

**GOLDEN BEARS  
FOOTBALL  
2022  
PLAYERS MANUAL**



**“GOLD STANDARD”**

# **"NO EXCUSES"**

"To achieve success, whatever the job we have, we must pay a price." "Success is like anything worthwhile. It has a price. You have to pay the price to win and you have to pay the price to get to the point where success is possible. Most important, you must pay the price to stay there." "Football is a great deal like life in that it teaches that work, sacrifice, perseverance, competitive drive, selflessness and respect for authority, is the price each and every one of us must pay to achieve any goal that is worthwhile."

"Once you agree upon the price you must pay for success, it enables you to ignore the minor hurts, the opponent's pressure, and the temporary failures."

## **-Vince Lombardi**

If you are reading this Manual you are a candidate of a very select group, a 2021 Temecula Valley Golden Bear Football Player. Never again will this very select group of players and coaches gather together, united in purpose. You, among with your teammates, have a unique opportunity to combine talent and hard work to earn a winning season and make it **BACK** to the **CIF CHAMPIONSHIP**.

### **Mission Statement:**

- Ø Develop student/athletes who are committed to personal excellence and team success.
- Ø Provide inspirational and motivational environment where preparation, practice and hard work generate legitimate opportunities for success.
- Ø Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.
- Ø Create a consistently exciting and entertaining program that generates huge levels of support, pride, and tradition for all in our community to share.

As you look at the schedule, you will see we play many quality opponents. In order to beat them on the field we must be **BIGGER, STRONGER, FASTER**, and more **UNIFIED** than THEY expect us to be. We cannot succeed in these pursuits if you don't commit, individually, to lift and to run with a purpose this Off-season, By **BELIEVING** and **FOLLOWING** the workouts.

### **What a Commitment Means:**

1. For the next several months, you will be required to put your scholastic work and football above other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
2. You are here at Temecula Valley High School to get an education first. School must come first. Those not ready to work in the classroom should not be out for football.
3. **ATTENDANCE IS MANDATORY** both for classes and your football program responsibilities (meetings, practice, weight training, and games). Be on time always.

4. Golden Bear football players must conduct themselves with class at all times. We must exhibit good sportsmanship on the field and good citizenship off the field. Every action of a team member reflects on their coaches, teammates and school.
5. Respect your teammates and coaches. Use the Golden Rule. Treat others, as you would want to be treated. We must pull together as a team if we are going to have success as a team.
6. There is NO room in our program for those who abuse their bodies and minds with drugs. Violations will result in disciplinary action according to the TVHS rules. They give up all the rights to any season awards or honors, which they have earned but have not yet received. As well as any they might earn upon their return from their disciplinary action.

**A Commitment:**

- Will cost you.
- Counts the most in the toughest of times.
- You will know ~ if you're committed ~ on decisions you make while all alone.

The rewards of **Total Commitment** do not come instantaneously, but the rewards come after a lot of sacrifice, effort, disappointment, and heartache. However, the real rewards for **Total Commitment** will last a lifetime.

Someone once said; "Private Victories must occur before Public ones." If this is true, our private victories will happen when you push yourself and your teammates, through our spring strength and conditioning program, as you train to increase your strength and power, gain quickness and improve your speed. Then we can reap the rewards of hard work, experience public victories on the playing field, and celebrate after our wins.

As you know, the team goals are aggressive and it will take a tremendous team effort to reach them, **BUT, IT ALL STARTS AND FINISHES WITH YOUR COMMITMENT THIS SPRING.** If you have any questions about the SPRING program, call me, text me or email me: [bert.esposito007@gmail.com](mailto:bert.esposito007@gmail.com)  
Cell #: 951-541-3179.

Yours in New Victories,

**Coach Esposito**

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**Vision Statement:**

- To develop well disciplined student/athletes who strive for educational and athletic excellence. This will carry into all phases of these young men's lives.

**Mission Statement:**

- Develop student/athletes who are committed to personal excellence and team success.
- Provide inspirational and motivational environment where preparation, practice and hard work generate legitimate opportunities for success.
- Emphasize the importance and development of fundamentals and techniques necessary for positive experiences in football and in life.
- Create a consistently exciting and entertaining program that generates huge levels of support, pride, and tradition for all in our community to share.

