

ANN ARBOR PIONEER
FOOTBALL HANDBOOK



**“PERSONAL RESPONSIBILITY IN
DAILY EXCELLENCE”- Lou Holtz**

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GENERAL PROGRAM INFORMATION

Introduction

The following information has been written for the parents/guardians and student-athletes who are preparing to become part of, or continue with, the Ann Arbor Pioneer Football Program. It has been written to provide parents/guardians and student-athletes with as much information about the entire football program as possible. Please take the time to read the enclosed materials. This information can directly affect student-athletes' ability to participate in the Pioneer Football program. For frequently asked questions regarding Pioneer Athletics, please visit <http://www.a2pioneer.org/pioneer.athletics/faq>.

Program Mission

Pioneer Football serves nearly 170 student athletes who learn through disciplined hard work the value of teamwork, respect for leadership, and how to be leaders themselves both on and off the field. The Ann Arbor Public School's Athletic Philosophy (Board Policy R 6147 regulating Extracurricular Activities) states the following:

- Every student has many strengths and abilities and it is our responsibility to encourage them to function at the highest level possible;
- School staff must have high expectations for all students and act upon those expectations;
- Our actions must constantly be aimed at motivating and rewarding rather than punishing students;
- The support we offer students should be timely, accessible, preventative, remedial and effective.

Being a part of the Pioneer Football program can be time consuming and take away from your social or other activities. It is important to be diligent in your work and practice to become successful, both academically and athletically. Academics are of the utmost importance. The Pioneer Football program strives to provide an environment which educates, guides, and inspires all student-athletes to become responsible individuals and take responsibility for their actions.

Program Philosophy

As part of the football program at Ann Arbor Pioneer High School, we strive to establish great pride—pride as individuals, as players and coaches, as a team, as a school, and as members of our community. In our commitment to the team, we expect nothing less from each other than complete respect for ourselves and others, reaching our fullest potential both on and off the field, and conducting ourselves with integrity at all times. In pursuit of these ideals, our focus is on the development of our student-athletes in all arenas of life—academics, athletics, and as productive members of our community.

Goals for the Student-Athlete

- Support the Pioneer Athletics Core Values
 - INTEGRITY - We do what is ethical under all circumstances.
 - EXCELLENCE - We strive to be our best on and off the field.
 - RESPECT - We honor and value ourselves and others.
 - TEAM - Together as one we pursue common goals.
 - COMMITMENT - We give total effort and sacrifice to achieve our purpose.
- To provide student-athletes opportunities for growth and learning as related to their individual football developmental stages;
- To reinforce and continue to build a positive self-esteem and responsibility in each student-athlete;
- To provide a positive, developmentally appropriate, learning environment that will prepare the student-athletes for life;
- Drive discipline and responsibility;
- Enable and encourage student-athletes to reach beyond their athletic and academic potential by establishing and working towards team goals;
- Freshmen squad achieves nine (9) wins;
- Junior Varsity squad achieves nine (9) wins;
- Varsity squad wins SEC title and the Michigan Division 1 High School Football State title;
- Play football and support the tradition of Pioneer High School, a tradition of excellence.

As a Pioneer Football student-athlete, you will be a role model, a leader, a team member, and a supporter. Others might try to divert your attention away from the goals you have set. Remain true to yourself (exhibiting good sportsmanship and citizenship, being drug free, staying in school, teamwork, and self-discipline are traditions at Pioneer). Help keep this tradition strong. We will reinforce these goals everyday in practice.

League

Ann Arbor Pioneer Football is a member of the Southeastern Conference (SEC). Current members in the Southeastern Conference include Ann Arbor Huron, Ypsilanti Lincoln, Monroe, Ypsilanti, Bedford, Saline, Adrian, Chelsea, Dexter, Tecumseh, Ann Arbor Pioneer, and Skyline in 2010.

Squad (Team) Assignment and Formation

The Pioneer Football program is composed of three squads (teams). The three squads are Freshmen, Junior Varsity, and Varsity. There is no set maximum number of participants per football squad. There are no tryouts or cuts for the Freshmen and Junior Varsity squads. Tryouts and cuts are reserved for the Varsity squad depending on size of the squad and at the discretion of the Varsity Head Coach. If cuts are made, they will be based on performance and demonstrated commitment. Any junior that is cut from Varsity will automatically have the option to participate on JV. .

Participants are assigned to squads based on grade and ability. These assignments are at the discretion of the Head Coach taking into account the following guidelines:

- **Varsity:** 9th, 10th, 11th, and 12th graders;
- **Junior Varsity:** 9th, 10th, and 11th graders;
- **Freshmen:** 9th graders ONLY.

All three squads of the Pioneer Football Program will work on fundamentals and skill development. Playing time on each squad is the discretion of the coaches and will be determined by practice and game experiences, performance, and commitment to play football.

Player Squad (Level) Changes

Moving student-athletes up or down a level will normally take place during the pre-season or post season (during playoffs). When student-athletes are being moved within the program, the coaching staff will talk with the student-athlete(s) involved, as well as with the parents/guardians of these student-athlete(s) prior to making any squad (level) changes. This discussion will provide the reason(s) and rationale(s) for the squad change.

Practices and Games

The season is scheduled to begin with practice on Monday, August 10, 2009 at 3:00pm and end at 8:00pm for all three squads (Freshmen, Junior Varsity, and Varsity). **All practices are closed to spectators including parents and friends.** Only individuals with prior approval and who need to conduct Pioneer Football or Booster business will be allowed to attend. All formal 7-on-7 and scrimmages with other teams are opened to the public. Games are scheduled to begin on Thursday, August 27th for Freshmen (4:30pm) at Skyline and Junior Varsity (4:00pm) at Inkster. The Varsity squad will play its first game on Saturday, August 29th (see game schedule below). All Freshmen and Junior Varsity games are held on Thursday (see game schedule below). Freshmen games will start at 4:30pm while Junior Varsity games will commence at 7:00pm (see timeline for exception). Normally Varsity games are scheduled for Friday evenings generally starting at 7:00pm except the Inkster game that will start at 8:00pm. Playoffs are conducted only for Varsity level football.

