

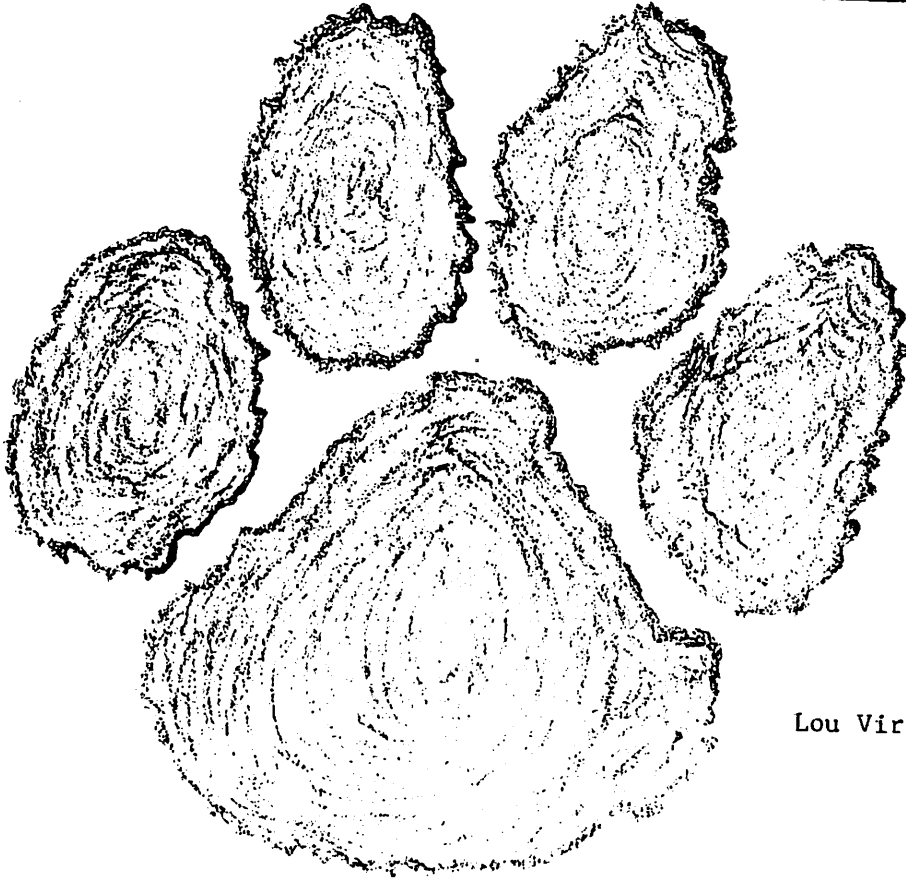
LACEY TOWNSHIP FOOTBALL

"LION COUNTRY"

It has often been said that some of the best high school football played in the United States is that which is played in New Jersey. It takes pride, hard work, and determination to make a team succeed. We trust that you will enter our football season with the attitude to meet the challenges which are ahead.

American football got its start in the state of New Jersey over one hundred years ago, 1869 to be exact. During the long history of this great sport the country has witnessed its ups and downs. But within the last pair of decades, football has grown into a magnificent spectacle - its glamour and ability to exist has made our fellow countrymen declare it the nation's #1 spectators sport.

What you and the team do on the gridiron represent to many people a show window of our high school. We must work, not only to uphold that reputation, but to enhance it -- this is our greatest challenge.



Lou Vircillo

INDIVIDUAL DISCIPLINE IS THE KEY!

I.

GENERAL PRINCIPLES AND POLICIES OF CONDUCT

Treat everyone as you would like to be treated.

Act like a man and you will be treated as one.

You know right from wrong---avoid doing wrong.

A. Training Habits Made by the Coaches

1. No smoking
2. No alcoholic beverages or the use of illegal drugs
3. No absences or tardinesses from practice
4. Get proper rest - at least 7 hours of sleep
5. Eat well-balanced meals
6. Keep your faith
7. Study!!