**Core Values:**

Commitment:	Be committed to personal excellence. Our goals must be a priority.
Integrity:	Do what is right. Be honest and loyal to parents, coaches, teachers, classmates, and ourselves.
Pride:	It is a personal commitment; it is an attitude, which separates excellence from mediocrity.
Teamwork:	Teamwork is achieved when individuals make personal sacrifices to work together for the success of the group.
Discipline:	Means being mentally and physically tough, to continually improve and become the best athlete, coach, mentor, student, teacher and family member we can be.
Effort:	Give everything we have in everything we do.

## Introduction

The primary purpose of this handbook is to acquaint you with the rules and policies of the Temecula Valley High School Football team. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this book you do not understand, please bring it to my attention as soon as possible.

I firmly believe that you have a great desire to win a championship and are willing to work in order to accomplish this goal. If we did not believe this thoroughly, neither you nor I would be here. Our policies have been put in this booklet so you could refer to them from time to time during the course of the season. It is to be treated in the same manner as your personal equipment.

This handbook was not made to disrupt the line of communication between you and your coaches, but to encourage it. This is not my football team, but it is ours. You have told me that you wish to be a part of a great football team and program. This can only be accomplished when you know what is expected of you. In the event you disagree with any of the policies in this handbook, see me at your earliest convenience. I want the same thing as you, and that is a championship.

### What a Commitment Means:

1. For the next several months, you will be required to put your scholastic work and football above other social activities. Success in both these areas requires a lot of time, hard work and great sacrifice.
2. You are here at Temecula Valley High School to get an education first. School must come first. Those not ready to work in the classroom should not be out for football.
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6. There is NO room in our program for those who abuse their bodies and minds with drugs. Violations will result in disciplinary action according to the school rules. They give up all the rights to any season awards or honors, which they have earned but have not yet received. As well as any they might earn upon their return from their disciplinary action.

### A Commitment:

- Will cost you.
- Counts the most in the toughest of times.
- You will know ~ if you're committed ~ on decisions you make while all alone.
- The rewards of Total Commitment do not come instantaneously, but the rewards come after a lot of sacrifice, effort, disappointment, and heartache. However, the real rewards for Total Commitment will last a lifetime.

### Definition of Class:

Class is the respect of others. It is deep and genuine respect for every human being, regardless of their status in life. Class is having manners. It is always saying thank you and please. It is complimenting people for any and every task that is well done. It is treating people, as you want them to treat you in similar situations. Class is about avoiding using profanity on and off the field. Class is never making an excuse for your own shortcomings. It is always helping the other person bounce back from a mistake. Class means that you never boast or brag about your own accomplishment and it means that you never tear down or diminish the achievements of another person.

### Showing Class on the Field:

Class is sportsmanship. It is playing by the rules at all times. It is showing respect for your opponents and for the officials. It is shaking your opponent's hand after a game - win or lose- and giving him credit for their efforts. Class is never "showing up" your opponents by hot-dogging or cheap talk. Class is playing every play hard and expecting your opponents to play hard also. Class is being humble and gracious in victory and congratulatory in defeat. Class is being loyal to your teammates and coaches in both adversity and glory. Act like you are supposed to score and that you have done so before. Celebrate a win as if you expected to win.

### GOLDEN BEAR PRIDE:

It is a privilege to be a member of this football squad and to be a Golden Bear. The time, effort, and energy we all spend in making our program a success is based on a strong conviction that football and an education will provide some of your greatest values and most rewarding moments. Take pride in everything you do as part of our program, for in football as in life, the success you enjoy will result from the effort you are willing to give to be a winner. Temecula Valley High School Football has committed to PRIDE and EXCELLENCE. Remember the players who came before you everytime you walk into the locker room, weight room, step on the field, or wear a Golden Bear Football Uniform. Remember you are setting the example for those who will follow in your footsteps. You are a Golden Bear all the time and forever.

### Teamwork

Teamwork divides the work and doubles the success. It is the fuel that enables common people to attain uncommon results!

