

# ***East Burke Football***



## **Football Parent Meeting**

# "Why isn't my kid playing?" How can coaches address this issue with parents?

Playing Time. Some parents struggle with it. Their child is not getting much playing time.

<https://gregberge.beehiiv.com/p/parents-struggle-childs-playing-time>



# **Coaching Staff:**

**Coach Minor - QB - JV/V OC**

**Coach Martin - OL/OLB/STC**

**Coach Witt - RB/LB**

**Coach MChilders - V-DC DB/WR**

**Coach JChilders - ILB/FB**

**Coach Marlowe - JV-DC DL/TE**

**Coach Brown - OLB/OLStats/Academics**

**JJ - Equipment Coordinator**

# CONNECT:

Player Text: @81010 message: @EBFootball  
Parent Text: @81010 message:  
@EBFBparent

[www.EastBurkeFootball.com](http://www.EastBurkeFootball.com) (PARENT TAB)

- Team email

Twitter/Instagram: @EastBurkeFB

Facebook: @EastBurkeCavaliersFootball

Email:

DerrickMinor@burke.k12.nc.us

*SERVE OTHERS  
WORK TO WIN  
OWNERSHIP  
RELIABILITY  
DISCIPLINE  
SACRIFICE*

# August 2023

## #EarnYourSwords

SUN	MON	TUES	WED	THURS	FRI	SAT
Day 1-3 = Tryouts	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	DAY 1 = 7:45-Noon Practice = Helmets Only Parent Meeting 7pm - Cafeteria Lift-A-Thon forms sent home	745-Noon Practice = Helmets Only	745-Noon Practice = Helmets & Shoulder Pads	745-Noon Practice = Helmets & Shoulder Pads	745-Noon Practice = Helmets & Shoulder Pads	745-Noon Practice = FULL GEAR / Trail of FEAR
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	745-Noon Practice = FULL GEAR	745-Noon Practice = FULL GEAR LIFT-A-THON 10am-Noon	745-Noon Practice = FULL GEAR	745-Noon Practice = Helmets & Shoulder Pads 10:45 Pictures Senior Jersey Ceremony 6pm Fieldhouse	Burke County Jamboree (@DHS) vs North Iredell 7:30pm	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	745-Noon Practice Senior Monday Motivation:	745- Noon Practice	Teacher Workday 3:00pm Weightroom-6:00pm	JV vs Patton 7:00pm JV 3pm Cafeteria Varsity Practice 7-9:00am	V @ Patton 7:30pm 3pm Cafeteria	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	Teacher Workday 3:00pm Weightroom-6:00pm	Teacher Workday 3:00pm Weightroom-6:00pm	Teacher Workday 3:00pm Weightroom-6:00pm	JV vs Freedom 7:00pm JV 3pm Cafeteria Varsity Practice 7-9am	V vs Freedom 7:30pm 3pm Cafeteria Military Appreciation Night	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
	Car Door Elementary Schools 7:30-7:50am Practice 3-6:00pm Senior Monday Motivation: BBQ Ticket Starts	Practice 3:00-6:00pm	Practice 3:00-6:00pm	JV vs Draughn 7:00pm JV 3pm Cafeteria Varsity Practice 3-5:30pm		2024 Dead Period will be July 1-7 and 15-21

# **Volunteers needed:**

**Helmet Tunnel - Kevin Robison**

**Parent Reps: V - Regina Hess  
JV - ?**

**Post-Game Snacks**

**Helping feed players**

**Senior Moms decorating banquet**

# **Pre-Game Meals**

Churches that would like to provide a meal for JV  
or Varsity.

We will contact the previous ones, but we are  
always looking for more!

**Contact Lauren Minor**  
**[minorlauren@yahoo.com](mailto:minorlauren@yahoo.com)**

# **47 players had 90% summer attendance = 60% of the team**

**Seniors  
73%**

**Soph.  
80%**

**Juniors  
92%**

**Freshmen  
67%**





# **Equipment Requirements:**

**Cleats/Equipment - School  
Colors**

**Game day undershirt  
(free w/ lift-a-thon sponsors)**

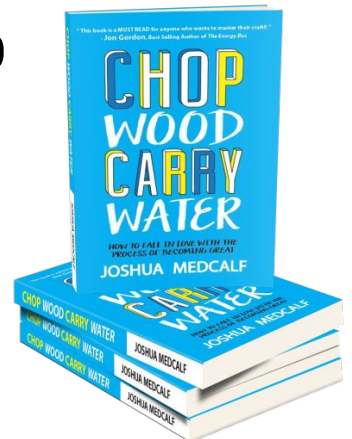


**2022 Summer Culture: Week 4...Parent/Player Meeting**

# Parent/Player Culture Lesson

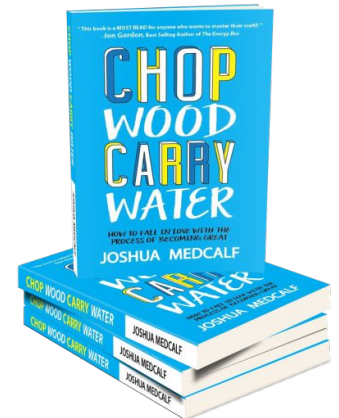
**We have a great nucleus of  
Parents**

