

2015 CUB FOOTBALL TEAM GUIDELINES & GENERAL POLICY

I. TEAM GUIDELINES

- A. Follow all rules in school handbook. Failure to comply will result in discipline, suspension, or dismissal from the football program.
- B. Stealing, lying, vandalism, insubordination, or actions detrimental to the team will be dealt with by suspension or dismissal from the program – see school handbook for action and consequence.

<u>Action</u>	<u>Consequences</u>	<u>Action Plan</u>
1 st Alcohol Offense	Per Handbook	head coach, parent/guardian, AD
2 nd Alcohol Offense	Per Handbook/dismissal	TBD
DUI/Drug related charges	Per Handbook	TBD
Misdemeanors	Per Handbook	TBD
Felony Convictions	Per Handbook	TBD

II. TARDINESS / ABSENTEEISM: GUIDELINES

- A. All absences or being late must be CLEARED in advance through the HEAD coach. A reason is BEFORE and an excuse is after. This includes all football related team functions. All absences and tardies not cleared in advance through the head coach will be dealt with as followed:
- B. IF AN ATHLETE IS CLEARED IN ADVANCE BY HAVING CLEAR COMMUNICATION BETWEEN THE ATHLETE, THE PARENT AND THE COACH....A **starting position is NOT guaranteed**. Example – John Doe is our starting Linebacker and is excused from a practice or practices. The 2nd string linebacker at his position is now taking reps with the 1st team and shows that he knows what he is doing and performs at a high level, the 2nd string linebacker could actually take the 1st string linebacker’s position. As coaches we want the best athletes on the field and if an athlete has missed a practice where they are now “clueless” as to what our game plan is and the next player in line shows that coach that he is better than that player, he is going to be given a shot at taking that position and calling it his...that player that is “given a shot” needs to perform at a high level and show the coaches that he deserves that spot, IF NOT, the spot remains with the player who was “excused”...bottom line, the best will play on game day.
- C. **IF AN ATHLETE QUILTS THE TEAM AND WANTS TO BE BACK ON THE TEAM LATER:**
- 1) The individual needs to show remorse and sincerity for his actions or decisions that lead him to decide to quit in the first place. ...**IF** the individual truly has shown that he wants to do better he may be given a second chance **IF AND ONLY IF (1) THE ATHLETE APOLOGIZES FOR ACTIONS THAT LEAD HIM TO QUIT IN FRONT OF HIS PEERS AND COACHES AND (2) CAPTAINS WILL DECIDE TO LET HIM COME BACK ON THE TEAM OR NOT. Unexcused absences of 3 DO NOT APPLY.**
 - 2) The individual will have to “sit out” the next 2 games
 - 3) Thereafter he is considered a part of the team and will be considered for possible playing time based on his talents and abilities.

UNEXCUSED PRACTICE / GAME ABSENCES

- **1st Unexcused Practice or Game Absence:** Parent notification + Loss of 1 game of playing time
- **2nd Unexcused Practice or Game Absence:** Parent notification + Loss of 1 game of playing time. Meeting is set up with Parent, Athlete, Head Coach, and Athletic Director.
- **3rd Unexcused Practices or Game Absences:** Dismissed from football team for REST OF THE SEASON.

UNEXCUSED SCHEDULED WEIGHT ROOM ABSENCES DURING THE SEASON

- Any unexcused weight room absences during the season will be made up in practice by doing the following for 20 minutes straight.....1) Pushups 2) Ab exercise 3) Lunges 4) Burpies....5 reps each for 20 minutes

TARDINESS / LATENESS

- Late or Tardy any time over the course of the season: Student-Athlete will jog around practice field for every minute they are late....practice starts at 3:40pm....if they come out at 4:10 they will jog for 30 minutes.

