Football Team Policies and Procedures

1) **Grades** – It is required for all student athletes to maintain a 2.0 GPA

2) **Paperwork** – All football Players must have all paperwork turned in by May 10th. Paperwork includes Emergency Cards, Permission Slips, and this signed Team Policy and Procedure handout. Sports Physicals are due June 7th. DO NOT get them before June 1st or they will not count.

3) **Good Conduct** – It is expected that players display good community practices at school, around town, or at another school. Breaches in this conduct policy will be dealt with severely including up to dismissal from the team. Lancer football players are proud and respectful and would never put their family, school or team in a bad light.

4) **Good Teammates** – We expect all of our athletes to display good teammate attributes at all time. Bullying or Hazing will not be tolerated in any way. Respecting teammates and respecting the game of football no matter what the skill level, body type, age, gender etc. is expected. Coaches are not permitted to swear or speak in an unproductive manner to players. Talking back or disrespecting Coaches in any way will not be tolerated.
   a. **Good Teammate Attributes**
      i. Respects other players, coaches, fans, and referees.
      ii. Shows up on time ready to put in the best effort they are capable of at every meeting, practice, camp, and game.
      iii. Fundraises required amounts to help program.
      iv. Studies hard and pays attention in class so their grades and demeanor do not become an issue for their team.
      v. Learns plays and be willing to play any position to help the team.

Violations of Good Teammate Policy will be dealt with extra conditioning, suspension, and then dismissal from the team.

5) **Missing Practice** – Players missing practices has been a huge problem at Cordova. We just must change this culture in order to compete at a higher level. If you were not in school, then you cannot practice – it’s the only reason to miss.

6) **Unacceptable reasons** – everything else even if you call including
   a. Doctor, Dentist or any other appointment. During football, we ask that you make them during non-football hours. This includes Sports Physicals.
   b. Family vacations – Schedule is published. Take family time when there are no football commitments.
   c. I have to watch my little brother. Again, football is a family commitment.
   d. Can’t get a ride to practice. Walk or bike.
   e. Parent was late getting home from work. Walk or bike.
   f. Not feeling well or hurt – There is a lot you can learn by showing up and listening. Coach won’t make a hurt or sick athlete participate beyond their capabilities. But falling behind is never good. We install new things every day.
   g. Doing Homework or Projects – We want our Athletes to be good students. Good students budget time and don’t wait to the last minute to try to complete something they had other time to do.
h. My Parent(s) wouldn’t let me come because I am failing at school or acting up and getting in trouble. This is not a parent problem. It’s a Student athlete problem. Don’t put yourself in those positions. The commitment to this team is your responsibility.

7) **Consequences for missing practice or arriving late:**
   a. Everyone who misses practice will do extra conditioning upon your return. This is regardless if you called on time or not.
   b. Non or late calls start at 2 miles per day plus 10 gassers per day missed
   c. Players that called will still not be excused but they will avoid the 2 miles per day. They will just have the 10 gassers per day.
   d. Players that miss critical installs for that week will not see the playing field regardless of excused or not, called or not. If you don’t know what you are doing, then we can’t put you on the field. Those players will have to get with their position coaches to catch up before they will play.
   e. Players arriving just 1 minute late to practice, team meetings, team dinners, etc. will have 5 gassers after normal conditioning.
   f. Players leaving early will have 5 gassers after the following days practice.
   g. If missing practice is habitual, the offending player will be dismissed from the team.

8) **Playing Time** is earned and awarded to those in the following manner
   a. Those athletes who demonstrate their knowledge of the game and the skill to play their position.
   b. Those athletes willing to play the positions where the team needs them.
   c. Those athletes who are the most capable to execute the fundamentals and techniques being coached.
   d. Those athletes that improve week to week.
   e. Those athletes who demonstrate they are there to help the team by always being at practice, fundraising the required amount, and being good teammates.
   f. There are no requirements in High School Football that a player has to play a certain number of plays. Parent playing time concerns can be discussed by appointment only. Never after a game.

