

St. Anthony Village High School Football Handbook



Huskies Football Players and Parent(s) / Guardian(s):

Welcome to another season of Huskies Football! The following information provides a brief informational and philosophical framework for St. Anthony Village High School (SAVHS) football.

The SAVHS football program is a competitive athletics program offering varsity, B Squad, and C Squad level teams for students in 9 – 12 grades. The C Squad is primarily 9th grade and 10th grade, B Squad will be determined by ability and depth of certain positions, Varsity consists of all players 10th through 12th grade and 9th graders who earn a spot.

A tradition of winning and excellence has been established for St. Anthony football. Our program's goal is to be the top football team in our conference at each level of competition.

With success and ambitious goals come high expectations from our program's athletes. St. Anthony Village High School football players will be disciplined and fundamentally sound, with an emphasis on fun, character, playing the game right, and working hard. We will achieve the most when players are playing football the way it was meant to be played while enjoying their experience and building memories that will last a lifetime. After leaving the field St. Anthony football players should be recognized as not only good football players, but respectful, classy young men.

Players and parents are encouraged to make the most of this opportunity and time spent competing in high school athletics. Be proud members of the football program, constantly strive to improve and find ways to help your team, but remember to keep high school sports in the proper perspective.

Parents, the football program relies on your support and volunteerism to ensure a successful season. Please be involved in the Touchdown Club and help in any way you can. But please also remember to help for the right reasons – to support your son's team.

In this pre-season program handbook, you will find an assortment of information attempting to improve communication and expectations between coaches, parents, and players. If you have any additional questions, please email me at tniklaus@stanthony.k12.mn.us or call 612 706-1117.

The coaches are looking forward to working with all of you and another great Fall of Football!

Todd Niklaus
Varsity Football Coach
St. Anthony Village High School

Table of Contents

Pg. 3	Athletics Department mission, purpose, and philosophy
Pg. 3	Program overview
Pg. 4	Contact information
Pg. 4	Team placement and playing time
Pg. 4	Fundamentals of sportsmanship
Pg. 4-5	Lettering and award policies
Pg. 5	Fee information
Pg. 5	Captains
Pg. 5-8	Team rules and expectations
	1. Eligibility rules
Pg. 8	Communication
	Parent roles and expectations
	Role of Booster Club if applicable
Pg. 9-11	Practice and game schedule
Pg. 11	Transportation and transportation rules
Pg. 11-12	Fundraising plans
Pg. 12	Uniform care

Mission, Philosophy, and Purpose

Mission Statement

St. Anthony Village High School is committed to an interscholastic athletic program based upon excellence, positive student interaction and the promotion of athletics as part of a complete and well-rounded education program.

Statement of Philosophy

The basic philosophy of the interscholastic athletic program of St. Anthony Village High School is to provide competitive athletic opportunities for boys and girls under the competent leadership of qualified coaches.

St. Anthony Village High School will strive for a winning tradition through developing pride, excellence, participation and community support in our athletic programs. The programs will be based on organized competitive sports which afford students the opportunity to develop valuable human skills necessary for SUCCESS in life.

The Purpose of Student Co-Curricular Activities

Student activities provide youth of all ages with opportunities to explore interests, demonstrate capabilities and benefit from personal growth in areas beyond those provided in the classroom.

Student co-curricular activities focus on the areas of academics and athletics, student leadership, arts, and student interests.

Building Character Through Activities

After school activities provide a superb medium for developing character in a young person's life. A competitive contest represents a challenge that involves planning, preparation, practice, facing the ordeal, winning or losing, reasoning, and finally, regrouping, a process we repeat over and over in our lives.

Program Overview:

Program description:	Competitive football played at the Varsity, B Squad and C Squad levels.
Coaches:	Varsity- Todd Niklaus, Eric Kronback, Jeff Peterson, Tom Brever, Dan Spriggs; B Squad- John Heltunen; Squad- Nolan Patrick , Dorian Myers
Length of Season:	12 weeks (plus playoffs) beginning 2 nd week of August
Practice times:	Prior to school 8:00am – 12:00pm during school 3:00 – 5:30
Competition:	8 games Friday nights for varsity, B, C teams 4:30 on Mondays
Eligibility requirements:	Must meet MSHSL, SAVHS, and team eligibility requirements.
Costs and/or needed equipment:	Activities fee (\$150), cleats everything else is provided by the school

Football Contact Information:

Todd Niklaus (Varsity Coach and Dean of Students): tniklaus@stanthony.k12.mn.us
612 706-1105

Please Contact me for all levels. I will forward the message to the proper coaches.

