





Dear Players and Parents,

I hope that this letter finds you and yours doing well as we head into the 2022 season. I am excited for this new journey as your Head Coach and look forward to many, many years at Satellite High School. My extensive and varied football coaching career to date has equipped me with the skills necessary to continue with a team at the highest level. Not only will I bring with me my experience as a Coach, but also the attitude of an educator, with a personal mission to see players excel in their best way possible.

A little background about myself. I played center at Lebanon Valley College and then linebacker at Salisbury University on the eastern shore of Maryland. After coming to Florida, I began coaching in Brevard County for both sides of the ball at multiple high schools. With defense being my strong suit, I've been a part of a staff that took two teams to the State Championship; Viera and Merritt Island. Outside of coaching, I have been teaching Physical Education in Brevard County for 21 years, with most of my time spent at Kennedy Middle School.

I have taken the time to write this letter in order to keep you on top of some of the plans that I have for this summer. I intend on starting the official off season lifting program on Monday. I know the players have been attending workouts already, but the real work starts next week! The lifting days are going to run from Monday to Thursday every week. Every player is expected to be there every single day. Please remind your player that if they cannot attend a workout for whatever reason, they must inform me PERSONALLY by either email or text.

The 2022 season is quickly approaching and there is a lot of work to be done! I am committing to you that I will be working with the Assistant Coaches and the Touchdown Club on making this transition a smooth one. I can't wait to meet all of you and look forward to a very successful season! Go Scorps!

Sincerely,

Brian Helton  
helton.brian@brevardschools.org



SCORPIONS FOOTBALL

### Commitment

You may have signed a pledge or made a promise before today; but this pledge is a little different. Most pledges are a one-way street in the sense that you promise or swear to do something and at the end there is a reward or a prize. This pledge is different in that I will accept your pledge and return with one of my own. At the bottom of this page you will see my signature. With this signature, I make a return pledge to you.

*My pledge to you – By signing on the line below, I pledge that if you give me the next 4 years of your life, I will return that favor for the rest of your life. You need a film for a college, you will get it. You need a character reference for a job in high school, college, after college, ever – you will get it. You need help figuring out what college is right for you, you will get it. If you ever need my advice, help or guidance – I will be a phone call or email away. I will repay me debt ten times over and not think twice about it.*

There is a catch, however; the catch is that you give me your best effort for the next 4 years in all phases of your life. I am not asking you to place football above all else in your life, but I am asking you for a serious commitment. You will be responsible for getting into and staying into shape; you will become as big, strong, and fast as you can. You will not miss a workout or a practice because of school work, detention, or some other matter which you are in control. If, for some reason, you miss anything, you will notify me and accept any consequence that may result from your absence. You will represent this team, this staff, this high school, and this community in a manner that will make all proud. You will study, workout, practice and play hard. You will not use drugs or alcohol. You will accept responsibility if your conduct does not meet the program's standards. And you will do all of this NOT just for your own personal glory; you will do it because these actions are what it takes for our program to become the best that is can possibly become.

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Brian Helton  
Head Coach

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Player Signature



## **The Twin Pillars of Football**

### **1. Definition of a Player**

The Definition of a Player is someone who stands on their own two feet and accepts responsibility. This mantra will be repeated by all until they hear it in their sleep. Gone are the days of excuses, missed practices, laying blame on others for poor performances, and not understanding that our actions have consequences. Part of the job of a good high school football staff is taking young players and molding them into responsible young adults. We will understand that, in most instances, if something goes wrong the first place to look is in the mirror. Our program will be governed by our own actions, choices, and the consequences that go with them.

### **2. W.I.N. – What’s Important Now**

This 2<sup>nd</sup> pillar serves as a reminder to concentrate on the task at hand. It is the hope that players in this program will “win the battle” that lies directly in front of them. Furthermore, they will take the necessary action to ensure that there is a winning outcome. Whether suiting up for a practice or walking into a classroom, a football player will know what is important and complete the task at the highest level that he or she can. We want to W.I.N. all year round and in all phases of our lives.

## **Workout Expectations**

The lifting days are going to run from Monday to Thursday every week. During the winter sports months, we will lift at the high school after school hours. The expectation is that if you do not play a winter sport, you will attend each workout. If you cannot attend a workout for whatever reason, you must inform me PERSONALLY by either email or text. When spring sports begin, we will use the weight room. Again, if you do not participate in a spring sport, you are expected to be at the workouts.



## Procedures and Policies

### General Team Rules

1. Be accountable for your own actions. Every choice has a consequence; be ready to accept the consequence as your own doing.
2. If you are on time, you are late. Arrive early and make sure that you are prepared, whether dressed for practice or seated for a meeting.
3. We are coaches, you are players. Players will refer to all coaches as Coach. It is a sign of respect.
4. Respect will be an “all the time thing” here. Coaches will respect players; players will respect the coaches and each other. There will be no hazing or bullying – found guilty of either and you will no longer be a member of this team.