2009 Pioneer Football Schedule

Freshmen (4:30pm) and JV (7:00pm)	Varsity (7:00pm)
August 27 (Thursday)...Freshmen @Skyline August 27 (Thursday)...JV @ Inkster 4pm	August 29 (Saturday)...Inkster @EMU 8:00pm
September 2 (Wednesday)...@ Dexter	September 3 (Thursday)...Dexter @ HOME
September 10 (Thursday)...@ Saline	September 11 (Friday)...Saline @ HOME
September 16 (Wednesday)...@ Saginaw Arthur Hill	September 17 (Thursday)...Saginaw Arthur Hill@ HOME
September 24 (Thursday)...Bedford @ HOME	September 25 (Friday)...@ Bedford
October 1 (Thursday)...Monroe @HOME	October 2 (Friday)...@ Monroe
October 8 (Thursday)...@Huron	October 9 (Friday)...Huron @ HOME (Homecoming)
October 15 (Thursday)...Chelsea @HOME	October 16 (Friday)...@ Chelsea
October 22 (Thursday)...@Dearborn Fordson	October 23 (Friday)...Dearborn Fordson @ HOME (Senior Night)

General Communication

Communication between student-athletes, parents/guardians, and coaches is essential to maintaining an effective program. The Ann Arbor Pioneer Football Program will use several methods to communicate information to the football student-athletes, parents, and community throughout the year:

- Daily verbal communication between coaches and student-athletes;
- Periodically newsletters will go home with the student-athletes from the coach. These letters will inform student-athletes and parents/guardians on what is happening in the program as well as to notify of special events and activities coming up;
- Mass postal mailings;
- Posting information in the school;
- E-mail messages will also be used to inform parents/guardians of upcoming events and activities;
- Phone calls will be made to obtain updated contact information and direct follow-up with parents/guardians;
- A Face-to-face parent meeting will be held on Sunday, August 9th from 6:00pm to 8:00pm.
- Pioneer Football website (www.pihifootball.com).

Parents can expect communication to include schedule changes, newsletters, and notification from the Pioneer Football Booster Club regarding fundraising events and the need for volunteers. We hope to keep everyone well connected and informed by utilizing several different methods to share information regarding the Pioneer Football Program during the season. We expect parents to bring any health, academic, nutrition, and other personal matter regarding the student athlete directly to the head coach attention. The head coach will not discuss playing time, position, and any other specific football question with any parent. Fundraising and volunteer questions should be directed to the Pioneer Football Booster Club president or other officer.

Parent Concerns and Complaints

It is critical that all lines of communication are opened. Any parents concerns, questions, or complaints regarding the football program should be directed to the head coach. All related Pioneer Football Booster Club related activities including participation fees and volunteer commitments should be directed to the President of the Pioneer Football Booster Club. Please see contact information.

Participation Fees

There is a \$200 Pioneer Football Booster Club (PFBC) fee for Varsity, Junior Varsity, and Freshmen squads due at the time of registration. All fees must be paid in full with cash, credit card (V/MC), or check to PFBC before equipment is issued. Please note that there is an unrelated \$30 Insurance charge levied by Pioneer High School (cash or check made payable to Pioneer High School), which must be submitted directly to the Pioneer Athletic Office. A limited number of scholarships will be provided based on documented financial need.

Scholarships will be issued based on the guidelines used by Ann Arbor Public Schools Rec and Ed.

PFBC Returned Check Policy

If a check made payable to Pioneer Football Booster Club is returned for any reason, your student-athlete's registration will be placed on hold and you will be charged a return check fee of \$25 for each returned check.

REFUNDS

If you need to cancel the student-athlete's registration, the fee will be refunded according to the following policy:

- Refunds will be issued if the PFBC Treasurer or President receives the request for refund in writing by August 10th, 2009. Refunds can ONLY be approved by Head Coach, PFBC Treasurer, or President. The written request must be received with post mark via US mail. Refund requests can also be submitted via e-mail to gyarring@aol.com.
- Reduced refunds will be issued if you request a refund in writing to Pioneer Football Head Coach, PFBC Treasurer or President, before August 21st, 2009. All Pioneer Football equipment must be returned prior to the refund being issued. The following is the refund schedule:

<u>Dates</u>	<u>Percent of Refund</u>
Thru August 10th	100%
August 11th to August 21 st	50%
August 22 nd and after	No Refund

- No refunds will be given after August 22nd, 2009.
- Requests for refund must be made in writing and submitted to: Pioneer Football Booster Club, PO Box 3084, Ann Arbor, MI 48106, or provided to the PFBC President, PFBC Treasurer, or Head Coach ONLY.
- All Pioneer Football equipment issued must be returned prior to any refund being issued.
- Refunds take two to four weeks to process from the time they are submitted to PFBC.

Team Loyalty & Commitment

Ann Arbor Pioneer Football prides itself on **Pride, Determination, and Resilience (P.D.R.)**. A major aspect of P.D.R. is both loyalty and commitment. Some important expectations to note about being involved with the Pioneer Football Program:

- Student-athletes and parents should be supportive and helpful to **all** student-athletes and coaching staff members on each squad of the Pioneer Football Program *before, during, and after* the season.
- Parents and student-athletes should always demonstrate good sportsmanship toward opponents and officials at **all** contests.
- Parents should plan to attend monthly Pioneer Football Booster Club meetings, which are held on the 2nd Tuesday of the month from 7-9 p.m. in the Pioneer High School athletic classroom.

PIONEER FOOTBALL BOOSTER CLUB EXPECTATIONS

Mission Statement

In the pursuit of excellence with Ann Arbor Public Schools, the Pioneer Football Booster Club is dedicated to providing support, equipment, materials, energy, and enthusiasm.

