

HORIZON HIGH SCHOOL FOOTBALL

CODE OF CONDUCT, POLICIES & PROCEDURES



“Perfection is not attainable, but if we pursue perfection we can catch excellence.” -- Vince Lombardi

On behalf of our football coaches, the athletic department, and Horizon High School, we congratulate you on your desire to be a part of Huskie football. By being a part of this program we believe that you will become a better athlete, better student, and a better person.

As Coaches, we will organize the program to best utilize the time we spend with you. We will not waste your time. As a player you will be expected to cooperate in this. This means that you must be on time to everything we do—weights, meetings, and practice. This should carry over to school as well. **BE ON TIME!**

Preparation in a successful program begins in the weight room and carries over to the practice and game fields. You will be physically and mentally prepared for every game. When you play on Wednesday, Thursday and Friday nights we want you to understand our system and our game plan for that week and have confidence in your ability to execute that plan. ***Football is a team sport and the good of the team will never be sacrificed for an individual.***

THE FOUR CORNERSTONES OF OUR PROGRAM ARE

DISCIPLINE, RESPECT, TRUST, and HARD WORK

Always conduct yourself in such a manner that you bring honor to yourself, your teammates, your family and to Horizon High School.

Discipline Management

Discipline will be maintained at any cost in this program. This means that our players will adhere to our set of rules on and off the field. Participating in the Horizon Football Program is a privilege extended to all students who are willing to comply with the Code of Conduct and who strive to represent our school and school district with honor and integrity. Student athletes who violate the Code of Conduct shall be subject to disciplinary action including, but not limited to, suspension from participation, removal from the athletic program or removal to an alternative education program.

**TEAM RULE = RESPECT THE “PROCESS” & INVEST IN THE
“PROCESS”**

What is the process... To become a better person, a better student, and a better athlete each day you are a part of the Horizon Football Program.

Code of Conduct for Student-Athletes:

Academics/ Classroom

1. There will be a mandatory study hall for athletes who are in danger of becoming academically ineligible and all incoming freshmen. You are a student first and an athlete second! Stay on task in study hall!
2. Students will attend class, be prepared for class and maintain passing grades. Players are expected to put forth their best efforts in the classroom. Proper conduct is included in this. Misbehavior or poor performances in the classroom will result in punishment that is determined by the coaches. Coaches will randomly check classes to see if players are on task and not absent.
3. Student-Athletes must sit in front of the class room!
4. Progress reports will be given to each student-athlete to be signed and filled out by their teacher.
5. As a football player you must strive to maintain A & B grades!! You must abide by the district policies regarding eligibility.
6. Classroom—players are expected to put forth their best efforts in the classroom. Proper conduct is included in this. Misbehavior or poor performances in the classroom will result in punishment that is determined by the coaches.

Appearance

7. No Hat in House!
8. Football Players must participate in Power Mondays-Professional Attire during the season→ No Exceptions!
9. Personal Appearance—players' appearance should project the proper image. Athletes will abide by the school policy regarding the dress code. Not to wear earrings or jewelry while participating in practice, workouts, or competition. This is an AIA policy.
10. **GAME DAY DRESS** All athletes must look the same and like a team, no individuals and no questions. Any player who wants to wear under armor, etc...must ask the head coach before dressing in any questionable gear.
11. **GAME DAY DRESS WHILE AT SCHOOL** – Varsity: Slacks & Jersey... JV & Freshmen: TBD
12. All student athletes will dress and conduct themselves properly on all out-of-town trips. Athletes represent both Horizon High School and the community; therefore everyone should conduct themselves like gentlemen on the bus, in the dressing rooms, during competition and in restaurants or stores following contests.
13. **FOOTBALL EQUIPMENT** You will be assigned equipment, helmet and shoulder pads. You must return your equipment and uniform upon completion of the season. Proper practice gear must be worn at all times. Wear only what has been issued to you. When equipment is issued to you it becomes your sole responsibility. If any equipment is lost you must pay a replacement fee before you will be issued additional equipment.

