

2019 WARRIOR FOOTBALL - PLAYER EXPECTATIONS & INFORMATION

THS FOOTBALL MISSION STATEMENT: The aim of the Tehachapi High School football program is to instill a sense of Accountability, Dedication, Camaraderie, Integrity, Perseverance, and Responsibility in our players, in order to create positive role models in the community and successful members of society.

Player Expectations: The THS football program wants to produce *winners* on and off the field - we want to produce *lifelong winners*. Players are expected a work on the following traits in order to be a winner.

Winners are people with high *integrity* above all else. Winners are honest with their coaches, parents, teachers, and yourself. Winners play the game of football and strive to live life in an honest way, they don't cheat the other team, their own team, or themselves. Winners treat ALL people with respect, not just authority figures, their friends, or people that can benefit them.

Winners are *dependable*, they rise to the expectations that are set for them by their coaches, parents, and teammates. Winners can be counted on in all situations. This means that winners go to school when expected to, turn in their school work when expected to, come to practice when expected to, learn the information they are expected to, put forth the effort that they are expected to, and behave the way they are expected to.

Winners are *driven* and *hardworking*, they do everything in their ability to get the job done. Winners push themselves to improve their personal skills and inspire their teammates to do the same. Winners put forth the needed effort to succeed in whatever they are doing. Winners don't accept mediocrity, they work hard to achieve their goals.

Winners are *humble* and are *team players*, they recognize that they are part of a TEAM, and tailor their individual goals around the team's goals. Winners put the team first and do not arrogantly hold themselves in higher regard than their teammates. Winners handle themselves in a way that does not "show up" their teammates or the other team, because winners know how to handle success as well as defeat.

Winners are *adaptable*, they don't just win when the situation is in their favor. Winners are able to be successful when faced with adversity. Winners do not make excuses when things don't go their way, they adjust to the situation and find a way to succeed given the changing circumstances. Winners anticipate and prepare for change.

Winners are *coachable*, they recognize that they can always improve. Winners take constructive criticism as a way to improve their personal skill set as well as a way to help the team. Winners listen to what others have to say, they do not assume to have all of the answers. Winners understand that in order to stay a winner they must continually look for new ways to improve themselves and their teammates.

THS Athletic Rules and Regulations:

- Maintain a 2.0 GPA
- Maintain Merit, ASB, and Textbook (MAT) Eligibility

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- Attend a minimum of four periods on the day of the event (a doctor's note is required for medical appointments that keep the student out of class more than two periods).
- Be responsible - make up work missed because of a school-sponsored trip.
- An unexcused absence on the day of the event would prohibit student from participating.
- Any form of expulsion or suspension would prohibit student from participating.
- Athletes are prohibited from the sale, possession, or use of any form of tobacco, alcohol, or any illegal drugs or narcotics. Infraction of any of these rules will result in the loss of privilege to participate in athletic activities for the corresponding season. Sale or distribution will also result in a recommendation for expulsion from the school.
- Take and pass a physical examination each year.
- If student is participating in football, they must provide proof of health insurance. Student Accident Insurance is available for purchase if necessary.
- Take responsibility for all school equipment checked out to them. The student must pay for lost or willfully damaged equipment.
- Complete their season of sport unless a mutual agreement between the coach and the athlete is reached permitting the athlete to participate in another sport.
- The CIF requires student/athletes to sign an Ejection Policy Notification. The policy covers penalties for unsportsmanlike and dangerous play.
- If the event is held on Saturday, the student must attend the minimum four periods on Friday. Any exception will only be accepted with a written note from the principal.

I. Scholarship and Attendance:

1. An athlete must maintain a minimum of 2.0 GPA, must have passed 20 semester credits the previous semester, and be currently enrolled in 25 semester credits. Failure results in ineligibility until the next grading period.
2. Athletes may use summer school to regain athletic eligibility for fall sports. The summer school grade will be used to replace the grade received in the previous 2nd semester grading period. *NOTE-the class being replaced must be the same class taken in the previous semester.
3. An athlete must be merit eligible. If not, he/she cannot participate until they again become merit eligible. Merit eligibility is on a weekly basis. (They can practice but cannot dress out, travel or participate in any contest.)
4. An athlete must attend school on the day of the contest in order to participate in the contest (on a school day) unless approval for a special situation is granted by the administration.

