of SRCSD. Within that framework, we will provide a football program of the highest quality that meets the needs of our students, alumni, school, and community.

As the Head Coach, I believe that our football program provides a vital link between the school and the community. Student, parental, alumni, and community involvement in our program helps to enhance school spirit, develop sound minds and bodies, and develop skills and qualities which endure for life.

As a general rule, all players are to conduct themselves with class and dignity, both on and off the field. Your behavior is a direct reflection of our school and football program. Any actions that will embarrass you, your team, school, or parents is an action that should not be taken.

All players in this program will recognize and respect the authority of all coaches, teachers, administrators, and support staff members or they will not be a part of the team.

Any violation of one or more of the rules covered in this handbook is an indication that this football program, and being a part of it, is not important to you. Any violation will be dealt with accordingly, ranging from “opportunities” to dismissal from the team. Those who work hard and adhere to these policies are showing that being part of this team is important and will be rewarded with success, satisfaction, and wins.

## ***ATTENDANCE***

All players are expected to be present and on time to practice.

1. Any player who is late to practice or has an excused absence will be held after practice or after the next practice to make up for the time they missed – Opportunities.
2. Any player who misses practice without notifying Coach Dampson in person, by email, phone call, or text ahead of time will be dealt with accordingly.
3. In the case of an unforeseen emergency, parent must contact Coach Dampson as soon as the situation allows.
4. All illness and sickness absences need to have a doctor’s excuse upon returning to practice to determine excused or unexcused. This does not mean that any time a player is sick or ill they need to go to the doctor, but any major illness and sickness that causes players to miss practice should seek treatment. Not feeling good is not an excused absence, and players will still need to come to practice to be evaluated by our trainer.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by the trainer or medical professional, but are in attendance for practice)
6. Any school absences (Dr. visit, dentist, etc.) that would be excused, may ONLY be excused through the JHS administration.
7. Please have plans to pick up players immediately after practice. Coaches cannot leave until all players have been accounted for.

## ***ACADEMICS AND SCHOOL ROUTINE***

All athletes are expected to be in regular attendance at school. We as a coaching staff will be very concerned with the number of absences our athletes will accumulate. Doing well in school academically will help students have more options in athletics. A 2.0 GPA is required to stay academically eligible to play sports. It is very important for our student-athletes to be in school and at practice.

Your conduct in class should be ABOVE THAT OF OTHER STUDENTS. If you need extra help in a subject, ask your teacher if you can come early before school, during the lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. WE NEED THEIR SUPPORT.

NO PASS, NO PLAY has been a part of athletics for such a long time. There should be no excuses for not knowing the consequences of failing a class. A student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at Jay High? It is both sad and embarrassing for parents of an individual who has failed and cannot participate to go to a contest and offer excuses for their athlete, when all he had to do was pass.

The coaches realize that only very few high school athletes will make a living playing or being involved in football after they graduate from Jay High School. We are all concerned and dedicated to the academic achievement of each Royal football player.

## ***LOCKER ROOM***

The expectation is that all players have workout attire and shoes for football practice every day. Players are responsible for dressing appropriately for practice.

Game pants and jersey will be issued on game days. Coaches will provide daily laundry cleaning for practice attire to ensure proper hygiene. A picture of a "perfect locker" will be posted for players to model their belongings after.

Every player is solely responsible for all equipment lost or stolen. **Locks for lockers are provided and are always expected to be used.** As soon as a piece of your equipment is noticed to be missing you should notify the coach and make arrangements to replace the items. **Cell phones must be used appropriately according to school rules.**

Do not wear football cleats in our dressing rooms. Latrines and toilets are to be flushed; showers and faucets are to be turned off after use. Put all trash in the trashcans. Take pride in what we have and at least keep it clean. **Remember - Don't leave anything out!**

Everyone is expected to behave appropriately in the locker rooms. Remember: we are a family and should treat each other with respect.

## ***TRAVEL***

Athletes are required to ride the bus to and from out-of-town games. Only authorized personnel can ride designated football transportation. School rules still apply on busses. If there is an emergency during the event, and an athlete must ride home with parents, the parents must sign out prior to leaving the event with their son or daughter.