Being a part of a team, we accomplish more, faster. Support, compassion, and caring will inspire everyone to keep peace, and then, lead in spite of pressures, hardships, or fatigue. It is a reward, a challenge, and a privilege to be a contributing member of our TEAM!

## Player Regulations and Expectations:

### On the Field Guidelines:

1. Practice like a winner. Games are won and lost on the practice field.
2. We expect a serious, business like attitude on the field. There is NO time for horseplay.
3. Practices are a time to do and learn. Pay attention to your coach when he is teaching, "LOCK IN".
4. When a coach is talking to an individual who plays your position, pay attention; get to a position where you can hear.
5. Know the drills ~ how to set them up and get them going. Don't wait for the coach.
6. Helmets must be worn at all times, unless a coach tells you to take your helmet off.
7. Never, ever sit or lay down on the football field. Rest on one knee. Don't let water interfere with the drill.
8. Know the practice schedule.
9. Know the importance of the scout teams and respect them.
10. Always know the tempo of the drill you are in at practice (full speed, walk through, no tackle, etc.)
11. The key to your individual success and our team's success is the total preparation we achieve in practice. There are NO limits to HUSTLE! (sprint everywhere we go).
12. Know and accept your role on this team unconditionally. Not everyone can be a starter on a football team. It is up to you to accept the role that the coaches assign you. If you cannot accept the role that has been designated by the coaches, you should not be part of this football team. **IF YOU DO NOT HAVE A STARTING POSITION, IT IS UP TO YOU TO WORK YOUR WAY INTO A STARTING POSITION.**
13. Have FUN!
14. LEAVE THE FIELD WITH NO REGRETS!!!!

### Off the Field Guidelines:

1. Think about being successful. Spend time off the field thinking about your assignments. Picture yourself executing your skills and technique perfectly.
2. In between practices is the best time to communicate (ask questions) with your coach.
3. Never leave practice with a negative attitude or complaint. Talk your feelings out with your coach or the head coach. Get things squared away; if you don't, then little problems and misunderstandings become major problems.
4. Be a positive person. Don't complain or talk negatively to or about our teammates, coaches, or program. It only causes morale problems and dissension. See your coach if you have a concern about something.
5. Rumors and Gossip - Don't listen to rumors, don't start gossip. Rumors are usually wrong and only lead to bad feeling for everyone.



## Team Rules:

### 1. Attendance is MANDATORY in order to play football for Temecula Valley High School.

Definition of an excused missed practice - In order for a missed practice or being tardy to be considered excused, you must personally contact a coach through one of the following methods:

- a. Call or speak to a coach or leave a message on the answering machine or voicemail. This must be done before practice begins. **ANY LATE EXCUSES WILL BE UNEXCUSED!!!**
- b. Personally tell one of the coaches that you will be late or you will be missing practice. Before Practice begins only.

**NOTE:** The coaching staff must accept your excuse as a valid excuse. For example, telling the coaching staff you want a day off is not a valid excuse. It is at the sole discretion of the coaches to determine the validity of your excuse.

### 2. Curfew:

The hours you keep are between you and your parents. We recommend that you be home by 10:30 p.m. on all school nights with the exception being on the night before any game; this will be 9:30 p.m. We will have captains calling randomly to check on all varsity players the night before each game. Know the city curfew: It is important for all minors to make every attempt to follow this!

### 3. Respect for Coaches:

Coaches should receive Coach "last name", responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him your undivided attention and always establish eye contact with him.

### "LOCK IN"

### 4. Dress:

Should be very professional, in uniform and out. Everyone will wear their uniform in the same manner. We are a team. We will furnish your equipment, so you do not need to bring your own equipment. All players must be in school colors at practice and in games, when temperatures start getting colder and undergarments are being used they also must be in school colors. Take care of your equipment. You have as good equipment as money can buy. Do not wear jewelry in practice or games. Your appearance away from the field, especially at school, should reflect the same class and pride that show in our program.

