

MIDDLETON FOOTBALL

PLAYER HANDBOOK



Mission Statement:

1. To provide a positive, enriching experience to Middleton High School
2. Assist in the development of productive young men; teaching personal skills such as dedication, commitment, self-discipline, sacrifice, achievement, organization, cooperation, teamwork, character and integrity.
3. Provide a framework for players and their families to have a positive experience.

Football Specific Goals:

1. Create a Football Family, one that will last well beyond the season.
2. Provide a competitive environment
3. Protect our home field
4. Compete year in and year out to win the Big 8 Conference Championship
5. Be a premier football program in the state of Wisconsin
6. Compete year in and year out to win the State Championship

Pillars of Philosophy:

1. Positive Attitude
2. Unselfish Commitment
3. Integrity and Character
4. Self-Discipline & Responsibility for Actions
5. Togetherness and Love

Pillars of Philosophy

1. Positive Attitude

We like to use the phrase “living the dream”. At Middleton High School, we get a great education, have the opportunity to participate in sports, music, co-curricular activities - - and all for minimal or no cost. All one needs to do is watch the nightly news to see the tough and tragic lives of others throughout the world.

- * Live in the moment.
- * Have fun and cherish the moment.
- * Create your own experience.
- * DO NOT judge your fun or positive experience solely on Friday night playing time.
- * Judge your experience on the relationships your form, on the hard work you exhibit, on being part of a team.
- * *The Big Time* is where you are right here, right now.
- * The only person you need to compare yourself to - is you.
- * Work to be the best version of yourself.

2. Unselfish Commitment

ACADEMICS: The expectation is that you are working to the best of your ability in all of your classes. Academic achievement is the highest priority of every one of our football players.

- * Players earning a D or an F in any class are expected to go to Homework Club.
- * Players earning a D or an F in any class are expected to go ASR with the teacher of the class in which you are struggling.
- * Players earning an F for a semester class are expected to enroll in summer school.
- * Every player is expected to be to class on time!
- * Remember the reason we are in school – to get an education, better ourselves, and earn a diploma.

ATHLETICS: Burn the Canoe! We use this term to illustrate all out commitment, about being *ALL IN*, about not making excuses. *A Championship Team develops when players are playing for each other above anything else.* It’s the arrival at the top of the mountain that will last, it’s those memories of the journey that will endure throughout a lifetime. It’s the bond between teammates that is both special and powerful.

- * As a football program, we fully encourage and support multisport athletes.
- * Multiple sport athletes tend to be more competitive, they work on being a better overall athletes – being trained in different ways.
- * They tend to handle adversity better.
- * They tend to do better academically.
- * They tend not to get rattled when the game is on the line.

You are **IN THE WEIGHTROOM**, Period! If players are in a winter and/or spring sport, they are getting a minimum of 2 work-outs in every week during the season. If players are not in a sport, they are getting a minimum of 4 work-outs in every week. We run training sessions in the winter, spring and summer for all athletes. During the school year we have training both before school and after school so athletes can choose whichever fits their schedule best.

- * Players are expected to do OUR Middleton work-out, not “their own thing”.
- * We place a high priority on having “common sweat” and/or “shared suffering”.
- * Bonds and team chemistry is built in the weight room before they are ever built on the playing field.
- * If you are not in a winter sport – your *sport* is the weight room.
- * If you are not in a spring sport – you *sport* is the weight room.
- * You all have innate talent – but remember: *Hard work beats talent when talent doesn’t work hard!*

3. Integrity & Character

We expect each other to treat all others with respect. Everyone deserves respect. That goes for each other, classmates, coaches, teachers, parents, and all others. The Golden Rule “Treat others as you would like others to treat you” always applies.

- * Aspire to be a great student, a great athlete, a great classmate, a great teammate, a great brother, son, a great overall human being.
- * Be on time.
- * Be honest.
- * Respond to setbacks in the proper way.
- * Do things the right way.
- * How you act, even when no one is watching – reveals ones true character.

Watch your thoughts; they become words.

Watch your words; they become actions.

Watch your actions; they become habits.

Watch your habits; they become character.

Watch your character; it becomes your

destiny.

4. Self-Discipline & Responsibility for Actions

You are expected to adhere to the MHS Athletic Code. Know the expectations and the rules. Violations to the code have a minimum consequence as listed in the MHS code book - - - To be clear, we are talking about drinking, smoking, drugs, attending illegal gatherings, bullying, among other things.

- * We all make mistakes (in all aspects of our lives). Own them, learn from them, and then move on.
- * Work hard in everything that you do.
- * When something doesn't go your way (on the field or elsewhere), don't look to blame others.
- * Take responsibility for your own actions. “Pull the thumb before you point the finger”.
- * Work to be the best version of yourself. Work hard in school, work hard in the weight room, and work hard on the field.
- * Those who make the commitment will never forget the experience and they will develop friendships that will last a lifetime.
- * Two overlooked factors of athletic success are nutrition and sleep.
- * It is your responsibility to be eating right and getting at least 8 hours of sleep at night.
- * If you want extra information on nutrition, see coach Rogeberg or any of our coaches.

5. Togetherness and Love

Whether in football, or life in general, we always operate better as a team. Everyone has their own interests, their own style, choice of music, etc. However, once we step on the field, we are all part of ONE TEAM and therefore individuality is left in the locker-room. We need to be TOGETHER! Championship caliber teams need a variety of roles filled by a variety of talent. Not everyone can be starter, just like not everyone can be a CEO of a company. Yet, every single role is extremely important. Just as in business, in a family, in life – all roles are extremely important. *Work to Do Your Best and Own Your Role.*

- * There is a place for anyone who wants to be part of MHS Cardinal Football!
- * We need to work together for the common good.
- * At times we may need to sacrifice what *we want individually* for *what we need collectively.*
- * If coaches ask you to play a position that is different from what you want – they are doing it because that is what the team needs.
- * If coaches ask you to play a different position – they are doing it because it may help you get more playing time.
- * Players are evaluated each day in practice by the coaching staff – who also are trying to put players in a position to be successful.
- * VR games are great avenues for players who may have limited playing time on Friday – to earn playing time on a Saturday morning.
- * We do our best as coaches to try to play everyone in VR games.
- * We always reserve the right to dedicate the first 2-3 quarters for the players who are “next in” on Friday nights.

Love one another. Be there for one another. The foundation of most of what we do stems from Love. Love the game, love your teammates, and love your family. Build relationships!

F.A.M.I.L.Y.

Forget About Me, I Love You

C Commitment

A Attitude

R Responsibility

D Discipline

I Integrity/Character

N No excuses

A All In

L Love

S Sacrifice