Respect

14. Respect—respect yourself, your coaches, teammates, and any authority figure in or out of school. Give respect by being a polite young man and looking people in the eyes when being talked to.
15. The use of formal language is expected when addressing adults; coaches, teachers, officials; males should be addressed "Yes, Sir" or "No, Sir" when giving instruction and at other times during communication, and females should receive "Yes, Ma'am" or "No, Ma'am".
16. Profanity and cursing are not acceptable and will be dealt with.
17. All athletes are to be encouraging and hardworking teammates. Harsh comments, criticism or degrading language directed at another teammate will not be tolerated.

18. Be honorable and respectable about what you post on Facebook, Twitter, other social media or when texting. What you post on the internet can affect you in a good way or bad way later in life! Make sure it is a good outcome
19. Always be on time to practices, games, workouts, study hall, meetings and for travel. If you are late it will result in DISCIPLINARY ACTION, if you are repeatedly late you will be subject suspension from a game, multiple games or suspension from the team.
20. No cell phones, iPods, or electronic devices at practices, meetings, or workouts.

Football

21. **Missing Practice (Game Weeks while in school):** If you miss one practice, it will be up to the head coach's discretion on how much playing time you miss that week but the minimum will be half a quarter. If you miss two or more practices you are suspended from that week's game.
22. Missing practice on a day that we are ***not in school*** will result in the player not being able to dress for that week's game.
23. If you miss practice and the coaching staff decides that it was not an unavoidable situation or if you are not honest with us, you will be suspended for one game. If this occurs a second time, you will be subject to removal of the team.
24. If you must miss any football related event for any reason, contact your Head Coach prior to missing the workout. Contact the Head Coach yourself or call the Head Coach's office and leave a message if you will not be on campus. Do not tell a friend or another student to relay the message. Failure to contact your Head Coach prior to a missed workout, meeting, study hall or practice may result in disciplinary action or suspension. The Head Coach will determine the make-up work required following a missed practice based on these guidelines:
 - a. Excused absence(s) due to school-related competition/performance or you are sick AND have a doctor's note or have a family emergency: No make-up work required.
 - b. Other excused absence(s): Make-up work may be required; however, we understand that some *emergency* situations may occur.
 - c. Unexcused absence(s): Make-up work will be required and the student will not be permitted to participate in the next contest if in season.

NOTE: The Head Coach will decide whether or not an absence is excused, based on individual circumstances.

25. Keep your locker and the locker room clean. Keep weights, dumbbells, belts, ropes, etc...in the designated storage areas in the weight room. Check the weight room, locker room, study hall and meeting rooms following practice, workouts and contests to be certain we leave our area cleaner than we found it at home and on the road. Strive to bring honor and credit to Horizon High School.
26. During the season school vehicles will be used to transport all athletic groups whenever possible. All students must travel with the team. Students will not be permitted to take their own cars. All students are expected to return with the team. When necessary the student may be released to his parent(s) with written permission. No student may leave the team with anyone other than his parent(s) unless approved by the Athletic Director or Principal. A written note requesting that the student be permitted to ride with an adult designated by the parent should be presented to the Principal or Head Coach no later than the day before the scheduled trip.
27. **Quitting Policy:** In the event that an athlete chooses to quit the team, a 24-hour evaluation period will be required after the Head Coach is notified. A conference with the student-athlete, parent(s) and coach may be required. Any athlete who quits a team will be denied the use of all athletic facilities until the season of competition ends, unless the head coach provides a release. Freshman will be allowed to quit a team without penalty until the season of competition begins.
28. **Injuries:** All injuries must be reported to the coaching staff and/or the athletic trainer immediately. All injured players are expected to attend meetings and practices if permitted by the training staff and doctor's

permission. To insure the safety of the student-athlete he must notify the coach if injury or illness will limit participation at any time. It is the athlete's responsibility to report to the trainer for preventative or rehabilitative care. This **MUST** be done immediately after school and must not interfere with any football activities. If you see a doctor for a football related injury, a clearance from that doctor is required to resume football activities.

