

2015
ANTHONY RAVENS ATHLETIC
INFORMATION



ATTITUDE, COMMITMENT,
TOUGHNESS, EFFORT, ATTITUDE

RAVENS R.I.S.E.

2015 Raven Pre. Season Football Calendar

May 2 nd	11:00 a.m.	Athletics Physicals @ Cy Ranch HS (\$20)
June 4 th		PHYSICAL PACKET DUE TO COACHING STAFF
July 27 – July. 30	8 a.m. – 12:00 p.m.	8 th Grade Football Camp (\$40)
Aug. 3 – Aug. 7	8 a.m. – 12:00 pm	7 th Grade Football Camp (\$40)
?????????		Football Equipment Pick Up During Raven Express
Aug. 24 th	Till 5:00 pm	First Day of Football Practice after School
Aug. 27 th	6:30 pm	Athletic Parent Meeting in Cafeteria
Sept 5 th	8 am-12pm	Intersquad Scrimmages (<i>Volunteers Needed</i>)
Sept 9 th	6:30 pm	Meet the Ravens Night (<i>Volunteers Needed</i>)

Monday Aug. 24 – Thursday Aug. 27

First week of practice- Players will be dressed and on the field by 2:45 pm. Athletes will be wearing helmets, Anthony MS athletic shorts, shirts and black and white or black and gray cleats Monday thru Thursday. Practice will end at 5:00 pm Monday thru Thursday.

There are no late busses the first week of school and all athletes will need a ride home from a parent or guardian. Please have all athletes picked up by 5:30 pm.

We have built in plenty of time for players to rest and cool off throughout the schedule. Athlete will only be allowed to have water provided by the Anthony MS coaching staff during practice times.

Friday Aug. 28

Players will be wearing helmets, shoulder pads practice jersey, Anthony MS athletic shorts and black/white or black/gray cleats and on the field by 2:45 pm. Practice will end at 5:00 pm. **There are no late busses the first week of school and all athletes will need a ride home from a parent or guardian. Please have all athletes picked up by 5:30 pm.**

Saturday Aug. 29

7th Grade Practice- Athletes will be on the field dressed and on the field ready for practice at **8 am**. Players will be wearing helmets, shoulder pads practice jersey, Anthony MS athletic shorts and black/white or black/gray cleats. **Practice will end at 9:30 am and athletes will need to be picked up by a parent or guardian by 10:00 am.**

8th Grade Practice- Athletes will be on the field dressed and on the field ready to practice for practice at **10 am**. Players will be wearing helmets, shoulder pads practice jersey, Anthony MS athletic shorts and black/white or black/gray cleats. **Practice will end at 11:30 am and athletes will need to be picked up by a parent or guardian by 12:00 pm.**

Monday Aug. 31-Thursday Sept. 3

Practice- Players will be dressed and on the field by 2:45 pm. Players will be wearing helmets, shoulder pads practice jersey, Anthony MS athletic shorts and black/white or black/gray cleats on Monday. They athletes will be in full pads the rest of the week. Practice will end at 4:15 pm. (*Monday thru Thursday there will be late buses to pick up students, Car Riders must be picked up by 4:30 pm or they will be put on the late bus*)

Friday Sept 4.

Players will be wearing full pads and on the field by 2:45 pm. Practice will end at 5:00 pm. **There are no late busses on Fridays and all athletes will need a ride home from a parent or guardian. Please have all athletes picked up by 5:30 pm.**

Saturday- Sept. 5

7th Grade Intersquad Scrimmage- Be at school at 7:30 am
Scrimmage starts at 8 AM **end at 9:30 am**

8th Grade Intersquad Scrimmage- Be at school at 10 am
Scrimmage starts at 10:30 am **ends at 12 pm**

ANTHONY MIDDLE SCHOOL ATHLETIC CODE OF ETHICS

If I am selected to represent Anthony Middle School in its athletic program, I will be focused on contributing my best to the success of our program. I, therefore, agree to conduct myself according to the following Code of Ethical behavior.