Philosophy of Pioneer Football

As part of the football program at Ann Arbor Pioneer High School, we strive to establish great pride—pride as individuals, as players and coaches, as a team, as a school, and as members of our community. In our commitment to the team, we expect nothing less from each other than complete respect for ourselves and others, reaching our fullest potential both on and off the field, and conducting ourselves with integrity at all times. In pursuit of these ideals, our focus is on the development of our student-athletes in all arenas of life—academics, athletics, and as productive members of our community.

Goals and Objectives

To raise funds in support of Pioneer High School's Football Program and to support the philosophy and values set forth by the Head Coach, as well as the football program's governing bodies—that is, Ann Arbor Public Schools, Ann Arbor Pioneer High School, and the core values of Pioneer Athletics. In doing so, the booster club will focus on the following:

- Supplement the Pioneer Football Program by raising funds for the purpose of
 - providing student-athletes with sports-related equipment and supplies that might
 - not otherwise be funded by the school.
- Support, promote, and maintain a high standard of integrity and good
 - sportsmanship in all Pioneer Football activities.
- Promote and encourage attendance at all Pioneer Football activities.
- Drive booster club volunteerism

The Pioneer Football Booster Club will achieve its objectives by working closely with the Head Coach of the Pioneer Football Program.

The goals and objectives of the Pioneer Football Booster Club are achieved through volunteer support of community members and the generous financial support we gain through donations, raffles, concession sales, advertising, and other fund raising activities.

Parent and Guardian Participation

Parent and guardian participation is extremely important in order to ensure the Pioneer Football program success and sustained viability. The Pioneer Football Booster Club is an all-volunteer organization – no one is compensated financially for any time devoted to the program. Please remember that those who do volunteer also have jobs, children, and homes to care for in addition to Pioneer Football-related responsibilities. Every family is encouraged to volunteer some time during the year (during and out-of-season) in order to help the program run smoothly and to reduce the commitment for all volunteers. From volunteering for Pioneer Football Booster Club Board positions, helping on game day, organizing team events, leading a fundraising activity, functioning as a “team parent helper,” there is a role for every parent or guardian. Without a certain amount of parent or guardian assistance on game days, there would be chaos at the field resulting from no one working the chains, running the scoreboard, staffing the concession stand, and helping to raise money for the organization by selling spirit-ware and other merchandise. We understand that parents/guardians want to see their student-athletes play and participate. We are aware that some of the game day roles such as “chain gang” operation provide the opportunity to watch your student-athlete participate while volunteering your time. For other roles such as staffing the concession stand do not allow the parent to watch the game, we encourage parents and guardians to volunteer for one of the other squad’s game (Freshmen and Junior Varsity). Each squad has a parent representative who is responsible for coordinating volunteer schedules. Please understand that these volunteers who will be asking for assistance and coordinating schedules are doing so for the benefit of the Pioneer Football program and student-athlete participants.

2009 – PIONEER FOOTBALL BOOSTER CLUB - OFFICERS & OTHER CONTACTS

Officers

<u>Role, Name, and Address</u>	<u>Phone</u>	<u>E-mail</u>
Head Coach, Jeremy Gold	734-320-9514	jeremy.gold@hotmail.com
President, Greg Yarrington	734-834-3455	gyarring@aol.com
Vice President, Mike Creal	734- 358-8884	mcreal@assethealth.com
Secretary, Darlene Wahlberg	734-678-7879	bobndar@ameritech.net
Treasurer, Carol Yarrington	734-834-3454	cyarring@aol.com
Assistant Treasurer, Robert Cutler	734- 662-0470	bobndar@ameritech.net
Marketing, Veronica Pasfield	734-327-3705	veronicaty@hotmail.com
Registrar, Karen Finch	734- 218-0786	kfin4him@comcast.net
Registrar, Jeff Finch	734- 355-1205	ctcnw@comcast.net

Other Contacts

<u>Role, Name, and Address</u>	<u>Phone</u>	<u>E-mail</u>
Freshmen Team Parent, Sheryl Siddall	734-845-1847	siddallfamily@comcast.net
Freshmen Team Parent, Bill Siddall	734-845-1847	siddallfamily@comcast.net
JV Team Parent, Colleen Creal	734- 358-9448	creal@aaps.k12.mi.us
JV Team Parent, Mike Creal	734- 358-8884	mcreal@assethealth.com
Varsity Team Parent, Cindy Goss	734-358-3040	cagoss59@yahoo.com
Spirit Sales (Merchandise) Director, Mark Quigley	847-602-3100	m.c.quigley@comcast.net
Spirit Sales (Merchandise) Director, Amy Wilke	734-474-7745	amywilke@comcast.net
Spaghetti and Golf Events, Rhonda Warren	734-255-5483	rhondawarren@annarbor.com

Fundraising

During this time of limited Ann Arbor Public Schools district funding, fundraising allows us to keep participation fees to a minimum for student-athletes, some of whom would be otherwise unable to play under a “pay to play program.” As you know, operating a football program, no matter the size, is an expensive proposition. Football equipment (helmets, pads, practice pants, game uniforms), on and off-field equipment (sleds, blocking dummies, racks, bins, and balls), audio, video, and computer equipment really add up. All of this is supplied by funds raised by the Pioneer Football Booster Club.

Recognizing the time and effort involved, and that many families are stretched due to fundraising efforts in several sport activities for multiple student-athletes, we attempt to keep fundraising events to a select few of critical events and activities:

- Spaghetti Dinner (May);
- Golf Outing (August 8th);
- Concessions at our three (3) Freshmen and JV home games;
- Our five (5) home Varsity games where we will fly sponsors’ banners of support;
- Spirit Sales.

The program depends for funding upon participation fees and fundraising. Without fundraising, we would eventually have to raise participation fees. Therefore, even though fundraising might seem burdensome at times, please remember that we are doing this to keep costs down for everyone and to ensure that the Pioneer Football program has enough money to keep participants outfitted in safe equipment and attractive uniforms while providing coaches the necessary tools and equipment to teach the game of football and compete. Depending on the Pioneer Football financial position during the season and other factors, there may or may not be other formal fundraising events during the season.

