

*Billings West Golden Bear Football
Team Handbook*

Updated 8-08-2021



Our Tradition is displayed by who we are and what we do.

*We are Golden Bears...We are **BILLINGS WEST HIGH!***

State Champions- 1997, 1998, 2005, 2018

Playoff Appearances- 1977, 88, 94, 96, 97,98, 99, 2000, 01, 02, 03, 04, 05, 06, 07, 08, 10, 11,
12, 14,15, 16, 17, 18, 19, 20

Mission Statement:

What is a Golden Bear

To explain the experience of a team sport and pinpoint its success is very hard to articulate. This is true for most experiences where people are involved in interpersonal relations. The reason is, the knowledge gained or lessons learned are very hard to measure. GPA's or an aptitude test cannot measure the knowledge gained. It is difficult to measure intangibles. That would be like trying to measure one's faith or someone's capacity for love. What is learned is written on the hearts and minds of every member who participates and experiences. We measure our success by how well we have embraced the spirit and essence of those intangibles.

Our Core Values:

1. Preparation:

"I prepare so no one can take what is mine; no one can replace my mind, my heart."

~ Ray Lewis

2. Relentless:

"Relentless means demanding more of yourself than anyone can demand, knowing every time you can stop, you do more."

~ Tim Grover

3. Pride:

"Show class, have PRIDE and display character. If you do, winning will take care of itself."

~Paul Bryant

4. Competition-

"The best part of competition is that through it we discover what we are capable of, and how much more we can actually do than we ever believed possible."

~ John Wooden

5. Commitment-

"ALL in ALL the time"

Team Standards:

1. *Your team always comes first, be a good teammate.*
2. Academics have priority over athletics. Be a great student.

3. Have fun!

4. Be Coachable.
5. Body language matters, monitor it.
6. Compete!
7. Follow all school rules (code of conduct).
8. Win the city, beat Senior and Skyview.
9. Be on time, all the time.
10. Ask questions.

Practice Policies:

- Players will be at practice if they expect to play. The skills, techniques and game plans for our team to be successful are mastered during practice.
- Practice is where you earn the opportunity to play. Hustle, compete and be coachable on a daily basis.
- The only reason to miss practice at all levels is because of academics. Prior to missing practice, the student-athlete will communicate with his position or attendance coach.
- Injured players are expected to be at practice and meetings. Injured players will dress out in workout clothes. Our training staff will work with our injured players for rehab.
- Players who have an illness will need to communicate with position coaches. Players who are too ill to practice may be sent home. Players who miss practice for illness will sit one quarter for each day they miss. There is a vaccine.
- Teamwork, sportsmanship and the will to win are developed in practice before we can demonstrate the skills in games.
- During the season, **varsity players** will have Saturday morning film and “flush weight lifting”. Failure to show up for a Saturday session will result in one quarter missed the next game. Players will be excused for their **own** recruiting trips. Communicate with us.

**ALL PLAYERS WILL BE DEALT WITH ON AN INDIVIDUAL BASIS IN THIS PROGRAM
REGARDING CONSEQUENCES/VIOLATIONS OF TEAM STANDARDS.
All will be treated fairly and individually**

Missing Practice or Meetings:

1. **Excused Absence:**

Absences that are not in your control. Family issues, Dr. Appointments, after school make up quizzes or tests. If you miss the **entire** practice, the player will miss the first quarter of the next game. Communicate the absence **before** you are going to miss with your position coach. Communication will be made to your position coach or the head coach, not by a third party. **This communication is preferred face to face.**

Injuries and Illnesses will be dealt with on an individual basis throughout the season.

Consequences for non-practice (Excused/Weekly)

1st- Player will sit out the first quarter.

2nd- Player will sit out the first half.

3rd- Player will not play in the next game.

- If a player is injured he will attend all practices in workout clothes and shadow his position coaches during practice. He may also be doing rehab work with our training staff.
- All injuries will be reported to our excellent training staff.
- A player may be limited to practice because of injury or illness. This will count as practice.
- A player absent from school will need to let the position or attendance coach know.

2. **Unexcused Absence:**

Absences due to your choice or “things that you can control.” Family vacations or weekend retreats are not excused. We will have mandatory practice on Labor Day Monday.

Consequences for Unexcused practice:

1st- Conditioning and or suspension from the first half of play.

2nd- Conditioning and or suspension from the next game.

3rd- Player decides to remove himself from the team after a parent phone call.

3. **Late for Practice:**

- Conditioning.
- If excessive, limited playing time or suspension from games.
- Detentions will not be tolerated and the position coach will determine conditioning.