Team Placement:

Placement on the Varsity, B Squad, and C Squad is dependent on many factors. Some of the factors the coaching staff considers includes: practice attendance, attitude, work ethic, and ability.

C-Squad Team: No cutting. Athletic teams at St. Anthony Village High School are competitive, not primarily recreational as in the Middle School. The purpose of 9th/10th grade/c-squad athletics is to continue to develop players for varsity play. All participants will play in each contest if possible, but not necessarily on an equal basis with all other players. Players have different skill levels, attitudes, and levels of commitment, and these factors will be considered in earning playing time. In some cases a “B” game, an extra quarter, or other extended play will be added to a contest in order to allow less skilled payers to develop and have a chance at competition.

B-Squad Team: No cutting - same philosophy as 9th/10th grade/c-squad.

Varsity Team: A program for our most elite athletes. Playing time is given to those with the most athletic skills, the most determined attitude toward athletic endeavor, and the most consistent and demonstrable commitment to the sport.

Fundamentals of Good Sportsmanship

- a. Show respect for the opponent at all times
- b. Show respect for the officials
- c. Know, understand, and uphold the rules of the contest
- d. Maintain self-control at all times
- e. Recognize and appreciate skill in performance regardless of affiliation
- f. Show a positive attitude in cheering

Lettering and Award Policies:

To earn a varsity letter, a player must play in 16 quarters during the season. Coaches may also make lettering decisions based on their discretion – considering factors such as attitude, work ethic, and behavior.

The varsity coaches vote and award the following honors each year:

- Most Valuable Player Offense and Defense
- Most Improved Player

- Scout Player of the Year
- Pat Jensen Award

Fee Information:

Football costs \$150 per year. The family cap is \$530 per year, if your family has reached this amount your son's baseball participation cost will be adjusted accordingly. *Please make checks payable to St. Anthony Village High School.*

Captains:

Team captains are chosen by the players each season. Captains are relied on to communicate between coaches and players and provide necessary leadership and organizational duties.

Team Rules and Expectations:

The following is an outline of a variety of areas concerning expectations of Huskies football players.

Team profile

- Good students
- Good athletes
- Players with good attitudes
- Team players
- Players who want to get better and work hard

Appearance

- Look respectable
- No jewelry (MSHSL rule)
- Game day varsity players may wear their uniform to school

Preparation

- Cleats must be plastic
- All equipment in working order
- Be 15 minutes early for the bus, be ready for practice on time

Conduct and Behavior

- Respect the game!
- No swearing
- Hustle at all times
- Positive chatter- no criticism on the field, no criticism of opponents
- Always keep composure
- Remember we are representatives of the school and community
- No hazing

Practice

- a. Everything is done as a team in an organized fashion
 - 1. Stretching, running, throwing, set-up, pick-up, etc.
- c. All absences need to be communicated
 - 1. Call coach or see your coach in person
 - 2. Unexcused absences result in suspension

Eligibility

- a. Registration
 - 1. Participation fee
 - 2. MSHSL Eligibility Statement and Health Questionnaire (signed by participant and parent / guardian)
 - 3. SAVHS Eligibility Statement (signed by participant and parent / guardian)
 - 4. A physical on file from within the past three years
- b. No substance use (drugs, alcohol, tobacco)
 - 1. Avoid dangerous situations
 - 2. Do not play if you are unable to keep this pledge
 - 3. These rules are in affect 365 days a year
- c. Academics
 - 1. Maintain at minimum passing grades
 - 2. Proper, respectful conduct and behavior in the classroom
- d. School attendance
 - 1. Student-athletes must be in school (and on time to each class) every day
 - 2. Exceptions to this is family emergencies or pre-arranged appointments (arranged through the attendance office)
- e. Suspensions
 - 1. Players may be benched or suspended from play for infractions of any of the policies above, or for behavior unbecoming of a Huskies athlete. Examples of such behaviors include violations of the law, poor sportsmanship, and behavioral issues.
- f. MSHSL and SAVHS Substance Abuse Consequences

Class 1 Activities and Athletics (co-curriculars which have a regular schedule)

1st VIOLATION

After confirmation of the first violation, the student will lose eligibility for the next **two consecutive interscholastic contests** or **two weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the school year. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

2nd VIOLATION

After confirmation of the second violation, the student will lose eligibility for the next **six consecutive interscholastic contests** or **three weeks** of a season in which the student is a participant, whichever is greater.