**just like we have a great  
nucleus of players**



# What does complaining accomplish?

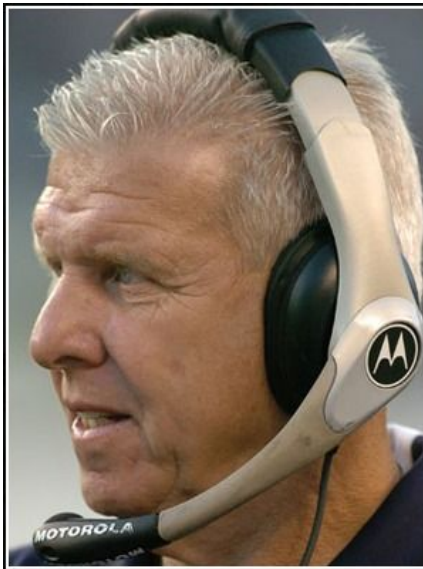
**If you don't complain,  
Thank you, help those who do.**



**Is what I'm saying to my son,  
about his team, helping him to  
be a great teammate  
Or is it tearing down the culture  
they are trying to build?**

**Is this email, text or comment to  
a coach helping or hurting**

**In the stands, at home...are we hurting  
the culture we are creating?  
if we permit it, we promote it (Bandys)**



Losers assemble in small groups &  
complain, winners assemble as a  
team & find ways to win.

— *Bill Parcells* —

AZ QUOTES



## Negative things players hear:

- too much time/demanding
- you aren't going hard enough
- throw the ball more
- I'm afraid you're gonna get hurt
- we run too much
- Why aren't you playing more/different position
- practice is too early
- y'all need to do this...or do that
- why is the coach doing that?
- it's too hard



**Matt Lisle** ✓  
@CoachLisle



Athletes: Take 1 minute to really listen. It can change everything for you!

Change your “what if?” To “even if”





**We spend 3-4.5 hours in the summer**  
**Practice-Weightroom-Culture-Position**  
**Meetings/Film...the more you're invested the less likely**  
**you'll quit or give up.**

**10.5 hours per day during school**

**14+ hours on game days**

**Please don't tear down in 30 minutes what**  
**takes us hours to build**  
***“losing players over mashed potatoes”***

**What if we are united?**  
**What if we don't tear down what**  
**we are trying to build?**

**How much more could we**  
**accomplish?**

### Things players want to hear after practice:

- How was practice, how did you do today?
- Did you work hard?
- How's the team looking?
- What do you want for dinner?

### Things players want to hear after a game:

- You played a Good game
- You played a Great game
- I am proud of you
- tell me HOW I did and WHAT I did good (specific)
- you can critique but slightly
- where do you want to go for dinner?

ESPN

ST

STATE

Coming Up  
Matt Campbell  
Press Conference

TCU	7	TCU
25 Iowa St	14	6-2
FINAL		

#RAISETHESTANDARD



**2024 Dead Period will be  
July 1-7 and 15-21**

**Required Parent/Player Rules Meeting: Fundraising**

# **Team Fundraisers for 2023**

## **Lift-A-Thon**

**Next Tuesday**

**Each Player - 10 sponsors at \$23 each  
Undershirt reward or have to purchase  
Lift-A-Thon Shirt for participating**

**Lift-A-Thon Form and Online**

**ALL Due Tuesday 8th in envelope or ziploc bag**

## **BBQ Cookoff**

**Saturday September 12th**

**10 Tickets will be sold per Player - \$8 per ticket**

**Online Apparel Store  
will be coming soon!**



**2023 Required Parent/Player Rules Meeting**



## **Our Vision:**

*To be the Toughest TEAM in NC, while developing young men of Character, Integrity and Servant Leadership who will become Leaders on the Field, in the Classroom and in the Community.*

## **Core Values:**

*Serve Others, Work to win, Ownership, Reliability, Discipline, Sacrifice*

## **Motto:**

*“Fear the SWORDS”*

*“Earn Your Swords”*

*TTFP Mentality*

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**We expect your son to be in the  
weightroom year round.**

**Freshmen are preparing for years  
down the road.**

**Your savings account accrues  
interest that you invest now.  
You will get out what you invest.**

# Parent's Responsibility

- 1. Encourage & support the coaching staff.**
- 2. Attend parent meetings**
- 3. Get involved!**
  - **help with fundraisers**
  - **Parent Rep., Pre-Game Meals, Post-Game snacks, Helmet tunnel, etc.**
- 4. Love on your son and always encourage him for who he is, not what position he plays or how much he plays.**
- 5. Cheer for us at games.**
- 6. Be realistic about your son's ability**

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# Program Policies

## Program First

- No one player is above our program
- Team first mentality: “What can I do to help the team?”

