

# Thoughts of a Winner

Although I am only one of a million, I am somebody.

And that makes me as good as the next man.

There is nothing in this life I cannot tackle and  
achieve.

If I feel it is important to me, I can do it.

If my mind can conceive it, and my heart can  
believe it, then I KNOW I can achieve it.

No longer will I drift through life feeling sorry for  
myself, because self-pity is the seed of destruction.

I will search for a goal, and with enough hard work,  
total commitment, determination, dedication, and  
self-sacrifice, I know I will reach it.

There will be many times when it will seem that all  
the odds are against me-

But I Will Never Give Up!!!

Because I Am a Knight's Football Player

# Liberty Middle School Athletic Policies

Every student will be given the opportunity to earn the privilege to participate as an athlete. We believe that participation in sports provides a wealth of opportunities and experiences, which will assist students in personal adjustments as well as building a foundation for strong character.

We, who are concerned with the educational development of young men through athletics, feel that a properly controlled, well-organized athletic program meets the student's needs for self-expression, mental alertness, and physical growth. It is our goal to maintain a program that is sound in purpose and will further each student's educational maturity.

Many Students do not wish to participate in football. No student is obligated to take part in football nor is it required for academic promotion. Participation in football is a privilege, not a right. Since it is a privilege, the coach has the authority to revoke the privilege when rules are violated. The athlete will know what he can and cannot do. He will realize the school and coaching staff wishes him to reach his very best achievement level, both in life and in interscholastic athletics.

# RULES AND REGULATIONS

- **Theft**-Taking things that don't belong to you, especially taking from your teammates, will not be tolerated. A player caught stealing will be dismissed from our program. Depending on the seriousness of the offense, a player may also be prosecuted by law. This also involves school equipment not turned in after the season is complete.

- **Conduct**- Let's develop a program that everyone can be proud of, a program with a great deal of class. Don't do anything to take away from this. We are noted for our clean, tough, competitive play.

We don't speak in a disrespectful tone or off the field. Praise your opponents and play beyond your ability. We expect you to conduct yourself as gentlemen at all times. This means that you are to follow school rules and procedures while attending class at our school. You are to act properly in class, giving your teachers and administrators courtesy and respect. As an athlete, you will be shaping people's attitudes toward our athletic program both on and off the field.

- **Attendance**-Do not miss class or practice, and also avoid being tardy to both. Attendance in class is key to great academic success and attendance in practice is vital to on the field success. If you must miss practice, be sure that it can't be avoided. When you are going to absent, let the coaching staff know. If you are absent from school please call the coach at school before practice for that day begins. If you are at school and must leave before practice begins, come by the coach's classroom/Gym and inform him of the situation. If you fail to call or come by the class, there will be disciplinary action taken.

**Excused- Coach is notified before practice.**

**Unexcused- No notice given. Will be disciplined accordingly. Repeated unexcused absences will result in dismissal from the team.**

- **Injury or illness** -If you have an injury, you must have parent note, good for three days, or a doctor's note. If you are ill or injured, we don't expect you to work out, but if you attend after school practice or games we do expect you to wear the uniform and accompany your group unless given special permission from the coach.

- **Respect for Coaches** -Coaches should receive proper 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 will establish eye contact with him.

- **Promptness** -Always be on time! Tardiness will be addressed with disciplinary action.

- **Grooming and Dress** - All members of the football team are expected to be well groomed. When Players are asked to wear Business Dress on game day, all players are expected to comply. This means, all players should wear: Dress Slacks or Dress pants, Clean and Pressed Button-Down Shirt, Neck Tie or Bow Tie and dress shoes. A blazer, Suit Jacket, or Sweater Vest would also be appreciated.

Appearance, expression and actions always influence people's opinion of the team and the school. Once you have made the commitment to be a member of the football team, you have made a choice to uphold certain standards expected of our players.

No earrings on the Football Field.

Everyone will wear equipment in the same manner. Football is a team sport and we will not dress as individuals in practice.

- **Care of Equipment and Facilities**- When you change into workout gear, your school clothes and other belongs should be placed in your locker. Each player is required to purchase a lock and your locker should be locked at all times to prevent thief and unwanted tampering.

Trash should be thrown into wastebaskets. Clean-up in and around your locker each day. Failure to adhere to this will result in discipline of the whole squad. We will not be responsible for lost or stolen items in the locker room.

- **Tutorials** - Should be attended for the right reasons. Not to do homework or because they were not paying attention in class. Tutoring is for those students who are doing everything they can and need extra help understanding a concept. Football players should go to tutorials suited out for practice because the locker rooms will be locked at 4:45. Players should bring a teacher pass from tutorials to their coach when they arrive to practice.

The Head Coach and assistants are primarily responsible for implementing the standards set forth in these policies. We feel the special standards for athletes will provide the necessary discipline and guidance, which will benefit our young men as well as our athletic program. In the event and athlete fails to comply with these necessary standards it will be interpreted by the Athletic Department as an indication that the athlete does not have sufficient desire to participate in the football program. Therefore, the athlete will be denied the privilege of participating until such time as he can prove this desire to be an asset to his teammates.