Student will be referred to the school health awareness counselor.

Student will lose the right to be a captain in any athletic activity for the remainder of their high school career. If the student was a captain at the time of the violation, he/she will not continue in that capacity.

3rd VIOLATION

After confirmation of the third violation, the student will lose eligibility for the next **12 consecutive interscholastic contests** or **4 weeks** of a season in which the student is a participant, whichever is greater.

Student is ineligible to be a captain of an athletic activity.

PRACTICE:

While serving any penalty, the student must follow team rules and regulations governing practice. If these rules and regulations are not followed the penalty will not be considered served.

No student would be eligible for All-Conference honors or post-season awards after serving a suspension for a Minnesota State High School League violation that season.

Under this policy, in order for a penalty to be considered satisfied, the student must complete the entire season of the activity in which he/she participates and serves the violation's penalty. If a student fails to participate for the entire season, his/her penalty will not be considered served and must be served in its entirety in any subsequent activity in which the student participates.

Penalties incurred under this policy will be cumulative beginning with the student's first participation in a Minnesota State High School League sponsored activity or St. Anthony Village High School co-curricular activity and will continue throughout the student's high school career, including when school is not in session.

Any violations may be appealed through the Minnesota State High School League.

Communication

Communication is very important. Parents/Guardians should discuss all issues with your athlete first, and then contact the team's coach if necessary. Coaches have an open door policy but we want to talk to the players first.

- No player or parent should approach coaches before, during, or after a game to discuss an issue.
- Parents should discuss any issue with their child before contacting a coach or the Athletic Director.
- After talking to their child, parents may request to talk to a coach the following day.
- If the issues have not been resolved, then the Athletic Director will intervene.
- If the issues are still not resolved, then the Principal will be consulted.

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches:

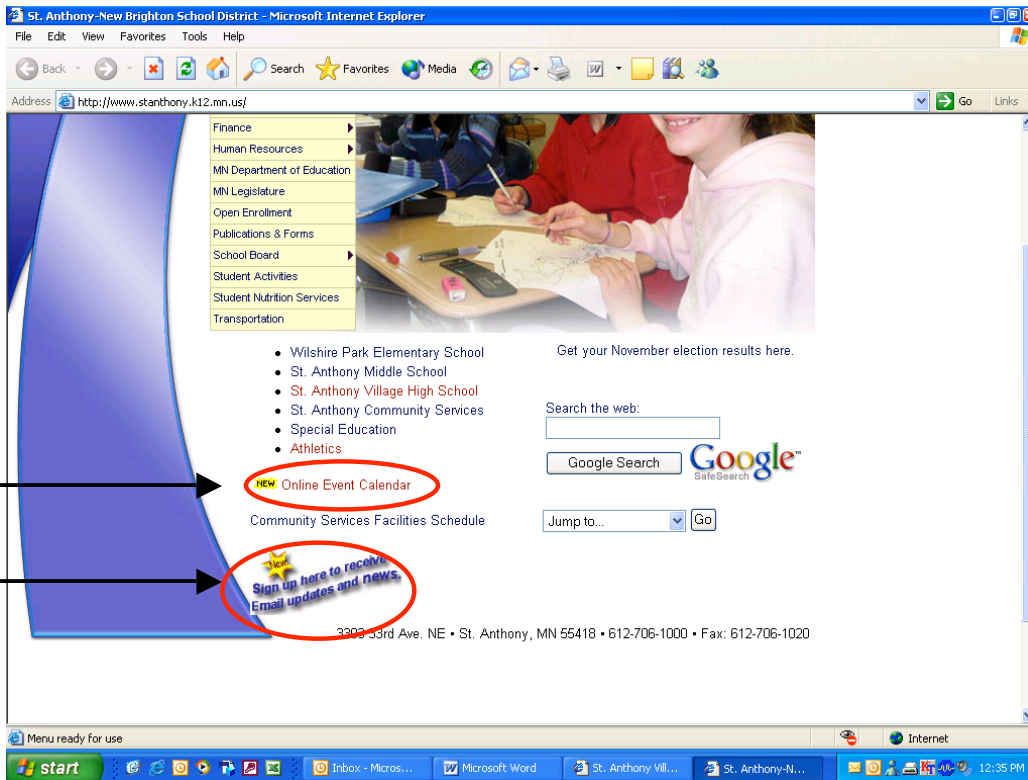
- Playing time
- Team strategy
- Play calling
- Other students / athletes

