

# BLUEJAY FOOTBALL HANDBOOK

## “WIN TODAY”



**Attitude**----- is how you respond to adversity.

**Commitment**----- is how you go about your business of preparing, in strength and conditioning, during practice, academically, and socially.

**Respect**----- is how you treat others  
Teammates/Coaches/Faculty/Peers/Family.

**Performance**----- Is what you do when it's show time. The first three everyone can control.

The primary purpose of this handbook is to acquaint you with the philosophy, guidelines, policies, and schedules of the Seward High School Football Program. You are responsible to read, understand, and follow the policies of this handbook.

Our policies have been put in this booklet so you can refer to them throughout the year when you feel it is necessary. You are expected to have your parents read and sign the back page. You are to also sign the back page and return it to me.

This handbook was made to assure that you understand what we expect from you. It is our attempt at avoiding any misunderstanding. We hope that you will read and use it as a guideline, for your benefit.

Be assured that we will always help any of our student-athletes through any obstacles they may incur.

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# **PHILOSOPHY**

## **SEWARD BLUEJAY FOOTBALL PROGRAM**

**It is our mission to provide a disciplined learning situation for our student-athletes. Develop our players' techniques, and emphasize the little aspects that lead to results in skill development in both sports and life.**

**Emphasis is placed on success in the classroom, football and life.**

**Motivate student-athletes through a caring and competitive atmosphere in approach to success and failure. Our student-athletes will strive for success in all areas throughout their experience.**

**The most important function of our program is education. Provide guidance to enhance maturation and accountability for their development levels and providing direction in their life long pursuits.**

**“WIN TODAY”**

**We will be continually talking to our kids about our “win today” coaching philosophy. We don’t want kids focused on the big picture, but instead on the daily wins. In football and across the board, we are trying to ingrain in them that they have to compete in everything they do, every day, and the little wins, in the classroom, at home, and on the field, will lead to big wins.**

**We want to put kids in the best position, academically, character-wise, and mentally, so that they’re tough in the face of pressure. In life or in a job or a class, there are going to be times when they’re going to reach a breaking point, and how they respond to that could determine their future.**

**To do this we will have an academic coach that will monitor students grades each week. Sunday night we as coaches will decide who needs what support and help. We will meet with those students Monday morning and help them set up times to receive support.**

#### **EXPECTATIONS: Four Quarters of Manhood**

- 1) Respect all People- The golden rule is simple enough and true enough that virtually every religion and ideology in the world deems it one of it’s most important values. “Treat others as you would like to be treated.**
- 2) Epicly Women- Being a real man is all about treating women with respect, plain and simple. Be a gentleman at all times, and always be respectful. You can tell just about everything you need to know about a man by the way he treats a woman.**
- 3) Always Do The Right Thing- Being a real man is about having principles and living those principles. It’s about having something called “consistent character”, which means that you have the same principles, regardless of the circumstances.**
- 4) Live A Life That Matters- Being a real man is about striving for excellence in every aspect of life. It’s about always doing your very best to reach your full potential in this world: to make the most of your talents, opportunities, and potential to impact others in a positive way.**

**Everyone must have a TEAM concept:**

We will stress the importance of TEAM in everything we do. Everyone on the TEAM is significant and can make a contribution. We want our players to understand this concept and we will not tolerate anyone who varies from this position

## **CARDINAL TEAM RULES**

- 1. Be Honest**
- 2. Be Respectful**
- 3. Be Punctual**
- 4. Give Great Effort**
- 5. Play as a TEAM and Have Fun**

## **We Will....**

- 1. Find players who will do things our way.**
- 2. Run a disciplined program.**
- 3. Win with hard work and fundamentals. We will not be out-worked by other staffs in the state.**
- 4. Always practice with purpose. We want to prepare our kids for every game situation and for life.**
- 5. Coaches will set the tempo for this program. Coach with enthusiasm and intensity. Always be honest with your players and let them know exactly where they stand.**
- 6. Win not only by making the big play, but also by eliminating the bad one. We will be fundamentally sound in all that we do.**
- 7. Never play a team that is better fundamentally, or that plays harder, we will never quit as long as there is time on the clock.**
- 8. Be totally committed to this program.**
- 9. Teach the importance of a positive mental attitude in all that we strive to accomplish in life.**
- 10. Develop and learn the habits of dedication and sacrifice.**
- 11. Always coach and play within the rules and confines of the game.**
- 12. Strive to keep our priorities in order**

- A. Faith**
- B. Family**
- C. Academics**
- D. Football**
- E. Everything Else**

## **BLUEJAY CARDINAL RULES**

A. **BE HONEST:** Personally this is the most significant rule on this team. If we are to live and work to our utmost limits we need to be able to trust one another. Integrity and honesty are not just words; they are traits to live by. We expect every team member and coach to abide by this standard.

B. **BE PUNCTUAL:** Begin the habit of being on time. This is an important trait you will be developing for your entire life. Offenders of this will have “Reminders” after practice if this becomes a problem.

C. **BE RESPECTFUL:** Please understand that we are preparing to succeed. You will be mentally and physically pushed, prodded and pulled in an attempt to be the best you can. Do not take offense at constructive criticism, learn from it and try to improve the next time. **DO NOT** ever talk back to any of the coaches during a practice or game. If you feel a need to visit with any of the coaches concerning a problem you may do so after practice, one on one as an adult.

D. **GIVE GREAT EFFORT!!!:** We are in the education business and we would be doing a great injustice by allowing anyone to give little effort when they can give it their all. We expect tremendous effort, determination, and toughness throughout the season. We believe this starts in practice and comes out in the games. Playing time will be earned during practice so be prepared to compete.

E. **PLAY AS A TEAM AND HAVE FUN:** We all spend a great deal of time playing and preparing to play this great game of football. We hope we all take time to enjoy the fun of high school football, the competition and togetherness is what makes the game exciting for everyone involved, along with the great feeling that comes from playing to your full potential. **FIRST WE’LL BE BEST, THEN WE’LL BE FIRST!**