29. Attendance will be required in all weight room workouts.

Miscellaneous

30. **Lettering Policy**- The head coach will determine who letters. A solid contribution to the team will be the main criteria. As a general rule, 15% of plays. Some positions like a kicker, punter, and snapper will have special allowances. Also, the head coach can award a special letter to any player that has been involved in the program for four years and has not met the above criteria.
31. Every football player must comply with the **HORIZON HIGH SCHOOL POLICY** specifically relating to the commission of criminal offenses or the illegal use or possession of alcohol or illegal drugs, attendance, grades, and disciplinary issues.
32. **Parents** Decisions regarding playing time will be the professional responsibility of the coach. At the sub-varsity (JV, Freshmen) level every effort will be made to play each athlete in good standing in every contest. Good standing means that the student has been at practice, study hall, workouts, meetings or been excused for any absence(s) and has not been a disciplinary problem. We ask that you trust us in our judgment as professionals to play the best players. Our coaches will not discuss playing time with parents. You may contact the Head Coach or Athletic Director with any concerns.

I will have an open door policy with parents, but I will not discuss issues regarding playing time or whether or not a parent feels their child is not being utilized enough or the correct way. Everything we do will be for the benefit of the team. There will be annual meetings with parents every year to discuss the season and more if needed. I will be more than willing to discuss anything with any parent regarding their child, sports, etc.

Role of the Parent

- A. Be positive with your student-athlete. Let them know you are proud they are part of the team.
- B. Allow your student-athlete to perform and progress at a level consistent with his ability. Athletes mature at different ages.
- C. Always support the coaching staff when controversial decisions are made. The coaches need your support to keep good morale on the team.
- D. Support their willingness and sacrifice to be a student-athlete. Numerous studies indicate extracurricular involvement helps enhance academic performance.
- E. Promote having fun and being a team player. Very few high school athletes receive scholarships. Concentrate on what is best for the team. Preoccupation with statistics can be very distracting.
- F. An athlete's self-confidence and self-image will be improved by support at home. Comparison to other athletes is discouraged.
- G. Athletes must attend all practices and games. Stress the necessity to make a commitment to the team. Practice is important.
- H. Find the time to be an avid booster of school activities.

Ways for parent to Get Involved

“The true success of our program lies in the people that help keep it great.”

There are many ways you can get involved: Game day meals JV and Varsity, Boosters, Banquet Planning, Game Day Program, Snack Bar, etc.

33. We will take a strong stance against illegal drugs. This is a serious problem for our country, our school, and our community. As an athlete you are expected to abstain from the use of these harmful chemicals. If a coach or administrator has first hand knowledge that a player is using or is in possession of an illegal drug he will be suspended until further notice and must adhere to school and district policies. We will find the help that you need. We realize that this is tough punishment but we will stand by this commitment because we care about you and your future. You are responsible for your actions and we ask you not to put yourself in this situation. You must abide by the district policies regarding drugs.
34. Illegal activity – Breaking the law, will be dealt with seriously!!!

Failure to comply with the policies as stated above may result in disciplinary action (BREAKFAST CLUB). The extent of the disciplinary

action will be based on the nature of the violation. Consequences may include, but are not limited to, the following:

- a. Letter to coach
- b. player/coach conference
- c. coach/parent conference
- d. loss of playing time
- e. suspension from participation
 - Suspension—players who are suspended from school will be punished at the discretion of the head coach and principal. A minimum punishment will be a one-contest suspension. Maximum punishment will be removal from the team.

In conclusion, remember to conduct yourself as a gentleman at all times. Treat your coaches, teachers, administrators, teammates and each individual you meet on and off the field of competition with respect at all times and they will return that same respect to you. Be proud to be a Horizon Huskie and give Horizon High School and the community every reason to be proud of you.

**Horizon Football Student-Athletes
2014 Season**

I have read, understand and agree to abide by the Code of Conduct and all of the Policies & Procedures as described herein in order to be a part of the Horizon High School Football Team & Program.

Student-Athlete Name (PRINT)

Date

Student-Athlete Signature

Date

Parent/Guardian Name (PRINT)

Date

Parent/Guardian Signature

Date

Complete this form, detach it and return it to the Head Coach. Keep the CODE OF CONDUCT and POLICIES & PROCEDURES for your reference and records.