Practice and Game Schedule

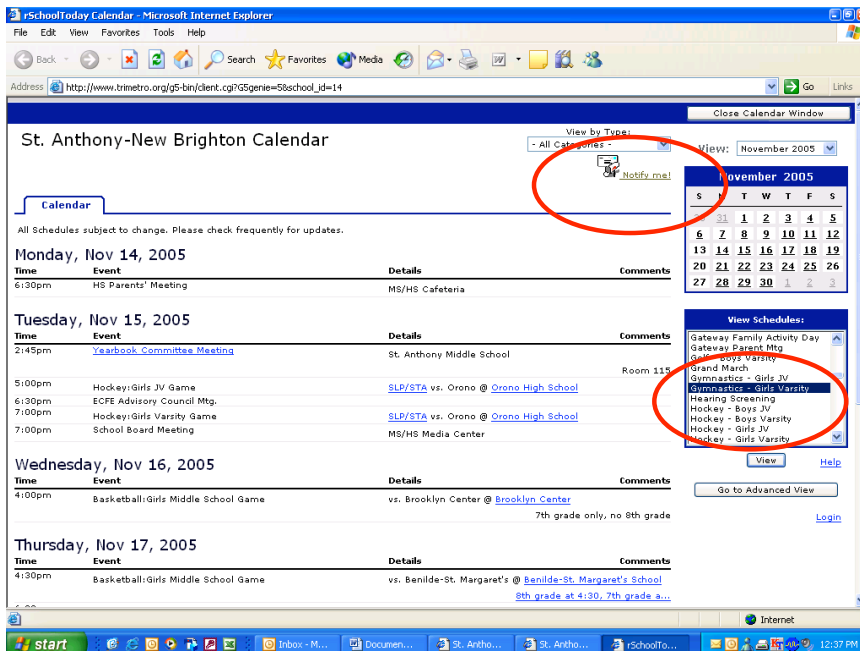
Practices will be held each weekday during the season and in some cases on a Saturday for the varsity team. Indoor practice times vary greatly and will be posted on a weekly basis. Outdoor practices are from 3:00pm to 5:30pm each day. Practices may be shorter than the 2.5 hours scheduled.

To view the most up-to-date game schedule for each team, and for email updates of SAVHS Athletics news, please follow the directions below:

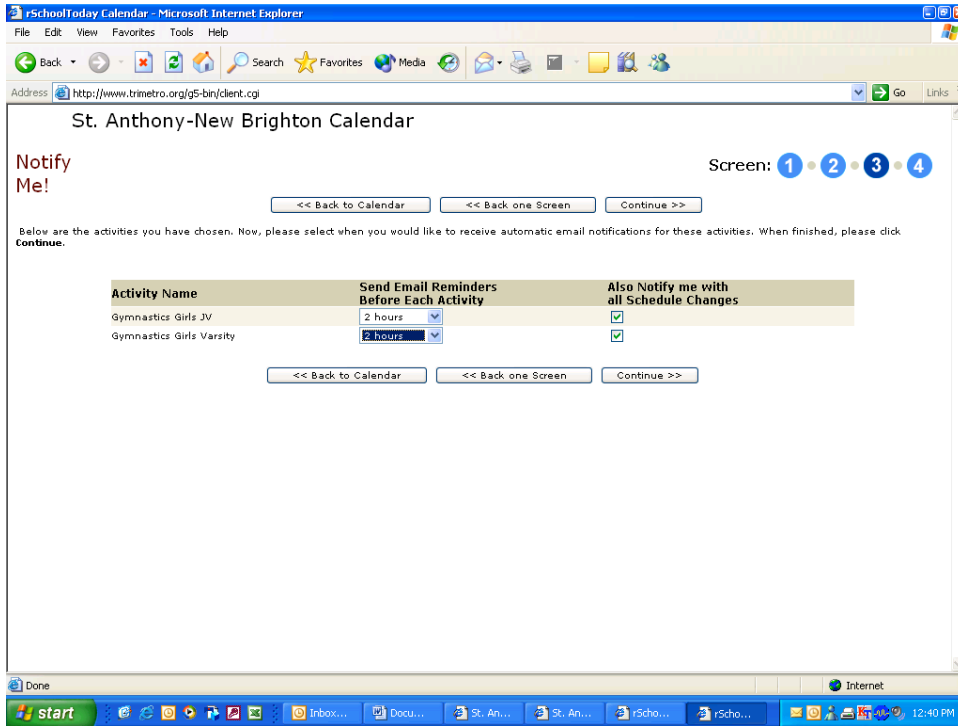
1. Go to the district website at www.stanthony.k12.mn.us



