

**EVERGREEN HIGH SCHOOL**  
**COUGAR FOOTBALL HANDBOOK**  
**PRIDE – DISCIPLINE - VICTORY**

**DISCIPLINE YOURSELF ... AND NOBODY ELSE WILL NEED TO**



**COOPERATION – RESPONSIBILITY**  
**RELIABILITY – ACCOUNTABILITY**

**THE “DO THE RIGHT THING” RULE**

**IS IN EFFECT 24 HOURS A DAY – 7 DAYS A WEEK – 365 DAYS A YEAR**  
**... ALL 4 YEARS!!**

**ALL DECISIONS REGARDING THESE PLAYER GUIDELINES ARE MADE AT**  
**THE DISCRETION OF THE HEAD FOOTBALL COACH.**

Cougar Football Players and Parents / Guardians,

Welcome to another season of Cougar Football! The following information provides a brief informational and philosophical framework for Evergreen High School (EHS) football.

The EHS football program is a competitive athletics program offering Varsity, Junior Varsity and Level 3 teams for students in 9 – 12 grades. Level 3 is primarily 9th grade and 10th grade, Junior Varsity will be determined by ability and depth of certain positions, Varsity consists of all players 11th through 12th grade plus 9<sup>th</sup> and 10<sup>th</sup> graders who earn a spot. Our program's goal is to be the top football team in our conference at each level of competition.

With success and ambitious goals come high expectations from our program's athletes. Evergreen High School football players will be disciplined and fundamentally sound, with an emphasis on character, playing the game right, and working hard. We will achieve the most when players are playing football the way it is meant to be played while enjoying their experience and building memories that will last a lifetime. After leaving the field Evergreen football players should be recognized as not only good football players, but respectful, classy young men.

Players and parents are encouraged to make the most of this opportunity and time spent competing in high school athletics. Be proud members of the football program, constantly strive to improve and find ways to help your team, but remember to keep high school sports in the proper perspective.

Parents, the football program relies on your support and volunteerism to ensure a successful season. Please be involved in the Cougar Touchdown Club and help in any way you can. But please also remember to help for the right reasons – to support your son's team.

In this program handbook, you will find an assortment of information attempting to improve communication and expectations between coaches, parents, and players. If you have any additional questions, please email me at [rmolholm@jeffco.k12.co.us](mailto:rmolholm@jeffco.k12.co.us) or call (303) 982-5103.

The coaches are looking forward to working with all of you and another great season of Football!

Rob Molholm  
Varsity Football Coach  
Evergreen High School

## **Expectations of Student Athletes**

1. Accept seriously the responsibility and privilege of representing your school and community.
2. Treat opponents with respect.
3. Display modesty in victory and graciousness in defeat.
4. Play hard, but play within the rules.
5. Exercise self-control at all times, setting an example for others to follow.
6. Respect officials and accept their decisions without gesture or argument.

## **General Athletics Participation**

Team members of all sports are required to attend all scheduled practices and meetings during the established sports season. If circumstances arise whereby the student cannot attend a practice or meeting; the validity of the reason will be adjudged by the individual coach. In all cases, however, the coach must be notified, prior to the practice or meeting missed, by personal contact, phone call, or written statement from the parent or guardian.

No athlete may participate in any athletic event if he/she has not attended a full and normal class schedule on the day of the event. Exceptions to this rule would be an excused absence or a family emergency.

## **Participation Contract**

1. The use or possession of tobacco, drugs, including steroids, drug paraphernalia, or alcoholic beverages in any form will not be tolerated, regardless of quantity. The following represent minimum sanctions for violation of this rule, and shall be served at the first possible contest following the infraction. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from school and from all interscholastic participation. Observance of all training rules involving the use or possession of tobacco, alcohol, or drug paraphernalia, drugs, including steroids, is a responsibility of the participant.

- The first violation will result in a one-contest suspension for sports with 11 or fewer contests. For sports with more than 11 contests, the sanction will be a two-contest suspension.

- A second violation occurring at any time during a student's attendance in the Jefferson County Schools will result in a suspension from twice as many contests as are provided for the first violation. Where drugs, tobacco or alcohol are involved in both violations,

the student must demonstrate evidence of participation in an alcohol or drug treatment program prior to returning to competition.

- A third and any subsequent violation occurring at any time during a student's attendance in the Jefferson County Schools will result in suspension from all interscholastic athletics for one full year from the date of infraction.