III. ACADEMIC EXPECTATIONS

- A. Follow eligibility rules in school handbook.
- B. School comes first, get it done! Order is as followed during the course of a day...1) School 2) Football 3) Meal with Family 4) Homework 5) Recreation (video games, technology, games, etc.)...6) Asleep by 10:30pm.
- C. Falling behind in school and needing assistance during football practice: Will be handled the same way as Tardiness / Lateness....UNLESS the head coach clears it prior. Example; Johnny doesn't have any study hall during the course of the day and will be missing part of the morning classes the next day because of an orthodontist appointment and will be taking a test that day. Johnny needs to make every effort to arrange his test taking outside of practice time (setting up a time to take test before school from 8am to 8:20)....BUT it may be permissible to take his test during practice time if the student-athlete has made that effort and needs more time. Mr. Rhodes will be flexible but student-athletes need to have good time management practices to be a successful student-athlete.

IV. FIELD & LOCKER ROOM EXPECTATIONS

- A. Run – jog when moving on the field from drill to drill – we don't walk. Encourage, exhort, and support all your teammates.
- B. Be courteous to the managers and trainers. If you have a complaint, see one of the coaches or the head trainer.
- C. Hazing or initiations will not be tolerated in any form at any time!
- D. Eliminate swearing, obscenities, and gestures – self discipline.
- E. Keep locker room, weight room, training room, and practice areas picked up – first class starts here.

- **IF coaches pick up items off floor there WILL be consequences for ALL football players....extra conditioning**

V. PRACTICE AND MEETING GUIDELINES

- A. Practice starts at 3:40pm with “Early Outs” (snapping, kicking, punting, individual drill work, throwing, or catching).
- B. Practice will usually be done by 5:45: schedule accordingly.
- C. Remember the office must be notified in advance concerning any appointments in which school will be missed. If not, you cannot practice (if unexcused absence is on a day of practice) or play (if unexcused absence is on the day of the game). SO...if the office is not notified of your whereabouts during the course of the school day you cannot practice or play that day which means it is an official unexcused absence and you will not be playing in the next game at all.

VI. EQUIPMENT EXPECTATIONS

- A. Any items found by a player in the team room that do not belong to that player must be immediately turned into the coaching staff.
- B. You are responsible for the proper care of all equipment that is issued to you. You will PAY for any that is lost or not turned in – a hold will be placed on your account. Never CUT or alter any equipment unless coach says otherwise.

- C. Issued gear is the only acceptable gear. Get approval before purchasing any additional gear or wear.
- D. Bandannas, towels, or stickers, are not allowed unless issued by the team. No ankle socks for GAMES. LONG WHITE SOCKS!!! LETS LOOK GOOD AS A TEAM!!!

VII. TEAM TRAVEL (AWAY GAMES)

- A. Game Jersey / Polo (seniors will decide) with kacky pants required (no hats). IF no kacky pants then your best pair of jeans.
- B. Coaches will make room assignments (if we were to stay overnight) – no changing on your own.

VIII. SPECIAL EMPHASIS

- A. All coaches will be addressed as “Coach”.
- B. Facial hair and hair length or appearance will be at the discretion of the Head Coach, no ponytails. LET’S LOOK GOOD!
- C. If at any time you decide to quit the football program, you are expected to see the Head Coach prior to checking in gear. Your parent/guardian will be contacted. IF you decide to not talk to the Head Coach and DO NOT check in your gear we will have a mandatory meeting between you, the Head Coach, the athletic director, and your parent/guardian to discuss matters.

IX. CARE OF INJURIES / TRAINING ROOM

- A. All injuries must be brought to the attention of the Head Trainer. The Head Trainer is in charge of all injuries and rehab, playing and practice status, and all special equipment required as a result of an injury.
- B. **Injured and not able to dress in practice gear**, you will nevertheless be **REQUIRED TO ATTEND practice** and observe your group WEARING YOUR PRACTICE JERSEY.

All guidelines in this packet or any not listed here (conduct deemed detrimental to the team) will be adjudicated at the discretion of the Head Football Coach and Athletic Director.

Once you have read and understand the above team rules and policies, sign below, and turn in to the Head Coach.

Student Athlete’s Printed Name _____

Student Athlete’s Signature _____

Date _____

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____

Date _____

HEAD COACH SIGNATURE _____

Date _____

ATHLETIC DIRECTORS SIGNATURE _____

Date _____