- All fundraising must be approved by the Pioneer Football Booster Club, regardless if the fundraising is for the whole organization or for an individual squad.
- No fundraising on behalf of Pioneer Football can be done without Pioneer Football Booster Club approval.

This ensures that we only have fundraising done that will benefit Pioneer Football and not individuals. This also ensures that the proper controls are in place to manage the collection of financial proceeds from such fundraising events. We want to make sure that every dollar collected is used appropriately for the benefit of the program and student-athlete participants. Please contact the Pioneer Football Booster Club for more information.

Code of Conduct

This section is set up as information and reference guidelines to inform all of the individuals involved in the Ann Arbor Pioneer Football Program about their responsibilities while a member of the program. Playing football at Ann Arbor Pioneer High School is a privilege and should be regarded in that manner. As with all privileges, there are responsibilities that one accepts when agreeing to become a member of the Pioneer Football program. Please also see the Ann Arbor Public Schools Rights and Responsibility Handbook.

The Pioneer Football coaching staff will be held to the same standards and committed to driving the level of achievement thereby supporting Pioneer Athletics reputation of excellence. The coaches are committed, to elevating the Pioneer Football Program to the next level of achievement and excellence. Specific guidelines for Pioneer student-athletes assist them in maintaining a level of excellence in behavior, both on and off the field.

It has long been recognized that athletes are very visible in the public eye. This knowledge demands that all of us—coaches, student-athletes, parents, guardians, and managers—adhere to the regulations and guidelines listed below. Violations could result in suspension from practice, games, or expulsion from the team. Depending on the severity of the offense, the first offense will be treated the same as missing school on game days. That is:

- Missing a game/practice will cost the student-athlete one (1) game date during the season for the first offense, a meeting with student-athlete, and coaching staff will take place.
- A second offense will cost the student-athlete two (2) game dates, and a meeting will be set up with the parents, student-athlete, coaching staff, and athletic director.
- A third offense will lead to removal from the team.
- **General Conduct:**
 - The student-athlete will place his educational objectives and goals as first priority. Remember that football is no excuse for poor grades.
 - The student-athlete shall act as a gentleman at all times. Your actions, attitude, and behavior on and off the field are a direct reflection of the Pioneer High School Football Program.
 - Learning, developing, and incorporating life-long skills will be stressed throughout the Pioneer Football Program especially during practice. Sportsmanship will be a goal that is held high among **all** football players and families throughout the season.
 - The coaching staff at Pioneer High school believes in discipline. It is the key to teaching, coaching and life. We have one basic rule: Discipline yourself so that others don't have to.
- **Practice Conduct:**
 - The student-athlete must be on-time at all practices, meetings, trips, and other functions throughout the season.
 - Hard work and hustle will be expected by all players at all times.
 - Avoid horseplay or situations that may lead to potential injuries.
 - If you feel that you must miss a practice or part of a practice, it is the **student-athlete's** responsibility to contact the **head coach** of his squad **prior** to practice. This can be done via phone, or email. As a final option, the student-athlete can call the athletic office and leave a message for his coach prior to the missed event.

- Practice how you will play by giving 100%, and you will do so in games.
- **Travel Conduct:**
 - If classes will be missed because of a football game, notify your teachers in advance and make arrangements for missed assignments.
 - When at away contests, remember that you represent Ann Arbor Pioneer High School, and you must conduct yourself in a proper manner.
- **Game Conduct:**
 - Good sportsmanship must be exhibited at all times.
 - Team unity should be shown at all times.
 - Always be aware of the game situations and be ready to help in any manner.
 - Follow the instructions given by the coaching staff and game officials throughout the entire contest.

NOTE: For more specific guidelines and expectations, refer to the sections below labeled “Academic Guidelines and Expectations” and “Football Program Rules and Expectations.”

ACADEMIC GUIDELINES AND EXPECTATIONS

Rules & Policies

School policies that have been put in place by the Ann Arbor Public Schools and Pioneer High School will be followed by the Football Program.

Academic Eligibility

The eligibility policy of the Michigan High School Athletic Association and the Ann Arbor Public Schools will be followed by the Pioneer Football Program. Grades for the prior semester are the most important for entry eligibility for all football student-athletes. Every student-athlete should try to aim for the highest grade point average (G.P.A.) that they can achieve. The 2.0 minimum G.P.A. should never be the standard set by any student-athlete at Pioneer High School.

Fall Sports Eligibility:

- All players must be enrolled in a minimum of six (6) classes. In addition, you must be passing a minimum of five (5) subjects and maintain a minimum G.P.A. of 2.0 to be eligible for participation in the Pioneer Football Program.
- To **continue** in the sport and remain eligible until the end of the season, a student-athlete must meet the following academic standards: at least five (5) passing grades (D- or better) with an overall 2.0 G.P.A. when grade are checked at the mid-term. At the mid-term check point, the G.P.A. will be calculated from the start of the semester. A student-athlete who does **not** meet the continuing requirement at the checkpoints will be ineligible for **at least** one full week from the following Monday through Sunday after the check. The student-athlete must then take an Athletic Office Eligibility Travel Card to each teacher and return the card to the Athletic Office by Thursday of that week. If the travel card shows minimum standards have been met (2.0 average/5 passing classes), the student-athlete will regain eligibility on the following Monday.

- Student-athletes who transferred to Pioneer from another school before the spring of the current year.
- Students who receive special services should contact their caseload teacher for eligibility deviation.

Attendance in School

Attendance in school is expected for all football student-athletes year round. Academics are important throughout the entire school year and are the foundation for a successful life for all student-athletes. Important rules to note:

- An unexcused absence from school on game days will cost the student-athlete one (1) game during the season for the first offense, and a meeting with the parents, student-athlete and coaching staff will take place.
- A second unexcused absence on a game day will cost the student-athlete two (2) game dates, and a meeting will be set up with the parent, student-athlete, coaching staff, and athletic director.
- A third offense will lead to removal from the team.

The Pioneer Football head coaches will be monitoring attendance during the school year.