## Open door policy with players:

- I want our kids to understand that we are here for them. They may come to us for guidance at any time!

## Playing Time:

- We want our players to understand that they will earn everything they get.
- They will also play in the position that is best for our program.

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# Program Policies- Practice

## Late to Practice:

- The SHARK will be lurking = 50 pushups
- If a player is regularly late, they will lose playing time

## Leaving early from Practice:

- 5<sup>th</sup> Quarter the following day. (make up time)
- Must be communicated and approved

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# Program Policies- Practice

## Missing Practice:

- **“Excused”** = 5<sup>th</sup> Qtr next day
- out sick with a doctors note, death in the family and communicated with head coach
- **“UNexcused”** = 5<sup>th</sup> Qtr for week & possible **loss of playing time.**
  - Laid out, vacations, hair cuts, etc.
  - No prior communication with coach
- Miss 3 Days **unexcused** = possible release from the team
- Miss a Game = Double 5th Qtr for Week and possible **loss of playing time**

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# Program Policies- Practice

## Bottom Line:

**You want to play, you must be at practice.**

**Our opponents (Draughn, Patton, Freedom) don't care what your excuse is...they want you to miss practice so they can beat us.**

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# ***East Burke Football***



## ***Team Rules & Guidelines***



# TEAM RULES

- **Program Rules:**
  - **1. Love and Respect your Teammates.**
  - **2. Do the Right thing, the Right way, at the Right time.**
  - **3. TEAM First - Be a GREAT Teammate**
  - **Profanity = 50 Push-ups**
  - **No Tobacco, Vape, Drugs, Alcohol**
- SERVE OTHERS  
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# TEAM STANDARDS

- **Stealing/Fighting/Bullying**
  - Will NOT be tolerated and will result in dismissal from the team.
- **Conduct detrimental to the team will be suspension from the team.**
- **Profanity = 50 push-ups each time it is used.**
  - If directed toward a coach, you will be dismissed from this program!
- **Lying to Coaches = possible dismissal**

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# TEAM STANDARDS

- **ISS and OSS will be referred to BCS and EBHS School policy**

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# Locker-room Distractions

- **I will not hesitate to remove a player from our program if they become a distraction.**
- **All players must have a team first mentality!**
- **Examples:**
- **Complaining about playing time!**
- **Lying to coaches, damaging equipment/locker room, cursing**
- **Inappropriate comments about players/coaches to one another or on Social Media**

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# **Pride Points**

**Pride Points will be used to rank commitment**

**Equipment, Lockers and Numbers will be used to allow players to pick first**

**Team Pride Points will be awarded for first in line for Team Meals and other Team events.**

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# Transportation: To and From Games

- **All players and managers are to ride the team bus to and from any event.**
  - **Equipment and Uniform issues.**
- **Exception: medical or family emergency.**

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# After Practice/Game/Half-time Concerns

- Please **do not approach a coach or your son during practice, or game** until the players have been dismissed by our coaching staff unless there is an emergency.
- **All Practices are closed.** You may watch from outside the gate, but no parents inside.
- **Protects coaches, players, and the team.**

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# Parent/Coach Meetings

- I will be glad to set up a meeting as early as possible with you and your son.

Email: [derrickminor@burke.k12.nc.us](mailto:derrickminor@burke.k12.nc.us)

Please be advised that I **WILL NOT** discuss your son's position, playing time, team strategy, or play calling.

However, I will inform the players ways to improve to increase their chances of getting more playing time.

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# After Game Family Huddle

**Post-Game Huddle. We ask that all family members join our team huddle after the game on the field.**

**- *We will promote family!***



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# **End of Season Banquet**

**Senior Parents get to have fun and decorate the First Baptist Hildebran Gym/Auditorium.**

**This year the food will be Church Style pot-luck. - Bring your own utensils!**

**Seniors and Sophomores -  
Bring your favorite main dish and a drink/tea**

**Juniors and Freshmen -  
Bring your favorite side item and a dessert**

# CONNECT:

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- Team email

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Email:

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# Rules Meeting attendance:

Verification Link to be completed....



# Parent Reps:

Please stay for a brief meeting to discuss needs:

Away Post-Game Snacks

End of season Banquet decorate/venue

help provide/cookout for team on special occasions or special treats on hot days