THE FOLLOWING VIOLATIONS ARE UNACCEPTABLE:

1. Inappropriate behavior towards community, administrators, faculty, officials, coaches, athletes, trainers or other students.
2. Absence from practice or games for any reason other than personal illness or family emergency.
3. Theft

ADDITIONAL STANDARDS TO BE UPHELD:

1. Maintain good grades in school work
2. Daily attendance mandatory, be punctual whenever time is involved
3. Appropriate dress for school
4. Be polite and respectful at all times
5. Be responsible for all equipment entrusted to you, and return it in the best possible condition.
6. Be sincere and loyal at all times to the team, school, and coaches.
7. Maintain and promote good sportsmanship
8. Preserve the moral attitudes according to your family's beliefs.
9. Strive to set a good example in school, competition, the community, and most of all at home so others will respect you, by doing so you will add something positive to the athletic program.

This code of ethics has been set forth with the purpose of allowing the athlete to be a part of a successful program, give him/her the opportunity to be a better competitor, and to instill the desirable traits of good citizenship.

If an athlete does anything in or out of school that will bring discredit to him/herself, the team, or his/her school, actions will be taken to counsel, discipline or possible suspension of the athlete for a period of time considered to be fair and just.



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 RAVEN Football Player

Anthony Raven Boy 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 youngsters do not wish to participate in football. No student is obligated to take part in football nor is it required for graduation. 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 shoot off our mouths on 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 cut class or practice and do not be tardy. If you must miss athletic period, be sure that it can't be helped. When you are absent, call the coach's office before athletic period begins. The phone number is (281) 373-2577. If you are at school and must leave before athletic period begins, come by the coach's office and inform someone of the situation. If you fail to call or come by the office, 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 are at athletics or after school practice or games we do expect you to wear the uniform of the day and accompany your group unless given special permission from your 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. During athletic period, players are to be in an area with their coaches. Tardiness will be addressed with disciplinary action.
- **Grooming and Dress** – All members of the football team are expected to be well groomed. 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 in athletic area.
 - 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**- You are to hang your equipment in your locker. When you change into workout gear, your school clothes should be hung up in your locker. 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. Therefore, athletes are encouraged not to store valuables in the athletic area and always lock their lockers.
 - No Food or Drink in the locker rooms.
- **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 2:45. 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:
Coaches Office-(281) 373-2577

What Your Coaches Expect From You

We expect you to do something worthwhile in your life.

We expect you to have great expectations. Anticipate having a great day, a great practice, a great season, and a great life.

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.

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 now and after you graduate.
- 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 Texas 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 the Anthony Ravens Athletes

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. But, make sure that you are attending tutorials for the right reasons! Not because you were not paying attention in class or a lack of effort.
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. Nothing causes a teacher to turn off a student faster than late arrival. **Be on Time!**
5. This is not a team endeavor; therefore do not sit next to another player in your classes.
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 caps in the buildings, and pull up your pants.
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! If you make the choice not to, it is only going to get worse.**
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 a day of class due to a game or travel, **make arrangements with the teacher before you leave**. This should be done at least 2 class days ahead of the absence if possible. This includes times to make up tests.
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!**

Cypress Fairbanks Athletic Department

Sportsmanship Standards

Parent Expectations

Youth sports are for the players. All parents associated with Cypress-Fairbanks I.S.D. are welcome to share in the pleasure of watching their children participate so long as their behavior does not distract the players and officials from the free flow of play. Any issues a parent may have with any coach, official or player should be submitted in writing to the school athletic office and addressed at a proper time and place, not on the field 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 court or 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

Your cooperation with these standards before, during and after each game will make CFISD athletics 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. CFISD 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.

Player Expenses

Please purchase your own football cleats. Cleats should be black with white or gray trim.

In accordance with UIL rules and district policy, we cannot provide free meals or clothes to our student athletes. These would be considered gifts and would violate UIL policy.

Pre-Game Meal x 9 games = \$60

Dog Tags= \$10

Game Day Shirt = \$25

Game Day Socks=\$5

Total = \$100

Can be paid up front or at time of order.

ALL PLAYERS

These are some of the items which will be provided free the first time they are issued. If they are lost, there will be a replacement cost.

Lost Equipment Replacement Cost.

Helmet \$200

Practice Jersey \$15

Shoulder Pads- \$50

Practice Pants \$15

Game Uniform-\$75

Mouth Piece- \$2

Anthony Ravens Coaching Staff 2015

TJ Dillon-Head Coach

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Coaching Staff-

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http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf

<http://www.uil.utexas.edu/athletics/index.html>