



Unity Select Nation

We are happy to welcome all players and parents to the Unity Select Sports Family. We are hopeful that this will be the most exciting and rewarding Football, Cheer, Basketball or Track season that you've ever experienced. Our goal is to develop well-rounded young men and women who will learn not only the fundamentals of their respective sport, but also the importance of education, teamwork, physical fitness and goal setting.

We, as coaches, will do our very best to ensure that each player is utilized to his or hers utmost potential and their talents are used to help the team achieve their goals. The team comes before individuals. Safety is our top concern. Many of the exercises, drills and team rules are established to ensure your child is physically and mentally fit for athletics. Each child is unique and will develop at his or her own pace. We will exercise their bodies and minds in an effort to develop the skills needed to be not just a normal athlete but an exceptional athlete.

TEAM RULES

- Keep up with your schoolwork. Poor grades in school and not completing homework will result in disciplinary actions by the coaches. If you get in trouble in school then you will be in trouble with your team. We only want good role models to be part of The U.
- If you don't practice, you don't play. All excused absences must be coordinated with the coaches. We do not have a minimum play rule. If you don't make an effort to attend practices, we as coaches are not required to play you. Generally a missed practice will result in a missed quarter of that week's game unless the absence is excused.
- Take care of your equipment. Let the coaches know if your equipment needs repair. Your equipment is the key to safety.
- Players carry their own equipment. They are the ones playing the game so they need to take responsibility for their own gear. Parents caught carrying players equipment will result in disciplinary action for the player. Don't be an enabler parents. Help us teach them responsibility.
- Respect other players. Remember your teammates are working with you, not against you. Any unnecessary aggression or violence towards another player will result in disciplinary actions. Even if the altercation happens away from practice. We are a UNITED family and that means we take care of each other **ALWAYS**.
- When speaking to adults, players will maintain eye contact and respond with Yes or No Ma'am, Sir, or Coach.
- Come to practice prepared to work. Every player must run a focus lap at the beginning of practice. This lap is where you clear your mind of everything and get focused on practice.
- Learn the rules of the game, especially the safety rules. Players who draw flags for unsportsmanlike conduct, late hits, or other serious safety violations will be disciplined

- The words “**I CAN’T**” will never be said **PERIOD!** Unless you feel like doing additional exercises. The coaches believe in you and your parents believe in you. **YOU** have to believe in yourself. We, as coaches, will never ask you to do anything that we didn’t believe that you could do.
- Most of all, **HAVE FUN**. This is still a game. If you’re not having fun, then we as coaches need to find out why you aren’t having fun and try to correct it.

DISCIPLINARY ACTIONS

Running is an everyday part of practice. On those few occasions when it is necessary to discipline a player for a minor infraction, like failing to pay attention, or talking while the coaches are talking, the player may be asked to run additional laps around the practice field, do pushups, or perform another exercise. If you feel like a punishment is too harsh, then please talk to the coach after practice away from the other players and parents. A player will be asked to leave practices early for more severe incidents (i.e. fighting or profanity). If a parent is not present, the player will be supervised until the child is picked up. The last resort is to use game suspensions. Coaches will use each of these sparingly. With such a high caliber of kids, severe disciplinary problems are not expected to be a problem on this team.

STARTING POSITIONS

During the first few weeks of practice the coaches will decide the best position for each player. A kid's attitude plays a large role in the position they play. The kid who has a bad attitude, who is oversensitive, or who demonstrates any sort of problem with a position will be passed over. A negative attitude is costly. When selecting starting players, **attitude** and **desire** wins over ability every time. If you wish to play a particular position, then make an effort to study the ins and outs for that position's responsibilities. Practice that position at home when you're not at football practice. Don't just say you want to be a quarterback and you have never been one before, nor do you practice the position on your own. When your number is called, even in practice, you have to be ready to perform. We will give you the chance to earn any position on the team. Make certain you do not neglect your assigned position while you are learning the new one.

