



Elk River Football

Player Handbook & Athletic Code of Ethics



ATHLETIC INFORMATION

Elk River Football follows standards and rules established by both the Elk River School District and the Minnesota High School League. Any student wishing to represent Elk River Football must meet eligibility requirements as defined by these organizations and ERHS.

The following regulations apply to all ERHS students in grades 9-12 who participate in extracurricular activities.

1. In order to participate in extracurricular activities a student **must have a 2.0 or be on track for graduation.**
2. A student must be present in school at least half of the school day (3 periods) to be eligible to participate in an activity/sport for that day. It is expected that student-athletes will be present the entire school day.
3. Students who are suspended ISS or OSS may not participate in any school activity, including practice, until the suspension ends.
4. All students must have an up-to-date completed physical form on file **BEFORE** they can practice or tryout for a team. All physicals are good for three years from the date the physical was conducted.
5. All eligibility requirements established by the MHSL (Minnesota High School League) must be met and maintained.
6. In order to earn an award, a student must remain on the squad (in the activity he/she is participating) until the entire schedule has been completed and/or until the coach has released him.
7. All students must obey training rules at all times, especially the general rules of the non-use of alcohol, tobacco, and unauthorized drugs, as well as all local, state, and federal laws.
8. All students must return all equipment issued or pay for their replacement if not returned.
9. Any student who quits a sport cannot tryout for another sport until that sport has completed its season.
10. Non-school teams (i.e., AAU, Club teams) do not take precedence over an ERHS team that is in-season, including games and practices. Elk River's coaches will work with the player as much as possible but there is no guarantee. Elk River's teams **MUST** take priority.
11. All student-athletes are encouraged to participate in one, two, or three seasons as they choose. Student-athletes, who are finishing one season while tryouts are in progress for another season, will have an opportunity for a delayed tryout.
12. Student-athletes are expected at all times to represent Elk River Football with dignity, sportsmanship, and class. Severe exhibitions of poor sportsmanship will result in a period of suspension as determined by the Head Coach and/or the Athletic Director.
13. Student-athletes are expected to treat our facilities, including equipment, with care and respect. Student-athletes will be expected to pay for any damage to our facilities and/or equipment.
14. Elk River Football has a "zero-tolerance" for all hazing activities. Hazing will not be tolerated in any program regardless of the person's willingness to participate.
15. **Lettering Policy:** Any **varsity** football player that makes it through the entire season in good standing (no violations to the athletic or team rules) and performs 8 hours of community service shall receive a letter. Community Service is activities or events that players help out with in our community, not team related activities, and must be approved by Coach Hamilton and a verification form must be turned in. Hours performed from end of last football season till the end of this year's season will count for the current year. Varsity players will receive a helmet sticker for every 8 hours of community service up to 5 stickers maximum. Any **sophomore or freshman** wishing to letter is at the coach's discretion. They must have participated in at least 80% of the summer football activities, and must appear in at least half of the quarters in at least three regular season varsity football games. Players that join the varsity only during the playoffs will not receive a letter, unless they play in over half of the quarters during the playoffs. Community Service hours will also apply.

THE STUDENT-ATHLETE AND COLLEGE RECRUITING

Many high school athletes have dreams of becoming a professional athlete. It is a notable dream, but somewhat unrealistic for most high school athletes. Many parents have dreams of their child getting a full-ride athletic scholarship. That, too, is not a reality for most students and parents.

However, ERHS wants every athlete who is deserving of a scholarship to get one. It takes a lot of hard work academically and athletically to receive a scholarship. The following guidelines are here to help you prepare for colleges and recruiting. **The #1 requirement in order to be prepared for college is to take a rigorous academic course of study.** Many Technical Classes are not a part of the required core classes and are not accepted by the NCAA. See your counselor as early as possible to make sure you are taking courses that are approved by the NCAA. For additional information visit the NCAA's website at www.NCAA.org or www.ncaaclearinghouse.net

On our website (www.elkriverfootball.com) we have a tab you can click to find all the various information and requirements needed by students to participate in NCAA athletics.



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TRAINING RULES

The primary concern of the athletic department in encouraging athletes to refrain from the use of certain substances is the health and physical/psychological well being of the athlete. A secondary objective is to ensure that the athlete properly represents himself/herself, his/her family, and the school. Additionally, the ability of the athlete to physically perform to the best of his or her ability should be maintained.

Student-athletes' conduct in and out of school shall be such as (1) not to reflect discredit upon their school or community, and (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.

