

Vail Academy and High School Flag Football Coaching Staff

Head Football Coach: William Friggle

Assistant Football Coach: Kevin Knipp

Our Coaches Philosophy

Our flag football program exists for our players. As coaches, we are responsible for preparing each individual to become the best football player he/she can be.

Football is a microcosm of life. The most successful people in life exhibit good discipline, a strong work ethic, loyalty, and teamwork. We demand that our players exhibit these characteristics. In our program, we teach our players to set goals, and how to keep these goals in focus and achieve them. The ultimate purpose of our flag football program is to have each student-athlete have fun and enjoy themselves while still maintaining good order and discipline. They will leave with a superior education and a feeling that his/her years at Vail Academy and High School, have been the best years of his/her life.

Rules and Expectations:

Eligibility- No student can participate in a game if they don't have a current physical, a signed code of conduct, and emergency card on file. Students must maintain a 2.0 average, and have no "F's". Have no "N" or "U" on the citizenship rubric. Student-athletes that are ineligible for three consecutive weeks will be removed from the team roster. Ineligible students may practice but may not play in games or sit with the team during games.

Practice times- Practice is held Mon-Thurs. from 2:45pm-4:15pm., with the exception of game days or otherwise directed by the Head Coach. All practices are closed unless prior approval from the Head Coach. Every student-athlete is expected to be at practice. A written note from a parent or teacher is required for all missed practices. If a student misses practices without a note, students risk losing their spot on the team.

Game times- All games will start at 3:45pm. A copy of the flag football games schedule will be issued to every student-athlete, and parents for planning purposes.

Sportsmanship- Good sportsmanship will be displayed at all times. If a student-athletes antics becomes a repeated distraction to the team, they will be removed from the team roster.

Playing Time- Student-athlete playing time will be based on performance at practice. The coaches will make an effort to see that all student-athletes play in every game if possible.

There is an “A” Team- Varsity, and a “B” Team- Developmental.

Uniforms- Each player will need to purchase **navy blue shorts** that do not have pockets and a **mouthpiece**. Shorts are available in the student store for \$10. Plastic, non-metal cleats are also strongly recommended. Players will be issued a Jersey that must be returned at the conclusion of the season. The replacement cost of the football jerseys are \$40.00 for all missing uniforms.

Any other questions that you might have can be answered by contacting:

Coach Billy Friggle at w520-879-1916 or c520-444-0902, email frigglew@vail.k12.az.us

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I read and understand all the rules and expectations stated in the information letter.

Print Student-Athlete Name: _____

Student-Athlete Signature: _____

Parent/Guardian Signature: _____

Parent/Guardian Cell Phone: (for texting team info): _____