

## Coaches Contact – Parent Informational Letter

Head Coach: Jim Sake  
[jsake@palmer.esu7.org](mailto:jsake@palmer.esu7.org)  
School Phone: 308-894-3065

Assistant Coach: Heath McClellan  
[hmccllellan@palmer.esu7.org](mailto:hmccllellan@palmer.esu7.org)

### What each player will need

Football cleats, T- shirt, towel and an athletic supporter of some kind for every practice. They should also keep gym shoes and shorts in their locker as a back up plan if we cannot go outside due to weather. **All Players will need the activities handbook agreement and the NSAA form signed and turned in. Students will also need a physical form turned in to the office as well.**

### Practice Schedule

Athletes, parents, and family should make arrangements for practice every school day that we do not have a game. Practice is valuable time for both individual and team improvement so please schedule appointments and other activities at a different time of day. Please note the practice schedule below as we are trying to add a dedicated time to lift weights twice a week for our in-season athletes.

Monday	Practice Ends 4:30 PM
Tuesday	Practice Ends 5:00 PM (Lifting day)
Wednesday	Practice Ends 3:30 PM (No after school JH Practice)
Thursday	Practice Ends 4:30 PM
Friday	Practice Ends 5:00 PM (Lifting day)

### Playing Time

Not every player will have equal skill therefore not all playing time will be equal. All efforts will be made to get each athlete some playing time in each game, but in some cases circumstances of the game may not allow this. For example, a close game, or a game where miss matches in size and ability make it unsafe for a player to be on the field.

### Contacting Coach and Chain of Command

As a coach my door is always open to my players. Before school and after practice are the best times to chat. If there are any concerns **the player speaking with the coach is the first step** in seeking a resolution. This is to make sure that the players concerns are understood before parent involvement. The full chain of command is as follows:

1. Player meets with coach
2. Parents meet with coach
3. Parents meet with Athletic Director
4. Parents meet with Principal
5. Parents meet with Superintendent

The first question any of these people will ask is *has the player met with the coach?*

## **Rules and Expectations**

1. Academic eligibility for sports will be from the student hand book
2. Players must sign out from any periods they will miss
  - a. Students must be in good standing with all teachers in order to be signed out
  - b. A teacher can refuse to sign out any student eligible or not. As the coach I leave this up to each teacher.
  - c. Sign out sheets generally are due the day before the activity. Failing to turn in a sheet on time can result in not being allowed to miss school.
  - d. Students should be prepared for school in case the activity is cancelled. (This includes bringing textbooks and computer to school)
3. Players are expected to be at all possible practices and games.
  - a. Students leaving practice early for unexcused reasons can be subject to less playing time.
  - b. Excused reasons include: funeral, sickness, wedding, etc
  - c. Unexcused examples (not limited to this list): babysitting, mowing the lawn, no arrangements for a ride home, detentions, etc

## **Values of the program**

**Integrity:** Players and coaches will do what is right, even if it is not the most popular decision.

**Discipline:** Players and coaches will do what is right and expected of them even when no one is watching.

**Commitment:** Players and coaches will place their team as a high priority in their life. Players and coaches will give their all to better themselves.

**Responsibility:** Players and coaches will be prepared.

My goal is for my athletes to grow into self-reliant, self-disciplined, and self-motivated individuals who strive for success and persevere through any obstacles that stand in their way. If players work hard and are consistent in their effort, development of their football skills will come and winning will take care of itself. Thank you for your support of our teams.

Sincerely,

Jim Sake

Schedule Located on [www.palmertigers.org](http://www.palmertigers.org)

9/2/25	@ St.Ed/Newman Grove (St. Edward)	4:00 PM
9/8/25	@ Palmer v. Nebraska Christian	4:00 PM
9/22/25	@ Twin River (Genoa)	4:30 PM
10/6/25	@ Palmer v. Fullerton/High Plains	4:00 PM
10/20/25	@ Loup City v. Arcadia Loup City	4:00 PM
	Due to low numbers as of now we will not play riverside.	

\*\*\*Schedule changes

Although we use gamechanger the school website is the official home of the schedule. Please double check the school website and use it if there are any discrepancies.

If games are cancelled short notice, an e-bulletin will be sent out as well as posts on the school website & socials. GameChanger will also be utilized.

If schedule changes are made in advance, players will communicate changes with families as well as updates to the website/GC being made.

You and your athlete are responsible for knowing academic eligibility status. The coaches will not be contacting parents to let them know that their son will not be allowed to leave school because of grades.

\*\*\*Parents/Guardians are the only people allowed to sign a child off an activity bus, they must be physically present to do so. If you wish for another responsible adult to sign off your child a note must be sent to the office 24 hours in advance of the activity. Coaches will follow the activities handbook on this matter, parents should plan accordingly.



-----remove just this page-----

## 2025 JH Football

I have read and reviewed this entire document with my player. This includes sections covering eligibility, sign out policy, team rules, team values, and playing time. If this is true please sign below and have your player return just this page to coach.

Player Name: \_\_\_\_\_

Parent or Guardian name: \_\_\_\_\_

Parent or Guardian signature: \_\_\_\_\_

Date: \_\_\_\_\_