### Attendance Policy

It is crucial for players to understand the importance of being at practice on time every day. All players will be at every practice rain or shine. If a player is at school, the player will be at practice. If a player gets sick at school or a problem arises, the player must see or call the Head Coach before they go home. Otherwise, it will be an unexcused absence. All players will be on time and prepared to practice every day. All excused absences from practice must be pre-approved by the Head Coach. Upon return to practice, the athlete requires a signed and timed note. Players who miss practice (for any reason) will need to stay after practice to make up for missed conditioning. This is not punishment! We have to stay in shape. Players who are late for practice for any reason also need to stay after practice to make up for missed conditioning.

Unexcused Late: (remember all excuses must be pre-approved)

1<sup>st</sup> offense = Will not start

2<sup>nd</sup> offense = Sit out 1 quarter

3<sup>rd</sup> offense = Sit out 1 half

4<sup>th</sup> offense = Subject to Head Coach Decision

5<sup>th</sup> offense = Cut from Team

Unexcused Absence: (remember all excuses must be pre-approved)

1<sup>st</sup> offense = Sit out 1<sup>st</sup> quarter

2<sup>nd</sup> offense = Sit game



3<sup>rd</sup> offense = Subject to Head Coach Decision

4<sup>th</sup> offense = Cut from Team

Examples of last minute excused absences: Death in the family, Family Emergency, etc.

## **Communication**

### **Players, Coaches, and Parents**

No discussion will take place after a game or practice. If there is an issue or concern, players must first talk with their position coach. If the issue is not resolved, the player must talk with the Head Coach. If the issue is not resolved after the player spoke with his position coach and head coach, parents can call the head coach and set up a conference. All conferences will take place at the high school.

Topics that will not be discussed at conferences: Scheme or play calling/other players/coaching decisions.

## **Playing Time**

Playing time is not guaranteed in high school football, especially on the varsity level. My personal philosophy is that on JV level, as many kids should see significant action as possible. On this level, we are trying to win, but we are also trying to develop our players so that they can compete and help the varsity team someday. Playing time is a combination of the following 3 factors:

1. Ability
2. Work Ethic
3. Attendance

A great athlete who does not show up to practice or does not practice hard will not play. Likewise, a kid with less ability who does work hard will not play if he cannot handle what is expected of him; a varsity player must be able to perform. At the varsity level we play to win. Playing time will be based on how this coaching staff decides what is best for the team to achieve a victory.

Coaches will not give preferential treatment. We will make our decisions based solely on the factors listed above. We will also consider the safety of the individual and the team in deciding playing time on the freshman and JV levels. Our goal as a staff will be to attempt to make your son/daughter as good a football player as they can be so that they can be on the field as much as possible.



### **Travel**

All athletes must travel and return with the team. Exceptions will be made if the player receives prior approval from the Head Coach. Players with prior approval must be seen leaving with their parent by the Head Coach/assistant coach. No player is permitted to leave with other player's parents. This is a district polity that is a liability issue.

### **Drugs/Alcohol**

There will be a zero-tolerance policy in regards to drugs/alcohol. Any player caught using or admitting to drug or alcohol use will automatically face disciplinary action from the team. This includes ANY TOBACCO USAGE – no smoking or dipping is allowed.

#### Penalties for Drinking, Smoking or Drug Use (Includes both in-season and off-season)

1<sup>st</sup> offense –

- a. Automatic 1-game suspension.
- b. Extra mile of conditioning each day for 1 week.
- c. Notification of parents.

2<sup>nd</sup> offense –

- a. Automatic 3-game suspension.
- b. Extra mile of conditioning each day for 3 week.
- c. Meeting with parents to discuss issue.

3<sup>rd</sup> offense –

- a. Removal from team.

### **Injury Policy**

The rules for a player returning from injury are the following;

1. You cannot lose your position to injury – if you were a starter when you became injured, you will start again when you return.



2. You must make it through an entire full-pad practice to be considered as completely healthy and able to play. This means at least a Wednesday practice and the Thursday walk-thru.
  - a. If you return on a walk-thru day, you may be allowed to play but you will not start and your playing time will be limited.
3. Trainer and doctors make all medical decisions. Neither you nor I have medical degrees; therefore, we will leave diagnoses and decisions as to whether or not you can practice or not in their hands.

### **Concussion Policy**

You will not be able to return to action after receiving a concussion unless cleared by both a doctor and our trainer.

### **Energy Drinks/Boosters**

NO ENERGY DRINKS/BOOSTERS WILL BE ALLOWED DURING PRACTICE TIMES OR GAME TIME.

### **Quitting/Removal from team**

Any players who quits from the team will have 48 hours to reconsider his or her position. Before you return to the team, the player will have to meet with members of the coaching staff as a condition of reinstatement. ANY DAYS MISSED WILL BE TREATED AS MISSED PRACTICES AND PLAYING TIME WILL BE AFFECTED. After 48 hours, the player will not be permitted to rejoin the team until after the season has been completed unless there are special circumstances.