B. Practice

1. We practice every day, rain or shine.
2. If you must be excused from practice, report in person before practice; do not send a friend.
3. If you are sick enough to be in bed, you should call one of the coaches before practice.
4. You are to report to practice every day, even though you consider yourself injured, unless confined to your room or to the hospital.
5. Each injury is to be reported after practice before you leave the locker room.
6. Profanity will not be tolerated at practice or in any other association with football.
7. You are to report to practice at your assigned time.
8. Appointments for haircuts, dental work, etc., could be arranged not to conflict with practice if at all possible.
9. At practice we run from the gym to the practice field, from one practice area to another, and when leaving the field.
10. No one goes to the practice field until 15 minutes before the practice is scheduled then you go with a purpose to improve your game. When the whistle blows to begin practice, you hustle.

"THOSE WHO WISH TO EXCEL MUST GIVE FAR BEYOND THE AVERAGE"

C. Equipment and Locker Room

1. You are responsible for all equipment and its maintenance; e.g.: cleats, laces, pads, etc. Remember the Golden Rule in regard to your equipment. Never abuse your equipment such as slamming your helmet or sitting on it, etc.
2. You are to contribute to the neatness of the locker rooms, shower, and trainers' room by disposing of tape and placing all of your equipment properly in your locker before taking your shower.
3. Personal valuables should be locked in your locker. Do not bring large amounts of money and excessive valuables to practice.
4. The locker room is the nerve center of our squad - horseplay is out.
5. If you leave the squad for any reason, you will turn in all equipment and playbook immediately.
6. All that takes place at practice or in the locker room is confidential. Treat it so. Always be a booster of your teammates.
7. Our managers are as important to our team as the players and coaches. Be grateful for their services.
8. We put our football shoes on outside and remove them and pound the mud off before entering the locker room.
9. Your notebook is important to you. Guard it closely.
10. Remember - No one ever scored a touchdown in the locker room.

D. Penalties

1. For leaving your locker unlocked at any time you leave the locker room.
2. For every piece of equipment you leave outside of your locker.
3. For equipment worn or taken away from the gym or practice field unless authorized by the coaches.
4. For profanity.
5. For stealing.
6. For tardiness.
7. For conduct unbecoming.....

E. The Games and Trips

1. While traveling, wear clean and neat clothes, be on your best behavior, and also have that burning desire to win. Coats and ties are strongly recommended.
2. If we think enough of you to take you on a trip, we expect you to be courteous enough to return with us.
3. On the field, loss of self-control is a sign of weakness. Slugging, dirty football is the result of a man's inability to do this job correctly. We will not tolerate it.

"IT'S AMAZING WHAT A GROUP CAN ACCOMPLISH WHEN NO ONE CARES WHO GETS THE CREDIT."

4. You are responsible for packing your equipment before the trip and after the game. You are also responsible for unpacking and stowing your equipment properly upon returning to the locker room.
5. We expect you to respect the football officials, coaches of other teams, faculty members, etc. We want you to be a gentleman at all times.
6. Our team or you as an individual may be the only contact that some people will ever have with our high school. It is to everyone's interest that any association with our football squad be good. This should be remembered while traveling in our bus, or any time we are representing our high school.

II.

COACHING STAFF PHILOSOPHY ON THE GAME

There are two types of factors which affect the game of football: the controllable and the uncontrollable.

A. Uncontrollable Factors

1. Opponents ability and size
2. Weather conditions
3. Location and condition of field
4. Game officials
5. Tactics of opposing coaches and teams

Since the above factors are beyond our control for this year at least, it may be assumed that talking or griping about them is a waste of time and energy.

B. Controllable Factors

1. Our Physical condition
2. Our individual and squad spirit
3. Our individual effort
4. Our team execution
5. Our own personal courage to maintain hope and to always give 100% effort.

These are the factors over which we have control and which we stress simply because these are the things we CAN do something about. We should never, for example, be out-conditioned or out-spirited. Our alertness on the playing field, our desire to excel, and the way we work together as a team depend only on our own individual and collective effort.

~~"THE REASON SO FEW REACH THE TOP IS THAT NO SUCCESSFUL METHOD HAS BEEN DEvised BY WHICH A PERSON MAY SIT DOWN AND SLIDE UPHILL."~~

C. The Football Code

Traditionally, football is the game of the schools and colleges. As such, only the highest standards of sportsmanship and conduct are expected of players, coaches, and others associated with the game. Football is, and should be, an aggressive, rugged contact sport. However, there is no place in the game for unfair tactics, unsportsmanlike conduct, or maneuvers deliberately designed to inflict injury. Rules alone cannot do away with all unnecessary roughness, unfair tactics, and unsportsmanlike conduct. Only the continued best efforts of coaches, players, officials, and all friends of the game can preserve the high ethical standards which the public has a right to expect in America's foremost collegiate sport.