Important Phone Number: Coach Davis  
678 698-7685

## What Your Coaches Expect From You

**First and foremost... WE EXPECT YOU TO BE GREAT!**

We also expect the following things from you:

- 1) To get an education.
- 2) To give your total effort, to make the most of what you have.
- 3) To give unselfish love towards your teammates and to respect all teammates and coaches.
- 4) To practice to the best of your ability.
- 5) To be totally honest with your teachers and coaches.
- 6) To be extremely loyal to your school, administration, teachers, coaches, teammates, families and friends.
- 7) To be prompt. (Call if you are not in school.)
- 8) To be courteous.
- 9) To always encourage your teammates.
- 10) To be enthusiastic and have a winning attitude with no excuses.
- 11) ABSOULTY NO WALKING ON THE FIELD ... Practice and Game

# What You Can Expect From Your Coaches

- 1) To be loyal to you in all areas.
- 2) To be totally honest with you.
- 3) To provide the leadership and training necessary to achieve our goals.
- 4) To work you harder than you have ever worked before.
- 5) To assist you in any way possible.
- 6) To treat you as a man and to love and respect you.
- 7) To make all decisions predicated on what is best for the team first, and then what is best for the individual.
- 8) To do everything within our power to improve our facilities and make our school the best place in Covington to go to school and play football.
- 9) To help you mature and grow as a man.
- 10) To help you reach your goals on and off the field.

Do Right. Do Your Best.

Treat others the way you would want to be treated.

Always represent yourself, your school, and our football program in a positive manner.

## Academic Rules for Liberty Knight's Football

1. WIN in everything you do. This means giving your very best effort at all times and constantly working to improve. This especially applies to your education.
2. Communicate with your coach if you need to attend tutorials and will be late for meetings/practice.
3. Do not fall behind on assignments. It is your responsibility to make sure that you have done all required classwork. Ask the teacher before or after class if you are unsure.
4. Be on Time!
5. Classwork is not a team endeavor; when possible do not sit next to other players in your classes. This cuts down on temptation to focus on anything other than your classwork.

6. 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!
7. Slovenly appearance is many times a reflection on your attitude and/or self-pride. Dress neatly-shoes tied, no hoods on in the buildings, and your pants pulled up to the appropriately, with a belt.
8. Before class starts, make sure you have all your materials and are ready to work.
9. Once class starts, keep your mouth closed unless you are asking or answering a question, or taking part in a teacher led discussion.
10. Never prepare to leave before the end of class. Closing books, zipping up back packs, etc. are distracting to other students as well as the teacher.
11. Make sure that you turn in all work assigned, on time and fully completed. With proper planning you will get everything done in all your classes. There are no excuses!
12. Do not use your phone or have headphones in your ears once school begins unless it is an emergency or you have permission to do so. If you break this rule and an adult asks you to hand it over. GIVE IT TO THEM!
13. 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 is lost.
14. Never be afraid to ask questions, or to ask for help. This is how you learn.

15. If you must miss any portion of class due to a game or travel, make arrangements with the teacher to find out what you missed and how to make the assignment or test up.

16. Doing well in your classes is the reason you get up and come to this building every morning. Failing is not OK and there are NO good excuses for it. Get your priorities in order and GET IT DONE!

## Knight's Sportsmanship Standards

### Parent Expectations

Youth sports are for the players. All parents associated with Liberty Middle School Football are welcome to share in the pleasure of watching their children practice or participate so long as their behavior does not distract the players, coaches and officials from the free flow of practice or play. Any issues a parent may have with any coach, official or player should be discussed with the coach in a proper setting. You may also submitted in writing to him by email. Again, all complaints, comments or concerns should be addressed at a proper time and place, not while practice is being conducted or during a game.

A parent should:

- Make no remarks to referees or to the players, coaches or spectators of the opposing team unless intended to convey genuine interest, friendship or encouragement.
- Avoid sharp remarks directed to players on your own team who make mistakes on the field. They already know what they have done. Allow them to learn from their mistakes.
- Applaud superior play by both teams.
- Support coaches consistently regardless of the result on the field.

Coaches contribute many hours of their time to your children. They deserve your congratulations when the team wins and your encouragement when it doesn't.

- Always remain in the spectator area both at practice and at the game. Parents should stay outside of the chain-link fence. In some cases Parents with specific duties and responsibilities will be granted access to the field to perform these duties.

Your cooperation with these standards before, during and after each game will make LMS Football more enjoyable for everyone.

## A parent must:

- Never use foul language or obscene gestures at a game.
- Avoid persistent comments and gestures which express disagreement with referee decisions.
- Cooperate immediately with any request by the game officials.

Any parent who fails to adhere to these standards will be required to leave the playing area. LMS reserves the right to suspend any spectator who does not abide by the rules of the sportsmanship plan. This policy applies to everyone. Please confirm that you have read these standards by signing below and returning one copy to your coach.

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Parent/Guardian

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Date

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Student Athlete

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Date

# Player Expenses

Players should purchase your own mouth pieces and football cleats. We prefer Cleats and any other personal equipment such as gloves, mouthpieces, etc. be black with white or gray trim, grey and white, or black, gold, and white.

Liberty Football Dues are 250.00

Uniform and Equipment Rental

Game Day Shirt

Game Day Pants

Practice Shirt and Practice Short

Regular Season Pre-Game Meal

Bag

Hoodie

Rental of the Helmet and Shoulder Pad

## **ALL PLAYERS**

These are some of the items which are rented. Once they are issued, if they are lost or stolen, there will be a replacement cost.

Equipment Replacement Cost.

Helmet \$600

Shoulder Pads- \$95

Game Uniform-\$85

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Parent/Guardian

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Date

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Student Athlete

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Date