

Richardson Football Family,

I am looking forward to this upcoming football season and I am excited to be your son's head football coach. This letter has two intentions. First, I would like to ask for your steadfast support throughout the season. Second, I'd like to explain to you about our expectations and values of our football program here at Nolan Richardson Middle School.



Support:

I know that parental support and guidance is the greatest thing a student-athlete can have in his corner. Seeing a huge supportive home team crowd at our games is important to us here at Nolan Richardson because with your support our athletes will perform at their highest level. I would truly cherish your support in the following areas: chain crew @ home games (3-person crew), promptly picking up your son after a game or practice, fundraising by inviting family members and/or donating by purchasing additional home game tickets which cost \$2 (cash-only). If you all decide to film our games, I encourage you to not post on You Tube so that our opponents have limited access to scout our plays. Your assistance is important to us and your loyalty to our program positively influences our athletes and staff.

To my knowledge, some of your sons have been playing pop-warner football and it's a great experience. However, I strongly recommend that our athletes not participate in any city league team during our football season. I want to ensure that your son remains healthy and injury free for the duration of the season. The entire idea of limiting the time of contact throughout the season is to reduce the chances of continual hits to the head. Your support in these areas of need will provide your son with the best possible experience and opportunity to excel in their academics and within our Richardson football program.

Expectations:

For our team to be champions we constantly must try to improve each player in the seven areas necessary to make the starting team. Those areas are accountability, independence, self-discipline, speed, strength, toughness, and trust. I hope you emphasized the importance of staying active and encourages your son to improve his physical condition throughout the summer. Above all, we are here to have fun and share a passion for the sport of football that teaches many life lessons that go beyond the game.

Values:

Commitment, effort, and heart are the cores values that form the soul foundation of our football program. I am showing you, as a coach, the criteria for making the Jaguar football team. I have high expectations for our athletes, and I will not accept anything less of them on or off the field, during season or even when season has ended. Our football players represent their campus, coaches, community, and their parents. It is only becoming of them to act accordingly and portray themselves as an excellent role model for our future Jaguar football players.

Athletes must adhere to the student code of conduct outlined by our campus administrative team. Parents, please encourage and provide positive reinforcement when your child is at his lowest and challenge him to exceed his limit when he is at his highest. Hard work pays off! If our Richardson student-athletes live by this motto they will grow up to be outstanding contributing citizens within our community.

Richardson Football Program:

Regardless of our teams' final record your son will be a better person if we offer proper guidance. As a former student-athlete I understand the importance of a proper education and let it be known that academics comes well before athletics here at Nolan Richardson. To support our academic goals, I encourage all athletes who need further assistance to attend tutoring immediately after school for the first 30 minutes. They will be required to present a tutoring pass to our coaching staff to verify their attendance. All other players will be given 15 minutes to suit out and if they don't do so within the time frame, they will be expected to understand the liabilities and consequences associated with not meeting our expectations.

It is important to my staff and I that our athletes clearly understand the value that we have instilled in the significance of maximizing our efforts within the short amount of time that we must prepare for our opponents. If they are late or do not have their proper equipment for that day, they will practice but it will reflect on their participation for that week's game. Preparation is crucial to success in anything that you do in life and for our team to be successful we must ensure that our athletes understand the expectations.

In conclusion, I am asking that you closely monitor their physical health, assist them in developing healthy eating habits, and ensure that they are consuming plenty of water throughout the day. To have a championship caliber football team we need our student-athletes to be academically strong, physical fit, and mentally tough. We strive to push your son to become a better person. We demand discipline, teamwork, sacrifice, and total commitment. With your positive guidance and support it will help put your son on the right track in life. In the months to come, together, we can build a program that will develop, influence, and mold our young student-athletes into future leaders and role models.

With much appreciation,



Eric L. Colorado

7th Math
Head Football Coach
Campus Athletic Coordinator
Wellness Coordinator
elcolora@episd.org

Team Rules

1. Staying up late & eating unhealthy foods is not allowed
2. Curfew will be 10:00 PM so that we may ensure 8 hours of sleep to aid in recovery.
3. Players must be report to field, suited out, and ready to practice no later than 3:20 PM
4. Use of drugs or alcohol will cause an immediate dismissal from the squad.
5. Foul & obscene language will not be tolerated in the locker room, bus, field, or anywhere else. We don't need filthy-mouthed athletes ruining the champion image.
6. Horseplay/bullying/hazing will not be tolerated. You're here to play football, not be a clown.
7. Stealing will not be tolerated. All issued equipment must be handed in at end of season. Good teams don't steal. Stealing will lead to dismal from team.
8. Fighting among teammates will not be tolerated. We must stick together if we're to become champions. Understand each other's differences & show respect for one another.
9. Talking back or sassing coaches will not be tolerated. It could lead to a demotion or firing. Be coachable. It shows that you're disciplined and willing to learn and get better.
10. No jewelry to be worn during practice & game day.
11. All protective equipment must be worn on the field unless players are told otherwise. Helmet must be on while walking to the field.
12. All protective equipment will be provided & issued to ensure a proper fit.
13. Jealousy and egomania are not tolerated on our squad. Again, it can lead to a demotion, suspension, or removal from team.
14. Complaining, crying, and bellyaching will not be tolerated. It will only get you demoted or fired. Win your job by hard work & dedication, not crying.
15. Watch your comments concerning our team. Don't talk football strategy off field to other players from different teams. Also don't ruin the character of any of your teammates.
16. Be committed, show effort, be dependable, and trustworthy to your teammates, yourself, and your coaches.
17. No practice, no play. Any player missing practice must report & watch if he can't physically participate. The only exception is a doctor's note or if a coach excuses you.
18. Keep up your grades. It's up to you to maintain your grades & remain eligible. Grow up and establish good educational priorities and goals. Mandatory study hall will be in effect if the coaching staff determines a need.
19. All players are responsible for maintaining proper hygiene & keeping their locker room/lockers clean.
20. If any player is declared ineligible because of absences (prior to 10 AM day before game day), he will not be allowed to participate.
21. Lockers are provided to each athlete & will need a combination lock. Respect other people's property.
22. Any rules not mentioned here, or later rules are a coaching prerogative.

Punishment for rule violations is at the discretion of the coaching staff:
dismissal, game suspension, reduction of playing time, loss of starting position, extra conditioning
within reason, and/or verbal chastisement.

Champions do not abuse the rules!

Student Contract

I, _____, have read and understood the team rules that I must adhere to for our team to be successful. I will dedicate myself to my teammates, my schoolwork, and my coaching staff this entire season with commitment, effort, and heart. I recognize that I will have good and bad days out on the practice field, but I will never give up because I have an obligation to my team, school, and coaches. I, _____, will ensure that every day I will lead by example, be a positive role model, and have the utmost respect for all individuals here at Nolan Richardson Middle School and elsewhere in my community. Being a student-athlete means that everyone is watching me on and off the field and that a proper education always comes before athletics. I, _____, realize that I must work hard to always maintain at least a 70 average in every class to be a part of the Jaguar Football Program. Hard work, determination, persistence, and trust are my core values and traits that I must practice in my life so that I will overcome any challenge set before me.

I, _____, understand that I must exemplify courage, heart, independence, mental toughness, self-discipline, and trust to be a contributing member to my Richardson teammates and coaching staff during and beyond this football season.

Print Name

Student Signature

Parent/Guardian

Signature

Please sign and return ASAP by 8/13/22.