Awards:

- Team members will vote at the end of the season for awards.
- Coaches will vote for the following awards.
 - Leather Helmet Award/Lunch Pail Award/Rudy Award/Paul Klaboe Award of Excellence.
- The team will vote for captains at the beginning of the season. A leadership council will be appointed at the beginning of the season.
- The Coaches at the conclusion of the scrimmage will distribute the following numbers to two players.
 - #4, in the memory and honor of Michael Guelff and the Guelff Family.
 - #75, in honor of the man who built West High Football, Coach Paul Klaboe.
- "AA" coaches will vote on All-Conference & All-State Awards. The more games we win, the more will be represented on the team.

Letter Requirements:

- Juniors and Seniors who are committed to the program and play in varsity games.
- Freshman and Sophomores who contribute to the scout team at the end of the season and playoff run. Some Freshman will be asked by the coaching staff to practice at the end of their season, they will letter.
- Coach discretion.

Captains:

- 4-6 captains will be voted upon by the team at the start of the season. Senior players will be rotated for the coin toss prior to games.
- A leadership council will be set up prior to the start of the season by Coach Stanton. The council will meet prior to our "flush lift" on Saturday.

Communication/Support/Responsibility:

All three factors are needed to ensure the continued success of our program. The parents, players and coaches determine the success of our program. All three groups have an instrumental part in solving issues.

Process:

- If a player has an issue or concern about their role on the team, they need to contact their position coach after practice to communicate any and all issues. Student-Athletes need to self-advocate for themselves.
- If a player is unsatisfied with the conversation, the next step is a conference with the offensive or defensive coordinator.
- If a player is unsatisfied with the conversation, the next step is a conference with the position coaches, coordinator(s) and head coach and parents.
- If a player and parent feel the meeting was unproductive and the issue is not resolved, then the parent should schedule a meeting with the principal, AD, AC, head coach and player.
- We will not meet with a parent without the player. We will discuss your son only.

Coaches will exit after shaking the hands of our colleagues at road and home games. We will never discuss issues immediately after games.

- Anonymous letters and emails will be disregarded immediately.
- Parents who initiate emails, texts, phone calls, or letters and ask that we not share the information with their sons will not be honored. If a player asks, we will let them know of parent concerns.
- As educators first and coaches second, we usually do not answer our phones during the school day. The best way to initiate conversation is through email (emails are posted on the Billings West Football website).
- Please respect our time with our families in the evenings.
- We have many forms of communication for our Bear football family. Methods of communication will be addressed at the mandatory parent meeting.

Fees/Equipment:

- Fees of **\$180** are initiated at the beginning of the season prior to checkout of equipment.
 - Fees break down: \$30 activity, \$50 participation, \$100 equipment and spirit pack (shorts, shirts, socks).
- Players will not purchase jerseys until after their senior season if they choose to. The jerseys are now a part of the football program.
- Uniforms will not be altered in any way.
- Equipment issues and concerns should be reported to Coach James Stanton.
- Equipment issues will be dealt with before or after practice/meetings.
- Equipment that is not turned in (**lost or stolen**), players will be fined to replace.
- Locks are available in the activities office and all personal items and equipment will need to be locked up on a daily basis. Lock up your equipment!
- Stealing anything, including equipment from a teammate is the cruelest act you can do in our program. The dean's office will determine punishment.

Training Room:

- “Please” and “Thank You” are powerful words that should be used often.
- Seniority does not exist in this program. You do not jump the line!
- Once school starts, meetings begin at 3:20, taping needs to be done prior to.
- Treatments are done before and after practice.
- The training room is not a lounge, stay out unless you need treatment.
- Illnesses should be reported to the training staff.

Weightroom:

- It is expected that our players lift in our school, with their teammates, with the programs established by Mark Johnston. This is not negotiable, we lift at our school with our teammates.
- We expect our players to take a weights course during their sophomore through senior years at Billings West High.
- We lift with our teammates!

Playing Time:

- We guarantee playing time in all sub-varsity contests, provided the student athlete has met all game week participation requirements, knows the scheme and technique taught and is healthy to play.
- Playing time for sub-varsity games does not mean equal playing time.
- No one is guaranteed playing time for varsity games.
- Players must practice for **ten days** in order to play in games at the start of the season.
- The first 3 days of practice for every player will be without pads.

Miscellaneous:

- We expect our players to be in before midnight on the weekends and 10 pm on weeknights. This is a suggestion, we are not going to tell you how to raise your son. Rest, sleep and proper nutrition are instrumental in individual development and success.
- Those who are in violation of the SD2 policy will have to fulfill the required consequences the districts provide.
- _Be mindful of what you put on social media!
- _Harassment/Intimidation/Bullying will not be allowed by any member of the Bears Family (Players, Coaches, Parents, and Fans) this is a serious matter and will NOT be tolerated in this program. If this is happening it needs to be reported right away for further review by School District 2.