

# **FALCON PLAYER HANDBOOK 2015**

## **1. Sportsmanship**

- a) Good sportsmanship will be displayed by Falcon Football players and coaches at all times, regardless of the situation.
- b) Respect will be shown to all people involved in both practices and games:
  - i. Coaches
  - ii. Teammates
  - iii. Opponents
  - iv. Officials
  - v. Managers
  - vi. Facilities
  - vii. Equipment
- c) Remember that you represent yourself, your family, your team, and your community.
- d) Failure to display good sportsmanship will result in loss of playing time.

## **2. School/Schoolwork**

- a) Schoolwork always comes first. We are student-athletes in that order, and it will stay that way all season.
- b) When we are in season, you are representing the team with your behavior in the classroom. There are ZERO excuses for classroom misbehavior and it will not be tolerated.
  - i. Failure to behave appropriately in the classroom will result in a loss of playing time.
- c) Tardies on Gameday
  - i. All unexcused tardies on gameday will result in the following discipline:
    1. 1<sup>st</sup> tardy: Warning
    2. 2<sup>nd</sup> tardy: Sit 1<sup>st</sup> series of game
    3. 3<sup>rd</sup> tardy: Player will not play in 1<sup>st</sup> quarter of upcoming game
    4. 4<sup>th</sup> tardy and every tardy after that: Player will not play in 1<sup>st</sup> half of upcoming game
  - ii. \*\*Decision on whether a tardy is excused or unexcused will be determined by the coaching staff along with administration of the school.\*\*
- d) Grade Checks
  - i. Enderlin- Grades are checked every Wednesday
  - ii. Maple Valley- Grades are checked every other Wednesday

### 3. Dress

- a) On gamedays, you will wear the jersey that you will wear that night during the game at school, along with your choice of dress pants, khaki shorts, or nice jeans.
  - i. Jeans with holes and mesh shorts will not be allowed on gameday. Remember, you are representing the team, so try to look your best.
  - ii. No jewelry or unnecessary armbands will be allowed during the game.
  - iii. Socks
    - 1. Socks can be worn at any length but only team-colored socks are allowed to be worn during games (Red, Black, or White)

### 4. Practice Rules

- a) **ALL PRACTICES ARE MANDATORY!**
- b) An unexcused absence from practice will result in the following punishment:
  - i. First missed practice: Warning
  - ii. Second missed practice: Player will not play in 1<sup>st</sup> quarter of upcoming game
  - iii. Third missed practice: Player will not play in 1<sup>st</sup> half of upcoming game
  - iv. Fourth and every missed practice after that: Player will not play in upcoming game
- c) If a player must miss a practice, they must contact a coach directly (not through another player) that they will be gone prior to the practice missed.
- d) Practices missed due to doctor appointments are excused, but we encourage you to try to schedule them outside of school and practice if possible.
  - i. Doctor note must be provided to any coach or the practice will be counted as unexcused.
- e) Players will be ready for practice to begin promptly after the bus arrives.
- f) Swearing will not be tolerated during practice
  - i. Punishment will be extra conditioning either immediately or at the end of practice that day.

### 5. Hurt vs. Injured

- a) Football is a physical game and it is normal for your son to experience soreness, bruising and discomfort over the course of the season. Athletes are expected to play through this discomfort. Injuries are different and the coaches want and expect to be informed of injuries. The health of your son is of primary importance and we can't help your son if we don't know there is a problem. Of special concern are head injuries. If your son has excessive dizziness, extreme headaches, or loses consciousness please make sure a coach is notified.

## **6. Travel Policy**

- a) All traveling players must be both academically and athletically eligible to travel to games.
- b) Travel with the team is a must, unless arrangements have been made with the coach prior to departure. Return travel with a parent requires a parent or guardian to sign out with the coaches granting permission (cannot be a friend or brother/sister). I would like us to travel to and from a game together. We are a team. We win as a team, and we lose as a team. Character, friendship, and a team bonding are built before and after games with teammates. I understand this is sometimes difficult. Let's not ride home with mom and dad just because...
- c) Everyone must have appropriate clothes for the weather at the time of the game. We plan to play games into the month of November, so pack accordingly.
- d) Always use common sense when traveling on the bus. If it is not allowed at practice, games, or by law, DO NOT DO IT!!!
  - i. The player or players that break this rule will have their traveling privileges revoked if the coaching staff and administration deem it necessary.
- e) Departure time is prompt. Players who miss the bus will be responsible to (and are expected to) find their own way to the destination.

## **7. National Anthem**

- a) All players, coaches, and managers will respect the flag, our country, and veterans.
- b) Honor the flag with your hand on your heart until the flag is retired.

## **8. Curfew**

- a) The night before games—10:00 pm
  - i. This does not mean you have to be in bed at this time, but you must be at home, unless other arrangements have been made prior.
  - ii. This curfew does not apply when attending your school's Volleyball matches, but you must come home immediately after.

## **9. Alcohol, Tobacco, & Drugs**

- a) The use of these will not be tolerated. Association with minors doing alcohol, tobacco, and drugs will not be tolerated. All Maple Valley, Enderlin, and NDHSAA rules will be enforced. Be smart and be committed to our football team.

## **10. Other illegal activities (vandalism, shoplifting, etc.)**

- a) These will not be tolerated.
- b) Punishment will be a suspension for the upcoming game.

**11. Uniform care**

- a) Our jerseys are just 2 years old, so please take care of them!!
  - i. DO NOT DRY THEM IN THE DRYER, only hang dry your uniform.

**12. 24 hour rule**

- a) The Falcon Football program is competitive. Players are not guaranteed playing time and are not guaranteed equal playing time.
- b) The JV program is competitive as well. Players are not guaranteed playing time and are not guaranteed equal playing time, but the coaches will make every effort to give everyone a chance to play at this level.
- c) No parent or guardian will be allowed to contact any coach 24 hours before or 24 hours after every game *to discuss their son's playing time.*

**13. Lettering Criteria**

- a) In order to earn a varsity letter, you meet one of the following criteria:
  - i. Participate in Falcon Football from the first day of practice through the end of the season.
  - ii. Dress for 6 varsity contests.
- b) Note: Any NDHSAA rules violations during the season automatically forfeits your letter.
  - i. 2015 season: August 12- Last game