Student-Athlete Expectations: Study Habits & Classroom Behavior

Student-athletes are encouraged to study regularly throughout the entire school year, and if help is needed in classroom work, contact your coaching staff to get extra help for specific problem areas. We can help find tutors for the student-athlete and/or try to arrange more individual time with the student/athlete.

Expectations for student-athletes are as follows:

- Your school work is number one.
- You must accept responsibility for your actions.
- Attend **each and every** class, and do so **on time**.
- Classroom behavior is expected to be exemplary.
- Maintain the highest G.P.A. you are capable of achieving.
- Take pride in your academic “image.”
- Complete any and all available extra credit.
- Set individual goals that you would like to reach in the classroom.
- Do not expect favors because you are on the football team.
- Eliminate excuses.
- Sit in the front row of each of your classes.
- Have your priorities in order. “Work” is not an excuse.

Academic success requires some basic time-management skills and organization, as well as **Pride, Determination, and Resilience (P.D.R.)**. Here are some suggestions that will help in your pursuit of academic success:

- **Keys to Using Time Wisely:**
 - Establish a fixed schedule, taking into account the difficulty of a subject and its relative importance.

- Do not procrastinate.
- Your schedule should include a weekly review and planning session.
- Follow your schedule closely, but remain flexible.
- Do you know the information? If you can teach it, only then do you know it!
- **Keys to Organization:**
 - Keep a separate, clearly-marked notebook and folder for each class.
 - Date your papers and number the pages. Make sure to put your name on each.
 - Write down all assignments on one piece of paper and keep it in a specific, easily-accessible, and frequently looked at place. Check off assignments as they are completed.
 - Underline or highlight important notes.
 - If you cannot complete a task in one session, divide it into sub-parts, which can be completed one at a time—this makes the assignment more manageable.
 - When you finish a work session on a given subject, plan out what to do next when you return to that subject. Leave a note as a reminder.
 - Be neat. Remember to write legibly.
- **Keys to Concentration:**
 - Work in silence.
 - Use your workspace only for work.
 - Schedule short rests away from your workspace.
 - After solving a problem, review the difficulty and the way in which you overcame it.
 - Avoid daydreaming. Mentally summarize each paragraph as you study it.

Tutoring

Tutors are available via the Ann Arbor Public Schools. See the coaching staff, athletic office, or counseling office for more information on tutors. The student-athlete should also see their teacher for individual help regarding their class work material. An after school tutoring program is available for students.(see school counselor for details).

FOOTBALL PROGRAM RULES AND EXPECTATIONS

General Philosophy

A Pioneer High School Football player can come in any size, shape or color. There is no common denominator except a *love* for the game and a *desire* to get the most out of his abilities. He is not only proud of his strengths but also understands his weaknesses. Above all else, he is concerned with the good of his team and knows that individual recognition will come through team excellence.

In addition to specific academic guidelines, each student-athlete is also held to a set of expectations during practice and games. Some general expectations are as follows:

- **Great effort.** Tremendous effort will be demanded from you at each practice session. There is never a time to slow down or rest. Our goal is to be a dominant force in Michigan High School Football. To reach this goal, we must put in the necessary

work on the practice field. Our games will be won on Monday, Tuesday, Wednesday, Thursday, and Saturday, not on Friday nights. Preparation leads to success.

- **No excuses.** No player may offer an excuse to constructive criticism during practice. Although a player is encouraged to ask questions pertaining to our execution, it cannot be associated with his constructive criticism. The coaching staff encourages the players to discuss any concerns they may have **after** the practice session. There is simply too much to accomplish during the practice session to take time out for this on the field. If a player has a question, he can see the coach after or before practice.
- **No sitting during practice.** At no time during our practice sessions will a player sit or kneel unless instructed by a coach or athletic trainer. A coach will never sit down during a practice.
- **Be a good teammate and play as one.** Understand that you are the abilities of your teammates—ask not what your teammates can do for you, but ask what you can do for your teammates.
- **Play smart.** Learn and understand the game—don't just play it.
- **Preparation is key.** Winning requires that you prepare to win—failing to prepare is preparing for failure.
- **Consistency = Success.** Strive for perfection and, in doing so, be consistent in your pursuit of perfection.

Student-Athlete Expectations: Game Behavior

Student-athletes are expected to follow basic guidelines, both in practice and during games. The following guidelines should be followed at all times:

- **General Guidelines for Game Night:**
 - Be sure all necessary equipment required for the game is cleaned and neat.
 - Don't be late. Lateness will cost you playing time for that night.
 - Check your equipment early. The night before the game, make sure that you have everything you need before coming to school on game day.
 - Think football! Visualize your performance the night before. Game night is not the time for horseplay. Be ready mentally, emotionally, and physically.
- **For Away Games:**
 - Take your lock with you to all away games.
 - Double-check your equipment before getting on the bus.
 - Everyone will travel to and from the game on the bus.
- **Bench Organization:**
 - Pay attention to the game. Study the person you might be replacing and know his responsibilities. Watch for defensive and offensive tendencies of the opponent.
 - **DO NOT** talk to spectators or officials.
 - Always give positive encouragement to your teammates.
 - When a teammate leaves the game or field congratulate him on his play.
 - **DO NOT** leave the bench if trouble starts on the field.
- **Time Outs:**
 - The head coach will be responsible for making the decision to call time-out.

- Make sure an official hears and sees you call time-out after the head coach has signaled to you to call timeout.
- Hustle with your teammates to the gathering place with the coach near the sidelines.
- Water will be brought out onto the field by someone from the sidelines.
- Pay attention and ask questions if necessary.
- **Half-Time:**
 - Run off the field and take care of personal needs.
 - Sit down and pay attention.
 - You will have the opportunity to make suggestions, but wait until you are recognized.
- **Interaction With Referees:**
 - Address the officials as “Mr. Official” and/or “Sir.”
 - Never argue with a call or show displeasure in any way. Be conscious of your “body language.”
 - Give the football to the nearest official after a call or when the play ends.
- **Dead Ball Situations:**
 - If a substitution comes into the huddle for you, hustle to the sideline and stand next to the appropriate coach.
 - If you are told to pass on information in the huddle make sure you do so.
- **While In the Game:**
 - Be aware of the clock and game situation at all times.
 - Always hustle to the huddle and quietly listen to the next play.
 - If you can’t go 100% at any time during the game you **MUST** let the Head or Assistant Coach know.
- **After the Game:**
 - Meet and shake hands with your opponent. No matter what happens during the game, win or lose, be courteous to your opponents. Sportsmanship is important.
 - Hustle to the appropriate end zone or locker room and never hang around on the field.
 - There will always be a short team meeting in the locker room after the game.
 - If you are interviewed by the press, be careful of what you might say. Give praise to your teammates, as well as to your opponents. Keep it positive, concise, and factual. Remember your comments will reflect on the entire Pioneer Football Program.