### 5. Care of Equipment and Facilities:

You are to hang your equipment in your locker as you are shown. You are to clean your equipment at least once per week. Do not track mud and dirt into our dressing rooms. Take off cleats before entering the building. When you change into workout gear, your clothes are to be hung up in your locker. Latrines and toilets are to be flushed, showers and faucets turned off so they don't drip, and all soda and juice cans placed in the trash can. Clean up in and around your locker each day. This includes bus usage as well. Team leaders are responsible to monitor both the bus, locker room, weight room and practice areas.

## 6. Team Travel:

Check and pack all your gear. You are responsible for this. Please be **prompt**, if you are late you will be left behind. Do not miss a meeting or a team meal if we are traveling a long distance. The only hats allowed are Temecula Valley High School Golden Bear hats and must be school colors. There will be NO loud or boisterous conduct on the trips, remember why we are here. We will sing and have fun AFTER A WIN! Everyone will return with the team, unless approved by the head coach. There will be very few exceptions.

## 7. Hazing:

We will never allow any of the extreme form of initiation known as hazing, nor allow any to start. Younger guys should show respect to the older players, while the older players should prove themselves worthy of that respect. A player shouldn't have to have his head shaved or his body painted, nor should he have to do foul and disgusting things in order to play football. It is a coaches' job, not some teenager's, to determine what's required to play football, if a player is willing to step forward and do all the things required by the Coaches, that's enough.

Hazing normally takes the form of a seemingly harmless initiation ritual, and incidents resulting in extreme humiliation, injury - even death - are the rare exceptions. Hazing won't go away by itself. The most important thing in ending it is that athletes must have the courage to blow the whistle - to step forward and report hazing when it occurs. Kids must have the strength and courage to say - beforehand - "I'm not going to subject myself to this."

Hazing is a serious problem, and will not be tolerated. Any type of hazing at all will be dealt with severely. Suspension or removal from the team is definite.

**8. The X Rule:** X in mathematics is the symbol for the unknown. The X rule states: If a situation arises that is not mentioned in the rules, the coaching staff, at its discretion, will have the right to determine whether the situation will be tolerated and what the consequences are for the situation.

### The Golden Bear Approach to Football

Every one of you wants to start on our football team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on depth charts as practice progresses. The following five (5 points) will be the criteria used in selecting starters and developing depth charts.

1. **Knowledge of Assignment:** We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can give 100%.
2. **Hustle and Effort:** Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they expect you to do so also. Extra effort wins games. Everyone can give 100%.
3. **Hitting and Mental Toughness:** We will discover during fall practice who is aggressive and mentally tough. Football is a contact sport and it must be played with mental toughness. Everyone can hit.
4. **Contribution to the Overall Team:** Football is one of the few team sports left. The individual who motivates his teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. One man who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing.
5. **Talent:** If the above four characteristics are equal and they should be, then the young man who has the most talent, makes the most big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are injured it will be difficult for us to evaluate you.

We will give a sophomore or even a freshman every opportunity to earn a position on the varsity team. It's our desire to play as many people as possible but obviously we cannot play everyone each game. The above was written so that you will know exactly how we will evaluate you. Our best athletes will lead us to a championship. All of you who do not earn a starting position, it is up to you to continue to work hard and be prepared when called upon.

Our main concern is to be fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your position coach. In the event you are still not satisfied, then come to the head coach. (Proper Chain of Command)

We are here for the same reason you are:

- To see that you get an education and a diploma. (There is a difference between them)
- To see that you mature and grow as a man.
- To see that we have the best football team possible.

Consequently, the best football players, according to the criteria previously mentioned will start. In closing, let me reiterate that our starters will be determined on the field by your performance and not by me. I have great respect for you and believe that you will know your assignments, give 100%, will hit and will be a team player. I will continue to believe that until you prove me different.