## ***EQUIPMENT CARE***

All players must have regard for the equipment. Equipment care is very essential in maintaining good quality equipment for you and others to use while participating in the Royal football team. The average cost of outfitting you with essential and proper fitting safety gear is around \$700.00 per student/athlete. The costs continue to rise each and every year, so it is necessary for you, as the borrower, to take full responsibility for your equipment care. We only require players to purchase their own cleats and spirit pack. Everything else will be loaned to the athletes so we need to follow some simple maintenance steps for your borrowed equipment throughout the year:

- **Helmet: Cost \$250.00 and up**  
This is not a device made to use as a weapon. The use of the helmet other than a safety device is strictly prohibited:
  - ✓✓ Inspect & tighten facemask screws weekly.
  - ✓✓ Inspect & tighten chinstrap screws weekly.
  - ✓✓ Inspect chinstrap buckles weekly.
  - ✓✓ Wipe down your helmet weekly (inside & out) with a damp cloth.
  
- **Shoulder Pads: Cost \$200.00 and up**
  - ✓✓ Inspect all straps, strings, & clips weekly.
  - ✓✓ Tape all your straps after proper clip adjustment has been received.
  - ✓✓ Wash the molded plastic with a damp cloth.
  - ✓✓ Clean Shoulder Pads on a regular basis with a disinfectant
  
- **Pants, Girdle, Belt, T-shirt, Shorts, & Practice Jersey**
  - ✓✓ Wash them regularly to keep them from stinking, staining and housing bacteria.
  
- **Hip Pads, Thigh Pads, Knee Pads & Tail Pads**
  - ✓✓ Wipe these down with a damp cloth.
  
- **LOCKS on Lockers**
  - ✓✓ All players are required to have a lock on their locker in the locker room in order to maintain the safety of their equipment
  - ✓✓ If a player loses any piece of equipment then they are responsible for the cost of replacing it new!

***Players need to report any faulty equipment to a coach.***

## **HIGH SCHOOL FOOTBALL LETTERING POLICY**

Players that conclude the football season on the varsity football team in "good standing" are eligible to letter. Requirements would include: making 90 percent of all football practices and suit up for 90 percent of varsity football games and be in good standing. To be in good standing would include: 1. Participation 2. Academic Eligibility 3. Attendance 4. In-school citizenship 5. Conduct 6. Character 7. Cleared from equipment lists. Managers, "The Gridiron Gang," are also eligible for lettering and will receive similar accolades as players.

## **WEIGHT ROOM REQUIREMENT**

All football players will be required to participate in a weight-training program during the season and in the summer. The purpose of this strength training is to prevent injury, improve strength level, and to improve overall athleticism. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury. The coaches will be giving awards for weight room attendance and achievement.

## **INJURIES AND HEALTH CONCERNS**

*If you have an injury or health concern, please see the JHS Athletic Trainer, before going to a doctor.* If a player is taken to the hospital then Coach Dampson, the Athletic Trainer- Caiti Weber, or a JHS coach will notify a parent.

Players should report any updates in medical conditions or medications being taken to both the trainer- Caiti Weber and Coach Dampson. Players should also report health conditions such as skin rashes or mononucleosis to the trainer so appropriate action can be taken to prevent spreading to teammates.

*Any player who is injured and not participating in practice will spend part of practice (as determined by coaches and trainer) performing rehabilitation activity and part of practice getting 'mental reps' by analyzing practice.*

## ***TEAM MEALS***

Pre-game meals are a privilege at Jay High School. It is an honor to attend and should be realized by all players. A great many people put forward a tremendous amount of work to provide our meals. Take PRIDE in that and be thankful.

You may speak in a low voice while at the team meal, but no horseplay will be tolerated. If your actions take away from our team's focus, you may be asked to leave. The parents and supporters who give us the team meals are not your butlers and maids. Show your appreciation by acting polite and always disposing of your trash properly. Thank our supporters as you leave.

## ***NUTRITION***

Try to stay away from soda, energy drinks, fast food, fatty foods, fried foods, and sweets. Pasta, breads, meat, fruits and vegetables, and milk are preferred. Drink lots of water. On game days, do not consume soda and candy. Think healthy. The better you eat, the more energy you will have, and you will feel and play better. It is also very important to get at least eight hours sleep per night. Remember that as an athlete, you are always in training.

## ***COMMUNITY SERVICE***

We continually ask ourselves, "What is the mission of our high school athletic programs?" For some members of our community or for some parents, the answer would center on how well the team does in terms of wins and losses. This viewpoint would evaluate the season based upon winning the regional title or how far a team advances in the playoffs.