II. Citizenship:

1. An athlete shall display good sportsmanship. An athlete's behavior shall be such that it will bring honor and credit to Tehachapi High School.
2. An athlete must follow all rules and regulations set up by the school, league, and CIF.
3. Any act or expression of vulgarity or profanity is not acceptable. Enforcement: Discipline set forth by Head Coach and/or THS Athletic Director.

III. Possession and/or Use of Illegal Drugs: (on or off campus)

1. Alcohol or Tobacco a. First Offense: Ineligible for a period of 60 school days. b. Second Offense: Ineligible for a period of 120 school days. c. Third Offense: Ineligible for a period of 180 school days.
2. Other Illegal Drugs: a. Loss of athletic eligibility for one year pending decision of administration.

SPRING & SUMMER WORKOUTS: Players are expected to attend Spring & Summer workouts in order to prepare for the upcoming season. Offensive and defensive information and installment will be taught and shared during this time and it serves as a significant period for player evaluation and team success. Part of Spring & Summer workouts will involve strength and conditioning. Physical preparation is crucial for injury prevention and overall player health. Players will be required to attend 15 days of strength and conditioning before they are issued their equipment. Coaches want to make sure that players are mentally and physically prepared to handle the physically wearing football season.

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REGULAR SEASON PRACTICE, CONDUCT, & PLAYING TIME: Players are expected to be at practice whenever they are able to be there. Coaches understand that life happens and that there are times when a player is unable to make it to practice or might have to leave early. However, the staff wants players to understand that there are consequences for missing practice, no matter the reason. As stated in the mission statement, coaches are trying to instill a sense of dedication, accountability, and responsibility into our players. Players must understand there are consequences for being late to practice or missing practice. Players will also be rewarded for their dedication and willingness to come to practice on a consistent basis. Players that miss practice for a valid reason are not being punished as much as the players that go to practice are being rewarded for their dedication and consistency. Players that display player expectations, consistency of knowledge, effort, attitude, and ability will play the most.

PRACTICE ATTENDANCE & IMPLICATIONS:

Acceptable Tardy = show up within the first 15 minutes study hall, film, or practice with a verification of whereabouts and an acceptable reason for being late (note, email, text message, phone call) from a staff member, parent, doctor, or trainer.

Implication: conditioning make up of coaches choosing

Acceptable Absence or No Practice = miss study hall, film, or practice with a verification of whereabouts (note, email, text message, phone call) from parent, doctor, or trainer for family emergencies, serious sickness (flu or more), or football injury. A “No Practice” is considered any injured or sick player that is at practice, but unable to practice.

Implication: sit out one series on either side of the ball

Tolerable Tardy = show up more than 15 minutes late to study hall, film, or practice with verification of whereabouts (note, email, text message, phone call) and acceptable reason for being late from a staff member, parent, doctor, or trainer.

Implication: conditioning make up of coaches choosing X2

Tolerable Absence = miss study hall, film, or practice with a verification of whereabouts (note, email, text message, phone call) from parent, doctor, school staff for family responsibility, non-football illness/injury, school responsibility

Implication: sit out two series on either side of the ball

INTOLERABLE TARDY = show up more than 15 minutes late to study hall, film, or practice without verification of whereabouts and no acceptable reason for being late.

Implication: sit out a series on either side of the ball

INTOLERABLE ABSENCE = any absence without verification of whereabouts and an acceptable reason for being gone.

Implication: sit out one full quarter of the upcoming game.

More than two Intolerable Absences = non-suit for the upcoming game

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CONDUCT & IMPLICATIONS:

Merits - Any student with more than 30 demerits or on the textbook ineligible list will not be eligible to play in that week's contest. Players must maintain acceptable behavior and follow the school expectations at school in order to be eligible for the upcoming contest that week.

School Behavior Issue - Students receiving a lunch detention will be subject to conditioning make up at the beginning of practice. If a coach gets an email from any staff member due to an in-class issues the player in question will be subject to conditioning make up or sitting out a series based on the coaches discretion.

After School Detentions - Any student serving an after school detention will be subject to conditioning make up X2 once they get to practice.

AAS - Any student serving an in-school suspension will be subject to conditioning makeup and will miss two series total on either side of the ball in the upcoming contest.

Referrals - Any student receiving a referral will be subject to conditioning make up and will miss two series total on either side of the ball in the upcoming contest.

Suspension - Any student that is suspended from school for intolerable conduct is not allowed to practice the days they are suspended and their absences from practice will be considered "Intolerable" and will be subject to implications of Intolerable Absences.