2. The following represent behavior expectations to be followed by the participant.

- Participants are expected to conduct themselves in a commendable manner at all times in the school, the classroom, during interscholastic activities, and toward opponents, officials and spectators. ***The use of profane language is not acceptable and will not be tolerated.***

- There will be "zero tolerance" for assault upon, hazing, disorderly conduct toward, harassment of, intimidation of, discrimination against, or any criminal offense against another student or damage of property of another student.

- Any behavior, on or off school property, which is detrimental to the welfare or safety of others will not be permitted.

3. Students who violate this participation contract out of season (including summer months) are subject to disciplinary action at the beginning of the next competitive season in which they participate. This contract is in effect from the signing date until the student officially graduates or transfers to another school outside the District.

Participants who violate this contract may be required to attend all practices, if not suspended from school.

### **Misconduct - Penalties**

- Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by the game officials. The school administrators of the two schools involved and the District Director of Athletics have the responsibility to determine if further disciplinary measures are warranted.

- Any player who has been disqualified from a match or contest for committing any unsportsmanlike act shall be disqualified for the remainder of that match or contest. In addition, the player shall be ineligible for the next regularly scheduled match or contest of the same level (sophomore, junior varsity or varsity). He/she may not take part in any other games or contests, at any level, during this time. If such ejection occurs in the final match or contest of the season, then that player shall be ineligible for the first match or contest of the next season of sport that player elects to play.

- Any player ejected from a second match or contest during the same season shall be ineligible for the next two matches or contests of the same level.
- Any player ejected from a third match or contest during the same season shall be subject to a penalty determined by the Commissioner.
- These represent minimum sanctions for violation of this rule. In cases of greater severity, the responsible administrator may increase the sanction up to and including suspension from all interscholastic participation.

### **Pre-sport Participation**

(The following items must be on file before an athlete may begin practice or is issued equipment.)

- Signed Jefferson County Participation Contract. All ninth graders must have a physical upon entering high school. A student in grades 10-12 must have a physical exam within the past 365 calendar days.
- Signed Athletic Emergency Card.
- Athletic Fee paid in full: \$150 for each sport. Only those students who discontinue the program within 15 calendar days after reporting are eligible for reimbursement. (Revenue from athletic fees is deposited to the Jefferson County School District general fund.)

### **General Appearance and Conduct**

- All athletes should set and keep a high standard of appearance at all times.
- An athlete's hair should be neat and well combed.
- An athlete's dress should be neat and appropriate for all occasions.
- Athletes should give positive leadership toward the conduct of the students in the school and in the community.
- A team member leaving the bench area when a fight occurs during a game will result in an ejection and a one-game suspension.
- An ejected player in the final game of the season will be ineligible for the first game of the next season he/she plays.

### **Eligibility**

Participation in interscholastic athletics as a part of a school's education program is a privilege, and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance related to school purposes.

# EVERGREEN HIGH SCHOOL COUGARS FOOTBALL PROGRAM DISCIPLINARY GUIDELINES

**DISCIPLINE YOURSELF ... AND NOBODY ELSE WILL NEED TO**

**IT TAKES PRIDE, MATURITY AND COMMITMENT TO EARN THE PRIVILEGE  
OF BECOMING AN EVERGREEN COUGAR FOOTBALL PLAYER.**

## INTRODUCTION

In that “championship football” requires great commitment, effort, responsibility and concentration from it’s’ participants, the following guidelines shall apply to **ALL** those individuals involved in the EHS Football Program ... **without exception!!**

It is assumed by the coaching staff, that all participating players and their parent/guardian have read, acknowledged and accepted the guidelines as stated in this booklet. Prior to participating in the EHS Football Program, each player must have a **TEAM RULES ACKNOWLEDGEMENT FORM** signed and dated by the player and parent/guardian, on file with the coaching staff.

### **BASIC CONCEPTS & PHILOSOPHY:**

The application of and decisions regarding these guidelines are done at the discretion of the head football coach. Any situation not specifically covered by these guidelines will also be handled and adjudicated at the discretion of the head football coach.

All of the guidelines and expectations presented in this booklet stem from the basic fundamental “**DO THE RIGHT THING RULE**” ...

### **“DO THE RIGHT THING RULE”**

The EHS football coaches make the assumption that all EHS football players know the difference between “right and wrong”. EHS football players are always expected to make the “right” decision in relation to matters of behavior, discipline and academics. If a player makes a “wrong” decision in relation to behavior, discipline or academics, the coaching staff will assume that it was a conscious decision on the part of the athlete to do so ... and the athlete will therefore be held accountable for willfully making a “wrong” decision. Accountability can range from being counseled and or reprimanded by the head coach ... denial of playing or practice time ... suspension or dismissal from the team ... expulsion from the football program ... all to be decided at the discretion of the head football coach.