We associate educational athletics as being the intentional efforts of our coaches to teach skills, behaviors, actions, and attitudes that extend far beyond the X's and O's of our sports. Some of these positive character traits are: hard work, discipline, teamwork, perseverance, sportsmanship, respect and learning how to win and lose with dignity.

In addition to these we will add community service as another character trait that can be used in our pursuit of educational athletics. We define community service as giving back to the school and surrounding community through volunteerism. Service is doing something for somebody else without any expectation of getting anything in return. It is a selfless way for our team to give back to their community.

Throughout the year, the team will participate in several community service activities. These activities will have the secondary benefit of being team building events as well as allowing the players to claim hours for National Honor Society's and towards scholarships. ***Community Service is a Team Function!***

## ***TEAM BUILDING***

Team building has many key elements; the most important elements are earning trust, communication, and teamwork. These elements can be built in many different ways: through team camps, recreational events, community service, fundraising events and standard team preparation. Throughout the year (on and off season) the team will participate in several team-building events. The boys are expected to attend the Royal Football Camp for our youth during the summer. All the team building events will be posted on the website's calendar of events. ***Team Building Events are a Must!***

## ***WINTER WORKOUTS***

It is cliché, but championships are won during the off-season. Your football team is built December through July, not August through November. We will have off-season workouts during the school year after our regular season. These workout schedules will be posted on the website. They will include weight training, flexibility training and speed work. Participation is very strongly encouraged. Attendance will be taken for the team's records. Football is a contact sport and therefore it is very physical. Physical conditioning is very important to help prevent injuries and enable the Royal football team to compete at the high school level. It also provides players the opportunity to develop and maintain friendships with their teammates and build team spirit and camaraderie.

## ***SPRING PRACTICE***

Spring Training is very similar to the regular season in that the first week is used to help players acclimate to the equipment and the environment. Players will be sore after practice as their bodies adapt to the rigors of practice. Some practices may be scheduled on Saturdays in order to maximize time allowed before playing an opponent and to allow parents and fans to see our progress. This year our spring game is at Port St. Joe; however, we will hold a scrimmage the following Friday so fans can see the 2021 Royals in action at home.

## ***SUMMER WORKOUTS***

The summer is a time to get a jumpstart on our season. The amount of work you put in during the summer will largely determine the amount of success you have in the fall. Summer workouts are a necessity for a successful season. 7 on 7's and summer conditioning sessions are put together in order to provide for a better season. It is your goal to make 90% of summer workouts. Players attending approved combines or camps will be awarded workout credit for that day. Our objective this summer is to get better each day and enjoy ourselves. When you are going out of town or on vacation, let coach know BEFORE you leave. Be responsible and communicate with him. There are weeks built in as vacation days-see calendar. BE COMMITTED to your team and its goals.

**You are now a member of the team, and you are now willing to make individual sacrifices for the good of the whole team.**

## ***HAZING***

"Hazing" means any intentional, knowing, or reckless act directed against a student, by one person alone, or acting with others that endangers the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The term includes but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, and confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.
4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

**No student or school employee shall engage in any form of hazing, nor encourage or assist any other person in hazing. Acts of hazing and failure to report known hazing can result in criminal penalties.**

## ***DRUG AND ALCOHOL USE***

The use of drugs, alcohol, and tobacco will not be tolerated. The use of these products is damaging to your health and to the image of our football team. The possession or use of drugs or alcohol during school and/or football activities will result in punishment that is outlined in the JHS Student Code of Conduct Handbook and the Royal Athletic Handbook.

## ***SCHOOL SUSPENSIONS***

Suspension dictates that the student shall not be allowed to attend his/her regular classes or school-sponsored activities for a prescribed number of days and shall be declared ineligible (contests) for the period of the suspension (including weekends and holidays). Suspensions begin with the conclusion of school on the day of the suspension until the start of school the day the student returns from the suspension.

A third suspension within a competitive season may result in ineligibility for the remainder of the season in the case of football.

Any player suspended from school could receive the following consequences.

1. 1<sup>st</sup> Suspension = Coach's discretion based on the infraction (i.e. 1 game suspension)
2. 2<sup>nd</sup> Suspension = Coach's discretion based on the infraction (i.e. 3 game suspension)
3. 3<sup>rd</sup> Suspension = (different incidents of being suspended from school) = Removal from the team

## ***PLAYER PARENT CONCERNS***

We hope this handbook answers your questions and motivates you to become a superior student-athlete. This handbook is not intended to substitute for coach-player communication. Problems most often arise from misunderstandings, and/or lack of communication. We must be willing to search for answers and solutions properly if we are to progress as coaches, students, individuals, and as a team.