Off Campus - Any off campus behavior (public events or online activity) that breaks CIF rules or player expectations will be handled based on CIF guidelines or coach's discretion. Players should not post anything on the internet or social media in regards to other teams or players from other teams, even in response to someone else's post. The severity of a post will determine how the coach assigns punishment. Possible punishments could range anywhere from conditioning, game suspension, or excused from the team.

Team Behavior Issues - Any issues between teammates during practice or a game will be handled in the following manner:

Mutual fighting among numerous players - Any activity that is clearly initiated by both parties involved where kicking and punching or other combat is initiated, and is clearly not self defense.

1st offense: Team apology, conditioning and sit out half of upcoming game.

2nd offense: 2X conditioning and miss a full game

3rd offense: Players will be excused from the team.

Fighting incited by one player/group - Any activity involved where kicking and punching or other combat is initiated that is clearly initiated by one person or group against another.

1st offense: Team apology, 2X conditioning, 1 game suspension, reinstated to team after anger management class or counseling has started (minimum of 30 hours).

2nd offense: player(s) will be excused from the team.

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CIF & Athletic Code of Conduct - Any actions on or off the field that violate the CIF guidelines of the *Ethics in Sports* will be subject to punishment based on CIF rules and consequences.

GRADE INELIGIBILITY:

Before the Season: Players that do not end of the 2nd semester of the prior year with a 2.0 grade average or go to summer school to bring up 2nd semester grades to a 2.0 are ineligible to play in the following year's games. Players that are ineligible for grades are still allowed to be part of the team and participate in practice. However, they are not given game jerseys and they are not allowed to travel with the team to away games. These players will be subjected to weekly grade checks that must be turned in at the beginning of each week. If students are not showing improvement on grade checks they will be required to go to tutoring instead of practice and will not be allowed on the field during home games. As long as ineligible players are keeping a 2.0 or higher on grade checks they will be allowed on the sideline during home games with their practice jersey. If a player that is ineligible for grades before the season starts, has a 2.0 or higher once 1st Quarter (not progress reports) grades come out they will be eligible to play in the games the remainder of the season. However, if they still do not have a 2.0 or higher once 1st Quarter grades come out they will remain ineligible and will not receive recognition at the end of the season.

During the Season: Players that do not have a 2.0 grade average at the end of the 1st Quarter are ineligible to play in the games the rest of the season and will not receive recognition at the end of the season. These players will be allowed to remain on the team and practice, but will not be allowed to travel with the team to away games or wear a game jersey on the sideline.

DEPTH CHART: One way that playing time will be determined is the depth chart. Players will move up and down the depth chart in their specific positions based on how they act on and off the field, their consistency of play, and attitude during practices and prior games. The depth chart criteria will be based off of the player's eligibility (determined by the grades, merits, and student eligibility from the student handbook), player conduct, and player expectations that are found on the front page of this packet. Players that act and practice consistently, and possess the characteristics in the player expectations will receive the most playing time. Player expectations will also determine what level a player is at during the pre-season. Sophomores that show better consistency in fulfilling their player conduct and expectations can move up higher on the position depth chart than juniors and seniors, allowing them to play in a Varsity contest. Conversely, juniors that are not as consistent as sophomores can move down on the depth chart and find themselves playing in the Junior Varsity contest for the week. It is against CIF rules to allow seniors to play in a Junior Varsity contest. Until league play starts, players can move up and down from level to level based on coach's discretion. Once league play starts, players can only move up in level, players cannot be moved down, meaning that coaches will place players where they feel they will be the most beneficial for the player and the program before league play starts. Once league play starts, players from a lower level can be moved up based on player conduct, consistency of practice and play, player expectations, and player injury.

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SIGNATURE PAGE

I, **(player's name)** _____ have read and understand the player expectations & information for the THS Football program and plan on adhering to these requirements throughout my time in the program. If there are any issues I will discuss them with my coach or the THS administration.

Player Signature: _____ . **Date:** _____ .

I, **(parent's name)** _____ have read and understand the player expectations & information for the THS Football program and plan on helping my child stick to the player's expectations throughout their time in the program. I will inform the coach any time I am aware of my child not adhering to the player's expectations. If there are any issues I will discuss them with the coach or the THS administration.

Parent/Guardian Signature: _____ . **Date:** _____ .

Players and parents must sign the above page and turn it to their head coach before they are allowed to come out to practice. Only the signature page should be turned in, players should keep the *Player Expectations* packet so that they are aware of the criteria.