

# **River Ridge Football Team Rules**

## **What we expect of you as a Knight football player:**

1. To get an education.
2. To give total effort to make the most of the talent God gave you.
3. To practice to the best of your ability everyday.
4. To give unselfish love and respect to your teammates.
5. To be totally honest in all of your dealings.
6. To be extremely loyal to your teammates, coaches, teachers, school, community, family and friends.
7. To be at practice everyday and be on time.
8. To be courteous.
9. To encourage your teammates at all time.
10. To be emotional and enthusiastic.

## **What you can expect of Knight Coaches:**

1. Treat you as a man.
2. Treat you with love and respect.
3. To make all decisions predicated on what is best for the team and then what is best for the individual.
4. To help you mature and grow as a man.
5. Have you ready to do battle on Friday Night.

## **Knight Football Discipline Policy:**

1. Be where you are supposed to be, doing what you're supposed to be doing, when you're supposed to be doing it.
2. STEALING WON'T BE TOLERATED: Don't take what is not yours...if by chance you find something that is not yours please turn it in immediately to a coach. If you are caught stealing from a teammate or any River Ridge Athlete you will be suspended indefinitely from the football program.
3. Unexcused tardy results in pushups or up-downs after practice by position coach.
4. All absences could can result in loss of playing time. Unexcused absences = No Practice no Play. After three unexcused absences you will be dismissed.
5. Profanity 10 pushups.

*\*Any other discipline issue not covered above will be handle on an individual bases with the head coach.*