Conflicts with Other Activities: Missing Games and/or Practices

Please schedule your vacation around camps, practice and 7 on 7 tournaments. Vacation during the football season should be avoided. Some important guidelines for conflicts:

- Student-athletes who miss games due to vacation time will have to work their way back into playing condition and game time opportunities. Every day that the student-athlete misses practice(s) and game(s) means one day for every practice and game time that will need to be made up (i.e., miss six days of practice and you must complete six days of practice in order to be able to play in a game again).

- Student-athletes missing game(s) or practice(s) because of school-related activities (e.g. music performance) will **not** be penalized and not required to make up the time. However, the student-athlete should be aware that getting back into playing condition may take several days of practice, depending on the amount of missed physical conditioning.
- Please notify the Head Coach as soon as you know of potential conflicts with school-related activities and football.

Missing games or practices, **without** prior notification to the coaching staff, will be treated the same as missing school on game days. That is:

- Missing a game/practice will cost the student-athlete one (1) game date during the season for the first offense, a meeting with student-athlete, and coaching staff will take place.
- A second offense will cost the student-athlete two (2) game dates, and a meeting will be set up with the parents, student-athlete, coaching staff, and athletic director.
- A third offense will lead to removal from the team.

NOTE: Playing another sport during the football season is not permitted. See Two Sport Policy below.

Care of Equipment & Uniforms

Taking care of equipment and uniforms is the student-athlete's responsibility during the season. Any misuse of any equipment or uniform materials will be dealt with on an individual basis.

Guidelines to keep in mind:

- Practice and game equipment will be assigned to you. How well it holds up depends on the care you give it.
- Clean and neat equipment is your responsibility.
 - Read washing instructions on all practice garments.
 - Your game uniforms will be cleaned by the school. It is **your** responsibility to make sure your uniform gets into the dirty laundry basket after each game.
- A list of equipment and uniform materials distributed to each student-athlete will be recorded, and a copy given to the student-athlete at the beginning of the season. These materials will be cleaned and returned by the student-athlete at the end of the season at a date designated by the coaching staff.
 - If the equipment or uniform is damaged, lost, broken, etc., the student-athlete will be responsible for replacing the item(s) in question.
 - Student athletes are responsible for any equipment they lend out to other teammates.
 - If the equipment and uniform materials are not returned in full, an obligation will be written up and sent to the athletic office. The student-athlete will not be able to walk during graduation or receive their next class schedule until the obligation has been taken care of through the athletic office. All obligations must be paid in full.

Physical Conditioning Guidelines

Within the Pioneer Football Program, attitude is everything. In achieving the attitude of a winner, the student-athlete must become mentally strong, as well as physically strong. Some guidelines for physical conditioning are as follows:

- Get plenty of sleep. Less than eight hours is not enough.
- No drinking of alcoholic or carbonated beverages.
- No smoking.
- No use of illegal drugs.
- Keep your equipment, locker, and locker room clean.
- Shower after physical activity. Dry yourself well, especially the head and feet.
- Proper nutrition is important. The best suggestion is to follow a well-balanced diet. Try to avoid fried and fatty foods, too many sweets, too many snacks, and don't overeat. On the day of a game try to eat approximately 3-4 hours before kickoff. 50-60% carbohydrates, 20-30% protein, and 10-20% fat.
- Report any injury or illness at once to your coach, regardless of how minor it may seem.

Award Requirements

Rewards will be awarded for each squad as follows:

- **Freshman** awards are numerical patches. The student-athlete must complete the season and turn in all equipment and uniform materials. The student-athlete is not required to participate in every game but must be in good standing at the end of the season.
- **Junior Varsity** awards are purple/silver certificates. The student-athlete must complete the season and turn in all equipment and uniform materials.
- **Varsity** awards:
 - 1st year award: letter, if the student-athlete plays in 1/3 of the season games (generally 3 minimum).
 - 2nd year award: gold bar.
 - 3rd year award: gold bar and silver certificate.
 - 4th year award: gold bar and gold certificate.

If a student athlete is moved up to Varsity during the season for one (1) game, he will earn a JV award. The student-athlete must play in 1/3 of the Varsity season games to earn a Varsity award.

Dress Code

Student-athletes should follow the Ann Arbor Public Schools and Pioneer High School dress code policies. Game jerseys may be worn at school for home games. Student-athletes may also dress up on special game days. All players will dress appropriately for both home and away games and all other team functions. All Ann Arbor Pioneer High School policies apply (see Roles and Responsibility handbook).

Two Sport Policy

A student-athlete should play football **only** during the fall season and not play any other sports during this time. We encourage our student-athletes to participate in sports during the winter

(basketball) and spring (track) seasons of the school year. Playing a second sport during the football season is not permitted.

Dropping a Sport

If a student-athlete is dropping out of football, please contact your coach to discuss why you are leaving the program.

Athletic Department Paperwork

All paperwork is due to the Athletic Office **before** a student-athlete can step on the field and participate in the Pioneer football program. The following must be completed:

- Complete an emergency card and turn into the Athletic Office. (The emergency card can be picked up from the Athletic Office.)
- Physical within the current school year. Forms can be picked up from the Athletic Office.
- Insurance money—\$30 (cash or check made payable to Pioneer High School).
- If you are new to Pioneer High School or the Pioneer Football program you must SEE Athletic Director prior to participating in any practice, or competition.
- See Athletic Department if a family is unable to pay the \$30 fee.