Any player removed from the team during the season will be allowed to rejoin the team after the conclusion of the season and meeting with the coaches to make sure that whatever issues or problems that arose to create the removal have been discussed and dealt with.



### **Theft**

Any player engaging in theft will be subject to dismissal from the team for up to one entire calendar year (12 months). Theft is NOT tolerated!

### **Grades**

All players will be subject to the school's weekly grading check. Any player who is declared ineligible by the school's grading policy may face additional penalties, in the form of conditioning, from the team.

Any player who totals 3 weeks ineligibility during the season may face his or her removal from the team depending on the circumstances of the situation.

### **Field House Maintenance**

The field house is our football home; it will be treated accordingly and with respect. After each practice, a rotating group will be responsible for ensuring that it is clean, and if not, to clean it up. If the field house is not in top shape at the end of the day, the entire team will condition extra the next practice.

Field house maintenance schedule will go as follows:

Monday – Freshman

Tuesday – Sophomores

Wednesday – Juniors

Thursday – Seniors

Lockers will be given out accordingly to class, and each player will be given a lock to secure their belongings. **NO PLAYER IS ALLOWED INTO THE EQUIPMENT ROOM UNLESS ACCOMPANIED BY A COACH.** Furthermore, there will be rules for equipment room, equipment usage, and equipment procedures; these rules will not be broken.

The bags and shields that we use for practice will be organized nightly. Cones, balls, and tees are to be placed in the equipment room and locked. **ALL FRESHMEN AND SOPHOMORES ARE RESPONSIBLE DAILY FOR PRACTICE EQUIPMENT.**



All equipment, helmets, shoulder pads, practice jersey/pants, and all hip/knee pads will be given a number when handed out to a player. That player is responsible for taking care of his or her own equipment. If lost, he or she is responsible for repaying the loss.

### **Practice Procedures**

Practice will begin on Monday - Thursday at 3:50 pm, and 2:50 pm on Friday. If you arrive at practice after that time, you are late and subject to extra conditioning. No one is permitted to leave the field house without their shoulder pads on. If we are practicing on the main field, your helmet must be on and strapped by the time you step onto the field. Your helmet does not come off or unbuckled unless you are A) given permission, B) getting water, or C) injured.

All equipment should be in place by the start of practice; failure to do so will result in extra conditioning.

### **Dress Code**

In our efforts to represent ourselves in the best way that we can, there will be dress codes for different occasions. The code will change depending on the situation, but our dress will show our pride in ourselves and our team.

Practice Dress Code – on days where we do not practice in full pads, all players will wear their practice attire.

Spirit Day Dress Code – on game days, varsity players will wear their game jerseys to school. JV players will follow suit on Thursday game days.

Travel Dress Code – When we travel to a game, we will either A) wear our game pants with our compression shirt, or B) travel in spirit day dress code for games further than 1 hour away. If an away game is an exceptionally long (2 hours+), we will wear our swag pack.

Banquet Dress Code – to gain admittance into the banquet, all players must wear casual dress attire. No hats, slides, Crocs or jerseys allowed.



### **Game Day – Pre Game Procedures**

1. Arrive 5 minutes before announced arrival time. EVERY MINUTE LATE AFTER ARRIVAL TIME IS A MINUTE OF GAME TIME LOST. Since all of our games are on Friday, this should not be an issue as we will most likely stay at school after dismissal.
2. NO ENERGY DRINKS ALLOWED. Anyone found consuming may risk not playing that day.
3. Be dressed completely before your pre-game group leaves for the field – this means all buckles buckled and helmets completely strapped.
4. Helmet stays buckled unless you are getting water or until you re-enter the field house.
5. Pre-Game Practice Schedule:
  - a. 1<sup>st</sup> Group – QB/WR/C – 5 minutes of snaps and throws.
    - i. No Routes
    - ii. QB + C on goal line, WR on 10. QB takes snap and throws to receiver.
  - b. 2<sup>nd</sup> Group – Specialists (P/K/PR/KR/LS/QB/WR/C)
    - i. Stretch
    - ii. QB/WR run routes
    - iii. Kickers and Return men warm-up
  - c. Team Run, Entire team warm-up
  - d. Team Stretch
  - e. Indy D
  - f. Team D
  - g. Indy O
  - h. Team O
  - i. Depart for locker room

### **National Anthem**

1. Form 2 Lines
  - a. One line will form on the side line and run from the 40 yard line to the other 40 yard line
  - b. The 2<sup>nd</sup> line will run parallel about 3 to 5 yards away from the first line.
2. Face Flag
3. Helmet under Left Arm
4. Right hand over heart
5. Stand at attention to COMPLETION of the anthem.



SCORPIONS FOOTBALL

By signing this document we understand all the rules and expectations of the Satellite High School Football program.

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Player Signature

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Parent Signature

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Print Name

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Print Name