WINNING

Nothing in life, including sports, is worthwhile unless you enjoy it and you gain something from the experience. Sure, we're trying to win football games and we are going to set our goals high, but it won't ruin our lives if we lose. Our football team should not believe that a football loss is a tragedy. All you can ask of our kids is to do their best. If we win, Great! If we lose, it's still Great because it provides us with an opportunity to learn and to adjust. Coaches that think only of winning don't belong in youth football. By the same token, we feel that we owe it to the players to do everything we can to make them winners.

We **PLAN** to win every game, because if you don't, then you need to ask yourself, which game do you plan to lose? And if you're planning to lose, why show up, or practice the week before? We're going to practice hard, we're going to play hard, and our scores will reflect this

COACHES

We view coaching as an awesome responsibility. Your coaches will:

- Get the players in shape
- Understand each player's potential
- Work on individual skills for each position
- Work on team execution of plays.
- Motivate, communicate, and lead by example.
- Perform the "behind the scenes work" that will give the players the maximum chance of success; like researching our opponents and doing necessary scouting.
- Teach the players the necessary skills needed to excel on the field, court, or track.

PARENTS

Parents are as important to the success of the team as the players. Without your support, then there can be no team. Coaches and parents must work together. Please keep the coaches informed about problems that may be going on with your child. If the child has been sick, taking medication, or going through some emotional trauma please make sure the coaches are made aware of the problem as soon as possible. **Parents and coaches must communicate with mutual respect.** Parents and coaches reserve the right to postpone conversations that are getting out of hand. Heated discussions have no place in front of the players.

Although many parents have coaching experience, and may have played on a higher level than the current coaches of the team, but please refrain from bad mouthing the coaching staff or talking about other kids at home in the presence of your player. Kids will run back and tell their friends what was said and that will be the start of a small cancer within a team that will continue to grow. If you have suggestions or ideas, please do not hesitate to present them to the coaching staff.

PRACTICES

Every week practices are different. New skills are learned, problem areas are corrected, and new plays are taught. Your child will be at a disadvantage by not making practice on time and regularly. Football Practices are held Monday through Thursday from 6pm to 8:30pm until the school starts. Once school starts, Practices will be toned down to 3 times a week from 6PM to 8PM. Practices days TBD.

HOME TRAINING

Proper nutrition and hydration is very important to a young athlete. Players need to drink as much water as possible every day; at least four to six glasses. Heat stroke is always a danger, despite cooler weather during fall, so it is very important to stay hydrated at all times.

Players need a high-carbohydrate diet, with plenty of fruits and vegetables and very few fats and sugars. We will not be endorsing any form of weight lifting other than standard calisthenics like pushups and sit-ups. We will be stressing proper nutrition and physical fitness throughout the season to our young athletes. We are only coaching your son for 4 possibly 6 hours a week. That's nowhere near enough training if you want your son/daughter to excel in athletics. When they are not at practice, I highly

recommend you have your athlete either get with a personal trainer, workout on his own, or simply stay Active doing something other than playing video games or waiting for football practice to work on football.

COMMUNITY SERVICE

Everyone who participates with The U will have to perform at least one community service event that will be hosted by Unity Select. Types of community services that will be offered will be street clean up, food drives for the hungry, distributing hygiene packets to the homeless etc.....Parents, please feel free to send us any ideas or information that would aid us in making our Unity Select Organization a pillar in our community by helping the less fortunate and by doing our part in keeping our community clean.

COMMITMENT

By signing this contract, I am committing myself to abide by all the rules and regulations set forth by Unity Select Sports. I understand that being a part of The U will be like having a second family.

I Promise to always give my best even when I don't want to.

I will respect ALL adults and my teammates

I will be coachable and never be a problem child.

I will maintain good grades in school or face being benched.

Most importantly, **I WILL HAVE FUN!!!!**

Parent Signature _____ **Date** _____

Player Signature _____ **Date** _____