As the 2021 season progresses, you may at one time or another have questions in regards to a variety of different issues. Please feel free to contact Coach Dampson and every effort will be made to provide you with the information you need.

From time to time, you may have a concern about a specific aspect of your participation in our program. If you or your parent feels that a conference is needed to clear up your concern, one will be set up as soon as possible. To help solve your concern efficiently, you should follow these steps:

1. Player needs to visit with the position coach that his concern involves. Request a conference if necessary.
2. Player needs to visit with Coach Dampson. Request a conference if necessary. The vast majority of concerns will be worked out at this level.
3. Player needs to have their parent email Coach Dampson with his/her concern. Request a conference if necessary.

If you are not satisfied with what transpires at the above levels, the next step would be to speak with the Athletic Director. If all else fails, the Principal should be contacted.

**During the season, coaches WILL NOT discuss player/parent concerns (other than injuries) before a game or after a game. A parent may send an email, but a response should not be expected within this time.**

## ***COLLEGE RECRUITING PLAN***

Dealing with colleges and the recruiting process has today become an art between balancing the desires of student athletes and their families to play at the highest level with the reality of what colleges are looking for in a student athlete. We stress two important facts when addressing this issue.

-**The first** is that any opportunity provided will be a means to achieving an academic degree which should be held in the highest esteem in this process. Very few will get to play sports for money in the future, but athletics can provide many with opportunities to further themselves and to start on a path for a great career.

-**The second** is that you need to really want to play in order to be recruited. Everyone wants to play at a D1 university, but not everyone will have the intangibles they are looking for. To be successful in this process the student athlete and his family need to realize that if he wants to play, they need to go to the schools that want him. The most important role for me to take is to keep students and families informed of their options and requirements in the process. The following is an outline of what we cover with both student athletes and their families.

### **Recruiting**

#### A. Process

1. Recommendations
2. Letters
3. Coaches' Visit
4. 1<sup>st</sup> Cuts on Highlights
5. 2<sup>nd</sup> Cut on Game film
6. Campus Visits
7. Offers
8. Signing Day
9. Commitment vs. Signing

#### B. What to check for in a college offer

1. How much of the total cost of college does it cover?
2. What other money can be attained to cover the shortfall?
3. What are the requirements to attain the other amounts of money?
4. Is there an opportunity for more money if I can secure a starting position?

#### C. What can the student athlete do to assist the recruiting process?

1. Maintain a good GPA Goal: 3.0
2. Take SAT and ACT before the end of their junior year
3. Register for the NCAA Clearinghouse
4. Work hard- in season and off season
5. Be coachable, keep all social media accounts clean and in good standing
6. Maintain communication with interested colleges
7. Want to play at the next level

**Remember, scholarships are something that are in the hands of college recruiters – Jay High School does not hand them out. I have seen some great athletes fizzle out because the pressure on them to get a scholarship was so great. Insist on unselfishness. Usually good things happen to unselfish and hard-working people.**

## ***PARENT EXPECTATIONS***

**Be positive with your athlete.** Let them know you are proud they are part of the team. *Focus on the benefits of teamwork and personal discipline.*

**Encourage your athlete to follow all training rules.** Help the coaches build a commitment to the team. *Set a good example in your personal lifestyle.*

**Allow your athlete to perform and progress at a level consistent with his ability.** *Athletes mature at different ages; some are more gifted than others.*

**Always support the coaching staff when controversial decisions are made.** *The coaches need your backing to keep good morale on the team.*

**Insist on positive behavior in school and a high level of performance in the classroom.** *Numerous studies indicate extracurricular involvement helps enhance academic performance.*

**Stay calm in injury situations.** *Parents can help minimize the trauma by being in control and offering comfort. Allow the medical staff to perform their assessment of your son's injury. No parent is allowed on the field unless the training staff requests it.*

**Cheer for our team and players. Opponents and referees deserve respect.** *Realize that high school players will make mistakes. Your support is needed during tough times.*

**Promote having fun and being a team player. Very few high school athletes receive scholarships.** *Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.*

**An athlete's self-confidence and self-image will be improved by support at home. Comparison to others is discouraged.** *Encourage the athlete to do their best regardless of family or friends who may have been outstanding players.*

**Winning is fun, but building positive team values is most important.** *The concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.*