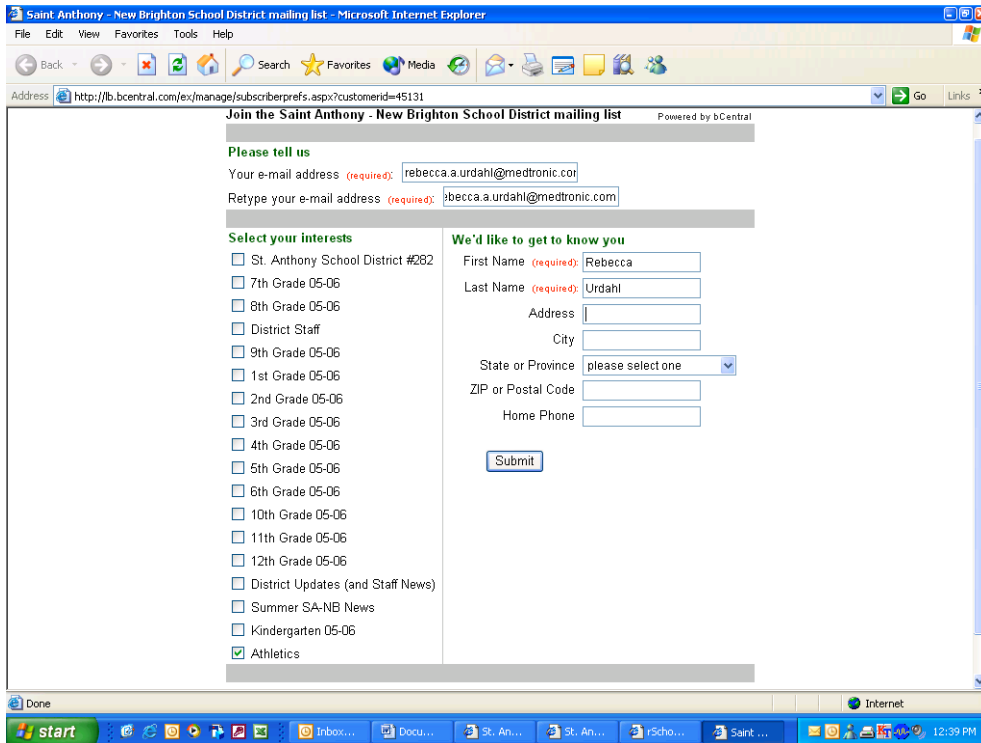
2. Click on Online Event Calendar
3. Choose the baseball team you wish to see and then “View” to see schedule
4. Click on “Notify Me” to get email updates of schedule changes and/or email reminders of events



Notify Me!



5. Back to district home page – Click on “Sign up Here to Receive Email Updates”
6. Check “Athletics” and fill out info



Transportation:

Teams will travel by bus to games. All school rules apply when traveling. Players are expected to take good care of the bus and be courteous to the driver. On longer trips the team may stop for dinner on the way home, players should bring meal money when necessary.

When a bus is provided all team members must ride on the bus to and from the game. Players may ride home with their parents if a signed note is provided and handed directly to a coach.

Fundraising:

Fundraising has become a high school athletics necessity. Players will be asked to commit to a few fundraisers each year, including bagging groceries, working at VillageFest, and selling Varsity Gold Cards. There may be additional needs and opportunities that also arise.

Uniforms - Equipment

Players are responsible for the care of their football equipment. If something needs fixed please talk to a coach. Uniforms are turned in after each game and the coaches take care of washing them.

Let's have a great year!

Todd Niklaus
Varsity Coach Dean of Students
612 706-1117
tniklaus@stanthony.k12.mn.us

John Heltunen
B Squad coach

Nolan Patrik
C Squad coach