**The “DO THE RIGHT THING RULE” is in effect 24 hours a day ... both on and off campus ... for the duration of a student/athlete’s participation in the EHS Football Program.**

- Football championships are won by “special” people ... a championship football player must be a disciplined person ... we must be a disciplined team.
- In order to be a disciplined team, every player must adhere to the guidelines set forth in this packet. An athletic team cannot win championships with “individuals” ... nor does a team win championships with common people. The Evergreen Football Program requires student-athletes who will sacrifice their personal welfare for the betterment of the team. Athletes who wish to stand out or draw attention to themselves as “individuals” will not be allowed to participate.

### **“INDIVIDUAL” RIGHTS NEVER SUPERCEDE “TEAM” RIGHTS**

- The Evergreen High School Football Program is based on PRIDE, COMMON SENSE, GOOD CITIZENSHIP, RESPECT, LOYALTY and ACADEMICS ... we are not a “win at all cost” football program.
- An athlete wishing to join the Evergreen High School Football Program must first commit to proper and appropriate behavior on and off the campus ... must promote a feeling of pride, loyalty and respect for his team, school, community, family, faculty and administration ... coupled with the understanding that his primary purpose at Evergreen High School is to be an excellent student/citizen ... his secondary purpose is to play football.
- An athlete’s decision is not whether he wants to adhere to these disciplinary guidelines ... but whether or not he wishes to join the team. Once an athlete chooses to join the team, his decision in terms of these disciplinary guidelines has already been made.
- An athlete who chooses to lie, cheat, steal, behave inappropriately, or perform poorly academically has no place in the Evergreen Football Program.

## **EVERGREEN FOOTBALL PROGRAM TEAM GOALS**

The Evergreen High School Football Program consists of three levels of competition ... Level 3, Junior Varsity and Varsity.

The primary goal of this three level program is to provide an enjoyable, competitive football experience for those students who voluntarily choose to participate. The Football Program is designed to ensure that a young person who remains in the program for four years will grow physically, mentally and socially ... will appropriately mature as a student, citizen, athlete and person. Through a player’s four year commitment ... RESPONSIBILITY, COOPERATION, SELFLESSNESS, RELIABILITY, COMMITMENT, GOAL SETTING, WORK ETHIC, LOYALTY and ACCOUNTABILITY will be learned.

The athlete and his family will learn that expectations of an athlete are greater than those for non-athletes in the general student body ... and that the athlete will be held accountable for any failure to meet those expectations.

In general, the expectations are as follows:

- Be on time ... being early is better
- Pay attention to your teachers and your coaches
- Be at school every day ... all day
- Be at practice every day ... plan ahead to meet your commitment
- Earn A's, B's and C's on your report card ... never D's or F's
- Adhere to the "DO THE RIGHT THING RULE" at all times

**Specific LEVEL 3 TEAM GOALS include:**

- Introduce young athletes and their families to the demands of high school athletics.
- Insure that the athlete understands the connection between academic achievement and athletic eligibility.
- Provide an opportunity for as many students as possible to discover if football is an activity they wish to continue for the duration of their stay in high school.
- The development of viable players for the Junior Varsity and Varsity squads ... identifying those youngsters who have the greatest chance of playing varsity football when they are juniors and seniors. Player development takes precedence over winning games.
- Level 3 football players will be encouraged to try a variety of sports and will be motivated to train year round as athletes.

**Specific JUNIOR VARSITY team goals include:**

- Successful competition at a level greater than Level 3 football ... with higher expectations in relation to the guidelines listed in this booklet.
- Increased expectations involving off-season training as an athlete and as a football player; continued encouragement to be a multiple sport athlete.
- Continue high academic achievement.
- Develop viable football candidates for the varsity squad that can be projected as reliable junior and senior prospects.



**Specific VARSITY team goals include:**

- Successful competition at a level greater than Junior Varsity football ... with the highest of expectations in relation to the guidelines listed in this booklet.
- To field a competitive team of loyal athletes who have progressed through the Level 3 and JV programs.
- To field a team of players who are committed to training year round as athletes and as football players; continued encouragement to be a multiple sport athlete.
- To field a team of athletes who remain academically eligible for the entire school year and achieve at the highest academic levels.
- Provide a realistic evaluation and opportunity for those athletes wishing to continue their academics and athletics beyond the high school level (junior college or college).
- Win our conference championship with players that continue to be excellent students and citizens.