9) **Students joining team late** – It is expected that all prospective football players:
   a. Weight train starting in Feb.
   b. Spring Ball for 13 days in May
   c. Participate in all June Football practices
   d. Participate in all July Football practices
   e. Go to Team Camp in Summer for 5 days
   f. Be at first football day August 10th and then all through completion of the season.
   g. All late arriving players will be required to raise the required amount of money just like all our players. It should be noted that the later a player joins our team, the less prepared he will be to play and the less likely of them getting significant playing time.
10) **Players in other Sports** – We encourage players to have positive High School experiences and that includes playing other sports. Playing other sports will excuse athletes from participation during weight training and Spring Ball. However, Player is expected to be in contact with the head coach during this time to let us know what his commitment level to football will be. We should never be wondering if an athlete will play football. Staying in contact with the coach is a necessity and a common courtesy. After their other sport is finished, there is no waiting period to relax or whatever before joining football. Therefore, all athletes should be at football practice when our team comes together in June. Missing Summer contact camp is valuable time that will set the player back possibly too far to ever make up.

11) **Positive and encouraging support** – It is expected of our players and appreciated from all Parents if game time encouragement is limited to only positive comments and cheering – No Coaching Please. Blaming other players, your own son, and coaches or yelling negative statements DOES NOT HELP! We want our stands to be exciting and loud but we want it to be a positive experience – even when we are behind in the score. Everybody gets frustrated. We get it. We get frustrated too. But our players feed off the energy in the stands.

12) **Injuries** – On occasion, collisions and falls on the football field result in discomfort for our players. Often players in HS, especially new player to organized sports, cannot distinguish from just a little pain and an actual injury that could keep them from playing. We are not Doctors and will not treat your child other than to offer ice or band-aid some scrapes and scratches. However, we have seen our share of discomfort vs. real injuries. Although injuries do happen in football and all activities, most “ouches” are really of the discomfort type by a large margin. This means that players can continue to practice after a period of rest or even immediately. Most of these discomforts clear themselves up with ice and elevation. Part of our Fundraising goes to hire professional training staff that are at all our games and one practice a week. They are there to provide treatment for the discomforts of football. Athletes and their parents usually find this is more practical approach to treating discomforts than going to a doctor. Anytime the player, parents, trainer, or coaches suspect the discomfort may involve a real injury, professional medical services should be seen. Any time a doctor excuses a player from practice, we need a signed release from that doctor to allow the player back into participation. Trainers and Coaches have all undergone concussion training and we do not let a player continue if we see warning signs. Parents will be contacted in these instances. If a player is injured and expected to return from that injury to play again in the season, he is still required to come to practice. Mental reps are an important part of football that keep the player from falling behind.

13) **Keeping equipment and uniforms in good condition** – you are issued equipment and uniforms that will cost $810 to replace if lost or stolen. You are responsible for locking your gear up in a safe place when not in use. Leaving it in the team room or in a classroom is not leaving it in a safe place. You are responsible for this gear until the day you turn it back in officially and have been signed off by a coach. Any gear not turned in, turned in late, or turned in not clean, will result in a fine that will keep you from graduating or playing other sports if not cleared. You are responsible for washing practice and game uniforms at least once per week during the season.
14) **Taking a year off** – Missing a year of High School Football is almost impossible to overcome. There is just too many fundamentals and techniques to practice. What we find is when players skip a year for any reason – grades, discipline, relationships, just didn’t want to play, then those players play like Sophomores and Juniors their Senior Year. If you want to have a fun productive Senior year, then you must not skip your Frosh/Soph and especially your Junior year of football.

15) **Healthy Bodies** – Expect your body to become healthier and stronger as a result of you playing football. Of course, YOU are the biggest component in this process. Don’t put anything in your body other than water and healthy food and expect to compete at the highest level. Pay attention to your nutrition – Guidelines will be taught. Conditioning is a reflection of your desire and heart. If you don’t give your all, you will not progress to a level our competition will. A good rule of thumb – If it does not make you healthier, it makes you unhealthier.

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