**DO YOUR BEST!**

**WHAT ARE YOUR GOALS GOING TO BE?**

**HOW GOOD DO YOU WANT TO BE?**

**AVERAGE ~ You can be**

**PRETTY GOOD ~ You can be**

**GREAT ~ YOU CAN BE!**

**YOUR CHOICE ~ WE HAVE THE COACHES TO HELP YOU ACHIEVE WHAT YOU WANT!!**

The key factor in an effective football team is everybody doing the best they can on every single play. A total all-out effort every time the ball moves. Football is the toughest game there is... physically it is the most demanding. You have to be a MAN to play. Anybody can play when they feel good or are fresh. It is something else to go all out 5, 6, or even 10 straight plays ~ but you keep going one more time, two more, etc. The break-off point is what I call "a quitting down". At what point does he not give his best? Do you go 3, 5, plays before you come to the "quitting down"? No one can tell, but the players know. The first time, and then every time he doesn't make the big effort.

Everyone goes hard on the first play and maybe the next, but somewhere along the line we have a problem. Three guys are tired so they don't go all out and take a play off. On the next play they are rested, so they go all out, but two others who weren't tired before cost a little. Now we get a mixture... we have to prevent this from happening.

We must have consistency of performance. Football is not a game played against an opponent; football is a game played against yourself. The purpose of the game is to find out what kind of man you are; to find out about yourself. It doesn't matter if you're a super athlete, or a mediocre athlete if you do the best you can at

all times, no “quitting downs”, then you have conquered yourself. You have WON! When you believe this, you will be consistent and obviously our team will be very effective. Avoid ups and downs and you can be champions...this is your choice.

**Definition of A Winner:**      The athlete who can push himself the farthest once the effort becomes painful. When you have suffered for something, you won't surrender before completing the work.

## **Let's Do Right**

In our everyday life, how should RIGHT be distinguished from WRONG in one's words and actions.

- Words and actions should help to unite, not divide the members of our team.
- They should be beneficial and not harmful to our vision, mission, and core values.
- They should help to consolidate and not undermine the rules and regulations necessary for successful team effort.
- They should help strengthen our team, not weaken the leadership of our team.
- Our words and actions at all times should be beneficial not harmful when inter-related to our friends and fans that support the team.

## **What You Can Expect From Your Coaches**

To be loyal to you in all areas.

To be totally honest!

To provide leadership and training necessary to achieve our goals.

To work you harder than you have ever worked before.

To assist you in any way possible now and after graduation.

To treat you as a man and to love and respect you.

To make all decisions predicted on what is best for the team and then what is best for the individual.

To do everything within our power to make this the best place in California to go to school and play football.

To help you mature and grow as a man.

To help you reach your goals.

## **GOLDEN BEAR - IMMEDIATE GOALS**

**Strong feelings among all of us!**

- **Special Teams for Offense, Offense for Defense, Defense for Special Teams...**
  - **Upperclassmen for the Underclassmen, Underclassmen for the Upperclassmen**
  - **Coaches for Players, Players for Coaches.**
1. **Practice to be the best team in the state.**
  2. **Practice to out-condition every opponent.**
  3. **Strive to give maximum effort at all times.**
  4. **Pledge to earn respect of your teammates.**
  5. **Promise complete honesty at all times.**
  6. **Hustle!**

### **Parents Expectations:**

**Be positive with your student/athlete. Let them know you are proud they are part of the team.  
(focus on the benefits of teamwork and personal discipline)**

**Encourage your athlete to follow all training rules. Help the coaches build a commitment to the team.  
(set a good example in your personal life)**

**Allow your athlete to perform and progress at a level consistent with his ability.  
(athletes mature at different ages; some are more gifted)**

**Always support the coaching staff when controversial decisions are made.  
(the coaches need your backing to keep good morale on the team)**

**Insist on positive behavior in school and a high level of performance in the classroom.  
(numerous studies indicate extracurricular involvement helps enhance academic performance)**

**Cheer for our team and players. Opponents and referees deserve respect.  
(realize that high school players will make mistakes. Your support is needed during tough times.)**

**Promote having fun and being a team player. Very few high school athletes receive scholarships.  
(concentrate on what is best for the team. Preoccupation with statistics can be very distracting.)**

**An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged.  
(encourage the athlete to do their best regardless of brothers or sisters who may have been outstanding players.)**

**Winning is Great, but building positive team values is most important.  
(the concept of working together to perform a task will have lasting benefits. Winning takes place when all the little things are done correctly.)**