**Find the time to be an avid booster of school activities.** *Help build a solid support system for coaches and athletes.*

**Help students keep jobs and cars in proper perspective.** *Materialistic values can detract from the commitment to the team. Teenagers should have the opportunity to take advantage of extracurricular activities during the very short time they are in high school.*

**Athletes must attend all practices, games, and team events.** *Stress the necessity to make a commitment to the team.*

**Emphasize the importance of well-balanced meals and regular sleep patterns.** *An athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.*

**Persistence and being able to accept a role are extremely important for the team to be successful.** *Not everyone will be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.*

## ***PARENTS ATTENDING PRACTICE / REMIND 101 UPDATES***

All practices are open to parents unless otherwise notified. However, it is prudent for parents to stay off the field and not communicate with any players or coaches. The time allocated for practice is short, and all attention needs to be on practice.

Due to the intense focus and nature of teaching required in the film room, only players and coaches will be allowed to attend film sessions and team meetings. Also, parents will not be able to go into the weight room when the team is lifting. However, when the team is doing drills in the gym parents are welcomed to sit in and observe.

Parents, in an event of a time change to practice, games, events, etc. the coaches will send out a Remind Update. You can join our Jay H.S. Football Remind update list by texting **@2021jayr** to **81010**

## ***FUNDRAISING***

With the high cost of outfitting a player in quality football equipment (~\$700) and the added costs of field maintenance, supplies, camps, food, travel, uniforms, and more, it is essential that we perform various fundraisers since everything we spend has to be earned. We are also currently trying to raise funds for some long-term major improvements to the program. We have several fundraisers planned and the dates will be posted on the website's calendar of events.

## ***FUNDRAISING IS A TEAM FUNCTION***

One misconception is that all our game ticket sales go directly to the football program; they **do not!** A percentage of the money from our ticket gate goes to the school's general athletic fund and is a tremendous source for all school athletic programs. There are also other game-related expenses we must pay for such as security, ambulance service, ticket workers, and referees.

If you have any other ideas for fundraising or would like to serve on a fundraising committee, please let us know. We are always interested in hearing different ideas for how we can keep the fees low for our players.



## **2021 JAY ROYALS PLAYER/PARENT HANDBOOK**

**To indicate you have read and understand this handbook, please have your parent/guardian and you legibly print your name, sign, and date. Return to Coach Dampson.**

Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athlete's Printed Name: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent's Printed Name: \_\_\_\_\_



## 2021 JAY ROYALS VARSITY FOOTBALL SCHEDULE



Date	Notes	Opponent	Time
8/20/2021	Kickoff Classic	@ Graceville	TBD
8/27/2021		@ South Walton	7 pm
9/3/2021		vs Freeport	7 pm
9/10/2021		vs Walton	7 pm
9/17/2021	Sweet Water, AL	@ Sweet Water	7 pm
9/24/2021		vs Holmes County	7 pm
10/1/2021		@ Northview	7 pm
10/8/2021		@ Baker	7 pm
10/15/2021	OPEN		
10/22/2021		vs Port St. Joe	7 pm
10/29/2021	Homecoming	vs J.U. Blacksher (Uriah)	7 pm
11/5/2021		@ Chipley	7 pm

### **JUNIOR VARSITY SCHEDULE\***

Date	Notes	Opponent	Time
9/9/2021	Thursday	@ Baker	6 pm
9/30/2021	Thursday	vs Catholic	6 pm
10/14/2021	Thursday	vs Baker	6 pm
10/18/2021	Monday	@ Northview	6 pm

\*More games will be scheduled soon. This is what we have so far.

## ***2021 FRESHMAN (MIDDLE SCHOOL) SCHEDULE***

<b>Date</b>	<b>Notes</b>	<b>Opponent</b>	<b>Time</b>
8/31/2021	Tuesday	@ Earnest Ward	6 pm
9/7/2021	Tuesday	vs Escambia County (Atmore)	6 pm
9/14/2021	Tuesday	@ Escambia County (Atmore)	6 pm
9/21/2021	Tuesday	vs Baker	6 pm
9/28/2021	Tuesday	vs W.S. Neal	6 pm
10/5/2021	Tuesday	vs Earnest Ward	6 pm
10/12/2021	Tuesday	@ W.S. Neal	6 pm

***2021 FOOTBALL SIGN UP FORM***



***2021 FOOTBALL REMIND 101***

Text the number 81010 with the message  
@2021jayr