Medical research clearly substantiates the fact that the use of tobacco, alcohol, and any other type of mood-altering substances produces harmful effects on the human body. Students make a conscious choice to be athletes. Being a participant in our athletic program is a privilege, not a guaranteed right, therefore, certain rules and regulations are necessary to protect the integrity of our athletic program. We will not compromise the integrity of our program by condoning the use of tobacco, alcohol, and other drugs. A student who wishes to experiment with such practices should not enter our program and/or should remove himself/herself from the program before he/she jeopardizes team morale, team reputation, team success, and does physical harm to himself/herself. In our opinion, there is no way to justify the use of tobacco, alcohol, or other drugs in the Elk River Football program. It is our belief that a student-athlete **ALWAYS** represents not only himself/herself, but also the school, the coaching staff, and the community as well. **Therefore, these rules apply in and out of season, on and off school grounds, and are in effect for one calendar year from the date of the signed contract. If the length of suspension from a season exceeds the number of games left, that suspension will be completed in the next season.**

Note: The start of the school year is determined by the date fall practices can begin as established by the MHSL and will run through the summer.

It is our intent to enforce rules that reasonably pertain to the health and safety of the individual and to the integrity of our athletic program. We are not policemen and do not intend to go out looking for violators. We have a great deal of faith and trust in the students in our program. Their welfare is our **Number One** concern. What happens to them is of primary importance to us.

When disciplinary action is to be taken, the coach will inform the student-athlete and their parents of the reason for such action and will allow the student-athlete opportunity to discuss any disciplinary action, which is taken with the coach, athletic director, and the principal in that order. **If a student-athlete self reports a violation to his/her coach, this may have an impact on the degree of consequences he/she will receive.**

TOBACCO

Athletes shall not possess, use, transmit, buy, or solicit tobacco products including cigarettes, snuff, and chewing tobacco.

FIRST OFFENSE

Parental notification, warning and Probation for the rest of the school year,

AND Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc. Student may be suspended from a contest if the coach deems necessary. This suspension should be less than 10% of the football games.

SECOND OFFENSE

Parental notification, **the student will be suspended from 10% of the games** of the football season. If the offense occurs in the "off season," he will be suspended 10% of the games in the next season he plays. The student will be allowed to practice and will not lose membership from the team, **AND** Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.



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Training Rules - Continued

THIRD OFFENSE

Parental notification, the student will be suspended from 20% of the games of the football season. If the offense occurs in the "off season," he will be suspended 20% of the games in the next season he plays. The student will be allowed to practice and will not lose membership from the team, **AND** Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

NOTE: If a student-athlete is found in violation of any of the rules published in the "Athletic Code of Ethics" the consequences will go into effect for the next scheduled game(s). If the violation occurs in the "off-season," the consequences will go into effect at the beginning of the season.

ALCOHOL

** Athletes shall not possess, use, transmit, transport, buy or solicit alcoholic beverages or products.

FIRST OFFENSE

Parental notification, **the student will be suspended from 20% of the games** of the football season. If the offense occurs in the "off season," he/she will be suspended 20% of the games in the next season he plays. The student will be allowed to practice and will not lose membership from the team, **AND** Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

SECOND OFFENSE

Parental notification and the student will be suspended from participation in the football program for one calendar year from the date of the violation.

THIRD OFFENSE

Parental notification and the student will be suspended from participation in the football program for the remainder of the student's high school career.

DRUGS

Athletes shall not possess, use, transmit, buy, solicit, or provide illegal drugs, drugs not prescribed to them, or devices used for storage, processing, or consumption of drugs. Students will not abuse over-the-counter drugs. Substances containing marijuana, steroids, hallucinogens, narcotics, amphetamines, or barbiturates will not be used. Student-athletes shall not use depressants, stimulants, or inhalants without a proper prescription from a registered doctor. Student-athletes are not to be involved in any drug-related activities or situation where drug activity is present.

FIRST OFFENSE

Parental notification, **the student will be suspended from 20% of the games** of the football season. If the offense occurs in the "off season," he/she will be suspended 20% of the games in the next season he plays. The student will be allowed to practice and will not lose membership from the team, **AND** Discretionary punishment by the coach to include but not limited to extra running, work detail, community service, etc.

SECOND OFFENSE

Parental notification and the student will be suspended from participation in the football program for one calendar year from the date of the violation.

THIRD OFFENSE

Parental notification and the student will be suspended from participation in the football program for the remainder of the student's high school career.



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“First Comes Learning”

The Elk River Football Program provides a variety of experiences to aid in the development of favorable habits and attitudes in students to prepare them for adult life. All activities should promote service to Elk River High School, assist in developing good will and fellowship while encouraging good citizenship.

A student who elects to participate in the Elk River Football Program is voluntarily making a choice of self-discipline and self-denial. We are continually striving for excellence and want our athletic program to reflect this commitment. Athletes are recognized for their achievements as representatives of their school and its ideals.

It is a privilege to participate in athletics and this privilege is extended to all, provided that students are willing to assume certain responsibilities. A student must be a credit to oneself, the school and the community. It is expected that all athletes will meet better than minimum standards of conduct.

Requirements for Participation:

- All students must meet the eligibility requirements as established by the Minnesota High School League;
- Place the highest ideals of competition and education above winning and losing;
- Abstain from the use of tobacco, alcohol, and illegal or performance enhancing drugs;
- Promote and support the entire interscholastic program of the school;
- Present an attitude of sportsmanship and good will in all circumstances;
- Be well groomed and appropriately dressed at all times;
- Avoid the use of profanity at all times;
- Be respectful to all adults and competitors at all times.

