

Football Player Expectations & Policies:

1. We will follow all MSHSL and ISD194 rules and policies related to discipline issues and violations
2. In addition to the MSHSL and ISD194 consequences, any player receiving a chemical/MSHSL violation will lose their eligibility for any team awards including the ability to serve as a captain for the duration of their playing career.

| | |
|---|--|
| <p>Requirements to Play Football</p> <ul style="list-style-type: none"> • Be registered for football through the school fee pay system • Have an updated physical on file • Be academically eligible • Follow all team policies • Participate in team activities • Participate in team fundraisers | <p>Players can expect Coaches to:</p> <ul style="list-style-type: none"> • Build positive relationships with them • Be honest with them • Help them achieve their goals now and after graduation • Hold them accountable to the program goals and policies • Make decisions on what is best for the team • Provide a disciplined environment to help them grow • Make our school the best in the state to go to school and play football |
| <p>Missing Practice</p> <p>If you miss practice, you cannot make up that opportunity to improve. If you miss practice, you must let your coach know.</p> <ul style="list-style-type: none"> • Excused absence - You get 1 day on the distraction list (simply to make up the time missed and show your teammates you missed them) • Unexcused absence - you get 2 days on the distraction list. If it happens repeatedly, you will be removed from the team | <p>Players will be expected to:</p> <ul style="list-style-type: none"> • Do the right thing • Be on Time • Be Dependable • Control their Attitude and Effort • Out-work anyone who wants the same thing as you. • Treat everyone with respect • Report all injuries/problems/issues • Live with Passion, Discipline, and Pride |
| <p>Injury Policy:</p> <ul style="list-style-type: none"> • Understand the difference between being hurt and being injured • All injuries will be reported through the Athletic Trainer • Injured Players will participate in practice to the extent the athletic trainer decides • If you have a serious injury and are out for a substantial amount of time, we still expect you at practice. | <p>Player Discipline:</p> <p>Players will receive fair and consistent discipline designed to change and improve behavior when needed. We may discipline using the following</p> <ul style="list-style-type: none"> • Informal Conference • Formal Conference • Distraction List |
| <p>Communication with the Head Coach</p> <p>The Head Coach will communicate with players on a regular basis. It's important the players have access to HUDL to receive all communications.</p> <p><i>**Coach Burk is always available to meet with players anytime they want.</i></p> | <p>Letter Policy</p> <p>All players who finish the year on the varsity roster are eligible for a varsity letter. Lettering will be determined by an end of season evaluation where each player demonstrates their commitment to the team through the season. Players with enough participation points will receive a letter.</p> |
| <p>Equipment & Lockers</p> <ul style="list-style-type: none"> • You will be issued a locker & equipment each year • You should keep your locker locked at all times. • It is the players' responsibility to keep the locker room clean. • If the locker room is not clean, the entire team will be on the distraction list. • It is your responsibility to keep up with your equipment. If you lose anything, you will be placed on the Distraction List. | <p>Distraction List</p> <p>Any player who violates team policies will be placed on the "Distraction List." The most successful teams eliminate distractions. Any player causing a distraction will be disciplined with extra conditioning or cleaning.</p> |

Senior Rules

All players are important to the success of the football program, but we want our team to know we expect more from the seniors. Seniors should work hard to do the little things and the extra things. They should be leaders and understand the first person you lead is "YOU". The rules of the team may be tougher for seniors because the expectations are higher.