**Find the time to be an avid booster of school activities.  
(help build a solid support system for ALL coaches and ALL athletes.)**

**Athletes must attend all practices and contests.  
(stress the necessity to make a commitment to the team. Practice is important.)**

**Emphasize the importance of well - balanced meals and regular sleep patterns.  
(an athlete functions best when care is taken to consume nutritious food and obtain sufficient rest.)**

**Many athletes enjoy participating in several sports.  
(specialization in one sport may prevent an athlete from enjoying great team relationships in other activities.)**

**Persistence and being able to accept a role is extremely important for the team to be successful.  
(not everyone can be a starter, but everyone is important to the team. Some players may not develop until their senior season. Encourage them to be persistent.)**

### **Rules for the Academic Game**

- 1. Always get to your class on time. This cannot be overemphasized. Nothing causes a teacher to turn off a student faster than a late arrival.**
- 2. Remember that in any classroom the teacher is the absolute authority, so follow his/her rules and show respect at all times.  
Be a leader in the classroom!!**
- 3. Careless appearance is held against an athlete to a greater degree than against other students. Dress neatly, shoes tied, hair neat and clean, clean shaven, and of course great attitude.**
- 4. Before class starts, make sure you have all your materials, make sure that your book or notebook is open, and you have a pen or pencil ready to write.**
- 5. Once class starts, keep your mouth closed unless you are asking or answering a question, or are taking part on a teacher led discussion or activity.**
- 6. Never prepare to leave before the end of class. Closing books, zipping of backpacks, etc..., these are between class activities.**
- 7. Make sure that you turn in all work assigned, on time and fully completed. With proper planning you will get everything done in all of your classes. There are NO excuses.**
- 8. As soon as possible after class, do your homework and read your notes. If you leave them unread for 24 hours, as much as 90% of their value will be lost. Make good use out of study halls!**
- 9. Never be afraid to ask questions, or to ask for help. This is how people learn.**
- 10. If you must miss a class due to travel, before you leave, PLEASE MAKE ARRANGEMENTS FOR ANY ASSIGNMENTS OR PAPERS DUE. THIS SHOULD BE DONE AT LEAST 2 CLASS DAYS AHEAD OF THE ABSENCE.**
- 11. If you know that your are going to miss a test, MAKE ARRANGEMENTS AS SOON AS POSSIBLE.**
- 12. JUST DO IT!! Getting an education does require work...something that you can do if you apply yourself.**
- 13. Follow all class and school policies.**

## **10 Ways to Study That Work**

A new school year, with all its possibilities and promise, lies ahead for us all. The grades you make this year can serve you well in helping you enter the college you want, in bringing you nearer to the lifework of your choice, perhaps even a college scholarship.

At this moment is the year ahead. Make the most of it.

Efficient ways to study are not a matter of guess. Psychologists have been working for years on how to study. Research on the best methods has been conducted at top universities including Stanford, Ohio State, and the University of Chicago. There, careful experiments with groups of students have thrown the light on ways to study that are best. By using these ways, you should learn more easily, remember longer, and save hours of study time.

The suggestions that follow are based on the results of these experiments:

1. **Make and keep a study schedule.**  
Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on his schedule.
2. **Study in a suitable place ~ the same place each day.**  
Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place everyday.
3. **Collect all the materials you need before you begin.**  
Your study desk or table should have certain standard equipment ~ paper, pen, pencil, an eraser, and a dictionary. For certain assignments you'll need a ruler, glue, a compass, or a pair of scissors. With all your materials at hand you can study without interruption.
4. **Don't wait for inspiration to strike ~ it probably won't.**  
We can learn a lesson about studying from observing an athlete. Can you imagine seeing an athlete who is training for a mile sitting on the field waiting for inspiration to strike before he starts to practice? He trains strenuously day after day whether he wants to or not. Like the athlete, we get in training for our tests and examinations by doing the things we're expected to do over a long period of time.
5. **A well-kept notebook can help raise your grades.**  
Guidance counselors tell us that there's a definite relationship between the orderliness a student's notebook and the grades he makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important date for the test and examinations, you'll find how priceless orderly notes can be.