NOTE: All forms must be completed and signed by parents/guardians and turned in at the same time.

Pioneer Football Registration Paperwork Due Date

- All registration paperwork is due before any equipment is issued. Equipment handout will begin on August 3rd. Equipment will not be issued and the student-athlete cannot step on the field and participate unless all paperwork requirements have been met. A limited number of scholarships will be provided based on documented financial need. Please see the PFBC President for details and information.

NOTE: The participation fee must be paid at the same time.

ATHLETIC TRAINER GUIDELINES, RULES, AND POLICIES

Athletic Trainer Guidelines for Coaches and Student Athletes

- Always use ice or cold packs on a new injury. NEVER USE HEAT IN ANY FORM ON A NEW INJURY. Athletes must not apply heat to any injury without the athletic trainer's consent.
- Report all injuries to the athletic trainer before you go home. Physician consultations must be arranged with the athletic trainer. Emergencies that develop overnight are the only exception.
- Always seek the athletic trainer's opinion as to whether your discomfort is an injury or just a "getting in shape" pain. When in doubt as to what to do for an injury or condition, apply ICE or cold packs for 20 minutes on, 40 minutes off, repeat until you go to bed. If pain persists, seek the athletic trainer's advice as soon as possible.
- Eat a variety of foods, limiting pop, fatty foods, and high sugar foods. During hot weather or during the first days of practice, drink plenty of fluids, preferably water. Specific information concerning nutritional requirements may be obtained from the athletic trainer.
- NEVER take a supplement, nutritional or performance enhancing. Many of these can cause permanent damage and or problems for athletes. If you have questions regarding a particular supplement, please ask the athletic training staff.
- Learn to stretch properly and do so before and after each practice. Remember that bouncing, or ballistic, stretching is dangerous and not recommended for athletes. Specific stretching programs are available for the athletic trainer.
- All equipment issued from the training room shall be returned. Lost equipment must be paid for.
- Those who take supplies and/or equipment from the training room without the athletic trainer's permission will be dealt with as per school policy pertaining to theft.
- First aid kits are available for each team. Water will be provided for all home events. If you are in need of a water bottle, please see an athletic trainer.

Training Room Hours

- Monday – Friday 2:30pm – 8:30pm
- Weekend coverage varies with sport/event coverage. The training room is closed during all holidays and breaks.

Training Room Rules and Policies

- The athletic trainer is the authoritative source in regards to injuries (not players and coaches).
- The athletic trainer will decide if you are a candidate for taping (see Athletic Training Taping Procedure).
- The athletic training facility is co-ed. Therefore, proper dress for all athletes is required. Minimum dress is shorts and a t-shirt for both male and female athletes. Shirts are worn at all times. Athletes must have their shoes off in the training room.

- Due to the number of athletes requiring care, a priority system will be in effect. Priorities are:
 - Athletes who require emergency treatment.
 - Athletes who have an away contest and need taping.
 - Athletes who have a home game and need taping.
 - Athletes requiring treatment and are practicing.
 - Athletes unable to practice.
- All athletes must sign in on the injury log when entering the training room.
- Athletes who require care must be in the training room a minimum of ½ hour prior to practice to be insured they will be at practice on time.
- Only the athletic trainer will administer treatments to athletes. There shall be no self-treatment or taping allowed (unless approved by the athletic trainer).
- The team physician comes in to the training room on an on-call basis. All athletes that need to see the physician must be signed up by the athletic trainer. The team physician is also present for a variety of event coverage.
- Athletes who are injured and cannot participate fully at a practice or game may be given a written note by the athletic trainer. The coach is to follow these instructions explicitly. The athlete is to then take the note home so that parents are made aware of the seriousness of the injury.
- Any athlete who is sent home in a brace, on crutches, or has a serious injury that needs care, the parents will receive a phone call or direct contact by the athletic training staff.
- Parents who have questions regarding their sons / daughters injury should call the training room during regular business hours.
- No horseplay, loitering, swearing, or visiting. The training room is not a lounge for you or your team.
- All equipment must be signed in/out with a staff trainer including towels.
- No food, drink, seeds or chewing tobacco is allowed in the training room.
- Absolutely no game equipment (e.g. balls, and cleats) in the training room.
- All equipment borrowed from the training room must be returned. You will be charged for all equipment not returned.

Athletic Training Taping Procedure

To be taped, you must meet the following criteria:

- You must have sustained an injury, and the injury must have been reported to the athletic trainer in a timely manner. After the initial evaluation by the athletic trainer, he/she will give you further instructions regarding the taping process. Your coach will not decide if you are eligible to be taped.
- If instructed to do so, it is your responsibility to report to the athletic trainer prior to practice or competition with enough time to get to practice on time. It is not the responsibility of the athletic trainer to get you to practice on time.
- Being taped is just one part of the rehabilitation process after an injury. It must be done in conjunction with any other rehabilitation and/or therapeutic exercise recommended by the athletic trainer.

We do not tape a body part just because it hurts. The purpose of supportive taping is to give extra support to an injured and / or weakened structure. It is not used solely for the purpose of injury prevention. Strengthening is appropriate if you want something to help prevent an injury. See the athletic trainer for assistance and / or recommendations regarding strengthening techniques.

COLLEGE RECRUITING

Collegiate recruiting starts your freshmen year as you begin to establish your core GPA. Student athletes who believe they have the grades, skill level, and desire that college coaches require are encouraged to let Coach Gold know. College coaches find out about talent through reliable sources including coach networks. Maximizing student athlete collegiate recruiting potential requires support from not only the football coach but a substantial amount of support from the student athlete and parents/guardians. The important point to stress is that the student athlete and parents/guardians play a very important role in the collegiate recruiting process. Parents and guardians should be aware that they can sabotage the recruiting process by being overly assertive with college coaches. It is the student athlete responsibility with support from parents/guardians to identify and research colleges and university of interest based on academic, athletic, and personal objectives. Are college athletics in your future? According to NCSA (National Collegiate Scouting Association), five (5) percent of all athletes who participate in interscholastic sports will go on to compete in college at some level – Division I, II, and III. Less than one (1) percent will receive full scholarships. The average college scholarship for athletes is under \$8,000. There are more than 1,700 colleges or universities that sponsor collegiate athletics. Please feel free to speak with your coach about college recruiting. You are encouraged to visit www.ncsasports.org for additional information regarding college recruiting.