CONDUCT, CHARACTER, DISCIPLINE

The Head Coach, Athletic Director, and/or the Principal may suspend a student for a period of time for other incidents, including “**community misconduct**” that have a detrimental effect upon the athletic program at Elk River High School.

1. The arrest and/or conviction of a felony, or any misdemeanor, which is derogatory to the proper conduct of an athlete, will result in suspension from that activity until a complete investigation has been conducted. The head coach, athletic director, and/or school resource officer will conduct the investigation.

2. A player arrested, under investigation, on probation, etc. can be suspended from competition until cleared by the administration. This will be based on charges and/or conviction (excluding minor traffic violations)

APPLICATION OF THE ATHLETIC CODE OF CONDUCT

The following rules apply:

- In season and out of season.
- On the school grounds at any time.
- Off the school grounds.
- In effect for one calendar year from the date of the offense.
- During the time of suspension, the student-athlete is not allowed to dress out but can be with team.
- During the time of suspension, the student-athlete is allowed to continue to practice with the team.
- In cases of severe violations, the student-athlete may be dismissed from the team and the athletic program. The Athletic Director and Head Coach will make this decision.

There has to be proof and/or admittance of a violation. “Hear-say” information is not enough evidence to find a student-athlete guilty of violating the Code of Ethics.



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Detention/ISS/OSS

Any student-athlete that receives ISS or OSS will not be able to practice on those days. Therefore they will have either a reduction of playing time or will not be allowed to play depending on the length of the suspension. In addition, if a student-athlete receives detention they will have work detail for the rest of the season, and will also be subject to extra conditioning and or reduced playing time.

- Any missed practices (excused or unexcused) will result in the student athlete doing make up training following practices. It is designed to make sure they are getting the same work as the student-athletes that were at practice. The make-up usually lasts about 20 minutes after practice.
- Theft: Any student-athlete caught stealing (not hear-say) from the team or their teammates will be removed from the program. We are the Elk River Football Family. If we can't trust each other we will never be successful.
- Any conduct that is considered detrimental to the program can and will be dealt with on a case by case basis by the head coach, and could result in removal from the team.

HAZING

Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate. In years past, hazing practices were typically considered harmless pranks or comical antics associated with young men in college fraternities. Today we know that hazing extends far beyond college fraternities and is experienced by boys and girls in school groups and athletic teams. Elk River High School is committed to not allowing any form of hazing to take place in the athletic program and/or school.

Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization and within a particular cultural context. There are many examples of hazing that are vulgar, abusive and/or sexually violating that you may be aware of. However, other examples of typical hazing practices include; personal servitude, sleep deprivation and restrictions of personal hygiene; *being forced to wear embarrassing or humiliating attire in public*. Hazing activities can be divided into 3 categories: subtle, harassment and violent.

Hazing at any age can be exceedingly harmful. Hazing at the high school level is particularly troubling because the developmental stages of adolescence create a situation in which many students are more vulnerable to peer pressure due to the tremendous need for belonging, making friends and finding approval in one's peer group. In the past, these practices occurred without the consent or knowledge of the coaches. As a student-athlete in Elk River's Athletic program, you need to know that hazing is illegal in Minnesota and a violation of the Elk River School System.

Our intent is to let you know that we care about our student-athletes and want them to enjoy an athletic program that is free from any demeaning or harmful activities. All programs are encouraged to participate in positive team-building activities.

For more information concerning HAZING, please go to stophazing.org



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Parent/Player Agreement Form

Participation in athletics is both an **Honor** and a **Responsibility**. Student-athletes are recognized for their achievements as representatives of their school and its ideals. Good physical conditioning and sound attitudes are integral to participation in Elk River’s athletic program.

Since participation in athletics is a privilege, certain requirements must be met of all student-athletes who want to maintain this privilege. *Since no one is forced to participate in athletics, no one is forced to sign this agreement.*

By signing this agreement, the student-athlete and parent understands these rules are in effect for one calendar year and will be enforced as long as the student-athlete is involved in the Elk River Athletic Program.

STUDENT PARTICIPANT CONTRACT

This contract must be signed by the student and parent and on file with Elk River Athletic Department before they can participate in the football program at Elk River High School.

I commit myself to continuously working toward the goal of top physical fitness. To do anything which would harm my body would not be in my best interest or the best interest of my team and Elk River High School.

I have read and understand the “Athletic Code of Ethics” and the consequences for violations of these policies.

I pledge to keep all rules and policies and to help all of my teammates abide by the same athletic rules and policies.

Student signature

Date

As the parent/guardian, I understand and support this contract and pledge my child has signed. Optimum health and responsibility are the goals of our athletic program, and I support Elk River High School in its efforts to attain these goals.

Parent/guardian signature

Date