D. The Game - Victory or Defeat

If playing football this fall is worthwhile at all, it is worth your best efforts. It is very important that you play to win, and in football, that means doing your best all the time. Don't confuse a good loser with a good sport. We want you to be a poor loser because we know that if you play to win, and lose, it hurts! Good sportsmanship means that you control your feeling in victory or in defeat. We want you to be very humble in victory and to make no excuse nor seek the comforting illusions of alibis when we lose. The personal courage and control you can develop will go a long way towards making a man. The only real defeat is if you don't do your best all the time! Personal courage will not always prevent you from being knocked down, but it will see that you don't stay there.

E. Introduction

Before studying our system, we might keep a few things in mind. Today in modern football, a player must have something besides mere "guts". They help, but football today, to be successful, has to be smart football. This means lots of study, not only of our blocking rules, keys, and the backfield patterns . . . BUT ALSO STUDY ALL WORK ON YOUR INDIVIDUAL TECHNIQUES - IN OTHER WORDS, THE FUNDAMENTALS. Good fundamentals win football games.

This football season depends upon you and YOU only. The coaches only work out the mechanics and the techniques. THE PARTICIPATION AND DOING ARE UP TO YOU.

1. The way you study the game
2. The way you work on your own weaknesses
3. The way you improve on your fundamentals
4. The way you cooperate with your teammates
5. The way you get and keep in condition
6. The way you desire personal contact
7. The way you are rough, not dirty
8. AND ABOVE ALL, THE WAY YOU IGNITE A BURNING DESIRE TO PLAY WINNING FOOTBALL

"THERE ARE NO MIRACLES IN MEN WHO DO NOT BELIEVE IN THEM."

F. Football Varsity Letters

1. To be considered for an award, an athlete must be available for playing in four games of the varsity schedule.
2. Having met the first requirements, he must play in fifty per cent of the quarters of the games for which he is available.
3. He must be recommended by the coach.

G. The Basic Elements

There are constants in the teaching of football which are the basis of successful performance. If we fail to realize the importance of these fundamentals and foundations of the game, we will never realize the real objectives of the sport.

The following are the fundamentals we consider as constants in the game of football:

1. Players must have fun if they are going to receive the benefits of the game.
2. All members of the football family -- players, managers, trainers and coaches -- must be equipped with a burning desire to be a winner.
3. The physical and mental conditions of the players cannot be anything less than the maximum of each individual. With this, their equal opportunity for victory, an OUT-CONDITIONED TEAM CANNOT WIN.
4. Football is a game of great emotions and a team will never be successful if it is not capable of developing a great feeling concerning victory or defeat.
5. The benefits derived by the players are the basic objectives of football game.
6. There is no easy way to prepare for a football season or for a football game.
7. "Football is contact and movement - if a player has excellent movement but won't make contact he will never be a winner. Conversely, if an athlete loves body contact, but is so slow he never gets the ball carrier, he will never be a winner either" - Bear Bryant
8. All men must realize and participate with the full knowledge that football is rough and tough and requires the best of each player.
9. Size is no substitute for speed, and speed is no alternative for courage.
10. It is never a disgrace to lose a game, but in football, it is a disgrace to be out-desired, out-fought, and out-hit.

H. Following are Some Guidelines for Conduct on the Football Field

1. Talking to your opponents:

Talking to your opponents, if it falls short of being abusive or insulting, is not prohibited by the rules, partly because it ought not to be necessary and partly because no rule can make a gentleman out of a mucker. No good athlete

"THE HARDER THE CONFLICT THE MORE GLORIOUS THE VICTORY!"

is ever guilty of cheap talk to his opponents.

2. Talking to officials:

When an official imposes a penalty or makes a decision, he is simply doing his duty as he sees it. We are on the field representing the integrity of the game of football, and his decision, even though he may have made a mistake in judgment, is final and conclusive and should be accepted. Even if you think the decision is a mistaken one, you accept it and do not whine about it. If there is anything to be said, let your captain do the talking. That's his business. Yours is to keep quiet and play the game.

"IT IS NOT SO MUCH WHAT WE KNOW AS HOW WELL WE WILL USE WHAT WE KNOW."