ADDITIONAL INFORMATION

MAILING ADDRESSES

Pioneer Football

Pioneer High School
601 W. Stadium Blvd
Ann Arbor, Michigan 48103

Pioneer Football Booster Club

P.O. Box 3084
Ann Arbor, Michigan 48106

Website

The Pioneer Football website is located at www.pihifootball.com. Information is available on the website about a wide variety of subjects involving Pioneer Football including organizational announcement and special events. Game news and results are posted on the website. You can also find contact information for coaches and booster club representatives on the site. If parents/guardians have any suggested improvements for the website, please e-mail them to info@pihifootball.com.

Contact Information

Please call Coach Jeremy Gold at 734-320-9514 or Jeremy.gold@hotmail.com if you have any questions and/or concerns regarding the Pioneer Football Program (on and off the field). For urgent matters, e-mails or phone calls will be returned within a day. Follow-up on non-urgent matters will take place within 2 days of e-mail or phone call. A complete list of the 2009 Pioneer Football coaches is provided on the Pioneer Football website. Please contact Greg Yarrington (2009 President PFBC) if you have any questions and/or concerns regarding the Pioneer Football Booster Club fundraising activities and volunteer recruitment at 734-834-3455 or gyarring@aol.com. A list of Pioneer Football Booster Club officers and other contacts is provided on page 10 of this document or visit the Pioneer Football website www.pihifootball.com.

Contact Names & Information (Visit pihifootball.com for complete list)

Varsity

Head Coach: Jeremy Gold, 734-320-9514, Jeremy.gold@hotmail.com

Junior Varsity

Head Coach: Timothy Finnerty, 810-923-6077, finnertytimothy@sbcglobal.net

Freshman

Head Coach: Paul Test, 734-429-3577, testp@aaps.k12.mi.us

Football Trainer

Deron McClelland, 517-214-3174, cmuspm@aol.com

Pioneer Football Booster Club

President: Greg Yarrington, 734-834-3455, gyarring@aol.com



Pioneer Football 2009 Timeline (Revised

on 8/9/2009)

August 3, 5, and 6... **Equipment Pick-up and Freshmen Registration**

August 3...Equipment Pick-up Varsity squad (Location: Pioneer and Time: 9am – 12pm).

August 5...Equipment Pick-up JV squad (Location: Pioneer and Time: 9am – 12pm).

August 6...Registration and Equipment Pick-up Freshmen squad (Location: Pioneer and Time: 9am – 12pm)

August 6 (Thursday)...**Athletic (Sports) Physical Exams** (Location: Pioneer High School and Time: 6:00pm-8:30pm). Cost is \$25.00. Make checks payable to Pioneer high School.

August 8 (Saturday)...**Annual Golf Outing** (Location: Reddeman Farms and Time: 8:00am)

August 9 (Sunday)... **Parent Meeting** (required) and Parent Handbook distribution (Location: Pioneer and Time: 6:00pm – 8:00pm)

August 10 (Monday)...**1st day of practice**. Practice starts at 3:00pm and ends at 8:00pm for all three levels F/V/JV.

August 20 (Thursday)...**6 Teams, 4-way Scrimmage (for all levels Freshmen, JV, and Varsity) with Flint Carmen Ainsworth, Jackson Lumen Christi, Lansing Everett, Brighton, and Northville** (Location: Pioneer and Time: 12:30pm Freshman, 3:00pm JV, and 5:30pm Varsity)

August 21 (Friday)... **Final Day for 50% refund**

August 22 (Saturday)...**Media Day** (Location: Pioneer and Time: 8am-10am pictures, 12:30pm BBQ), **Spirit Pack Handout**

August 27 (Thursday)...Freshmen @ Skyline 4:30pm

August 27 (Thursday)...JV @ Inkster Time: 4pm

August 29 (Saturday)...Inkster @ EMU 8:00pm (Home game for PHS)

September 2 (Wednesday)...Freshmen/JV @ Dexter (4:30pm/7:00pm)

September 3 (Thursday)...Dexter @ HOME

September 10 (Thursday)...Freshmen/JV @ Saline

September 11 (Friday)...Saline @ HOME 7:00pm

September 16 (Wednesday)...Freshmen/JV @ Saginaw Arthur Hill (4:30pm/7:00pm)

September 17 (Thursday)...Saginaw Arthur Hill @ HOME
September 24 (Thursday)...Freshmen/JV vs. Bedford @ HOME
(4:30pm/7:00pm)
September 25 (Friday)... @ Bedford
October 1 (Thursday)...Freshmen/JV vs. Monroe @ HOME (4:30pm/7:00pm)
October 2 (Friday)... @ Monroe 7:00pm
October 5 (Monday)...**Mongolian Barbeque Gathering** (Location: Downtown
Ann Arbor and Time: TBD)
October 8 (Thursday)...Freshmen/JV @ Huron (4:30pm/7:00pm)
October 9 (Friday)...Huron @ HOME (**Homecoming**)
October 15 (Thursday)...Freshmen/JV vs. Chelsea @ HOME (4:30pm/7:00pm)
October 16 (Friday)... @ Chelsea
October 22 (Thursday)...Freshmen/JV @ Dearborn Fordson (4:30pm/7:00pm)
October 23 (Friday)...Dearborn Fordson @ HOME 7:00pm (**Senior Night**)
October 30...Pre Districts
November 6...Districts
November 13... Regionals
November 20... State Semi Finals
November 27... State Finals
December 2...Recruiting Night
December 9...Banquet
February 2010...Election of 2010 PFBC