6. **Make a careful record of your assignments.**

Why lose time phoning all over town to find someone who knows the assignments? Put it down in black and white ~ in detail ~ in a place in your notebook or date book. Knowing just what you are expected to do and when you are expected to do it is the first long step toward completing important assignments successfully.

7. **Use “Trade Secrets” for successful Study.**

Flash cards are “magic helpers.” On the front of a small card you write important term in history, English, biology, etc., and on the back, write the definition and an important fact about the term. Carry your flash cards with you. At odd times take them out and ask yourself the meaning of the term. If you don’t know, turn to other side and review the answer.

The “divided page” is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the “self-recitation” method of study. Cover the right hand side and try to give the correct answer. Then check and recheck until you’re sure you know the material.

A simple, but effective, study devise is a “cover card”. As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your “cover card” to conceal what you have just read, and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

8. **Good notes are your insurance against forgetting.**

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a “must” for success in test taking. Without notes you will often need to reread the whole assignment before a test. With the notes you can call the main points to mind in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved.

9. **Perhaps you asked, “how can I remember what I’ve studied?” One secret of learning is over-learning.**

Psychologist tells us that the secret to learning for the future is over-learning. Over-learning is continuing your study after you have learned the material well enough to barely recall it. Experts suggest that after you can say, “ I have learned the material,” you should spend extra study time, up to ¼ the original study time. In an experimental study, students that over-learned the material remembered four times as much after 28 days had passed.

10. **Frequent reviews will pay off: Knowledge, Grades, and Credits.**

Without review the average student can forget 80% of what he has read in two weeks! Your first review should come shortly after you study material for the first time. The early review acts as a check on forgetting and helps you remember far longer. Frequent reviews throughout the course can pay off in pre-test peace of mind.

**Athletic Minimum Standards**

1. All Varsity players must pass a minimum standard in order to participate on the team.
2. All standards are posted in the weight room. Players who don’t meet any deemed minimal standards for that particular year will not be able to participate in football.



### Weight room Requirement

1. All TEMECULA VALLEY players will be required to participate in a weight-training program during the season and off season.
2. The purpose of this strength training is to prevent injury, maintain strength level, and to improve strength.
3. Since one of the purposes in strength training for football is to help avoid injuries, the need to maintain all such development actually increases as the season goes on. The loss of this strength could increase the chance of injury.

### Crisis Control Policies

1. **Philosophy:** Players must never perpetuate a fight and should leave the field immediately so they might not be construed as promoting an incident.
2. **Reaction:** Once a fight erupts, all players must immediately leave the field and "squad-up" in their own team box on the 50 yard line. No one is allowed to touch any opposing player. If one of our players is in trouble and is within arm's length of another player, then that player is allowed to pull his comrade out of the fracas, but if the player is not within arm's length, then they must leave the field and let the assistant coaches retrieve any remaining players on the field. It must be clearly understood that failure to respond immediately to the "crisis control" program will result in disciplinary action.

### **HELMET WARNING LABEL!**

*Do not use your helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain or neck injury, paralysis or death to you and possible injury to an opponent. There is a risk these injuries may also occur as a result of accidental contact without the intent to butt, ram, or spear*

***NO HELMET CAN PREVENT ALL SUCH INJURIES***

**FAILURE TO COMPLY WITH ANY OF THESE RULES WILL RESULT IN ANY OF THE FOLLOWING DISCIPLINARY ACTIONS.**

1. Practice Discipline
2. Reduce playing time in a game
3. Non-participation in game
4. Removal from team.

**\* To be eligible to play you and your PARENT/GUARDIAN must sign and return the next Page**

# **TEMECULA VALLEY FOOTBALL** **CONTRACT**

I \_\_\_\_\_, (PLAYER NAME) along with my parents, have read and will agree to follow all the rules, regulations, and policies described in all 17 pages of this manual. We have also read and understand the meaning of the Helmet warning label.

PLAYER

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian

SIGNATURE \_\_\_\_\_ Date \_\_\_\_\_

**Thank you,**

Coach Esposito