## ATTENDANCE & PUNCTUALITY

*IF YOU CANNOT PRACTICE ... YOU CANNOT PLAY*

All Evergreen football players and their families are expected to PLAN AHEAD and organize their personal schedules so that they can meet and honor their school responsibilities and commitment to their team.

**REFER TO YOUR FOOTBALL CALENDAR OFTEN  
PLEASE ... PLAN AHEAD!**

Parents must consider these guidelines when scheduling family functions, doctor and dental appointments and all other activities that involve the player.

Absences from and tardies to school and/or practice ... whether “excused” or “unexcused” ... have a negative effect on a player’s academics, the progress and preparation of the athlete and the eventual success of the team. A missed day of school and/or a missed practice session are opportunities for improvement and growth that cannot realistically be made up.

- The “excusability” of an absence or a tardy is determined solely at the discretion of the head coach.
- Evergreen football players must learn to always be early. If you are always early ... you will never be late!
- The player or his parents must notify the head coach in advance that he is going to be tardy to any team function due to an “excusable” reason. If advance notice is not given, the tardy will be considered “unexcused”.
- Any player who is TARDY for a reason determined by the head coach to be “unexcused” shall be held accountable for his lack of punctuality. Accountability for lack of punctuality can range from reprimand ... to decrease in practice or playing time ... to game day suspension ... to dismissal from the team ... to be decided at the discretion of the head coach.

### **EXCUSED ABSENCE RULE**

- **Excessive “excused” absences will jeopardize an athlete’s playing time.** The athlete and his parent/guardian are strongly encouraged to understand the vital importance of practice time to the preparation of each individual player and the team as a whole. Even if “excused” an absence from practice and/or a game always has a negative effect on the team’s opportunity for success.

The Evergreen coaching staff will award playing time in favor of those athletes who have attended practice ... as opposed to those who have not.

**The following penalties for excessive “excused” absences will be applied at the discretion of the head football coach:**

- Next absence after notification of excessive excused absences: 1<sup>st</sup> half game suspension.
- 2<sup>nd</sup> and subsequent absence after notification: Game day suspension.
- 3<sup>rd</sup> and subsequent excused absences after notification: Game day suspension and possible dismissal from the program.

The Evergreen coaching staff will apply the “excused” absence rule with compassion and understanding. While there are varied reasons that absences can fall under the “excused” absence rule, the following examples can be used by parent/guardians as a guideline.

Excused absences that will NOT be penalized: Funerals; weddings; family member graduation; family member serious illness; family crisis; reasonable after school academic time with EHS faculty; athlete illness verified by physician note; reasonable religious and/or church activities; SAT, PSAT or ACT testing.

Excused absences that WILL be penalized: Family vacations and/or “get-togethers”; doctor and dental appointments; DMV appointments; missing practice to complete school assignments; excessive after school academic time with EHS faculty; off-campus tutoring; excessive religious and/or church or cultural activities; staying home to care for siblings; inability to provide transportation to or from practice; minor or contrived athlete injury or illness; athlete or family member birthdays and/or anniversaries.

The list of excused absences listed above is far from complete. Parents are strongly encouraged to inform the head coach in advance of any absence so that the coach has ample time to decide and inform the athlete and parent whether the “excused” absence will be penalized or not.

Parent/guardians are respectfully requested to always assist their athletes logistically and in decision making ... so that they can successfully **meet their team commitment!**

• Any player who is ABSENT for a reason determined by the head coach to be “unexcused” shall be held accountable for the absence as listed below:

- 1st unexcused absence = 1<sup>st</sup> half suspension
- 2nd unexcused absence = game day suspension
- 3rd unexcused absence = dismissal from the team

- By CHSAA regulation, a player must participate in a minimum of 9 team practices prior to playing in a game or scrimmage.
- Any SUSPENSION FROM SCHOOL by the Evergreen High School Administration shall be considered an unexcused absence ... pending a player, parent, coaching staff and administration conference. The “excusability” of the suspension from school shall be decided at the discretion of the head coach.

A player on administrative school suspension is not allowed to practice, play in a game or participate in any team function for the duration of the suspension.

Evergreen football players are strongly encouraged to use common sense in avoiding situations on or off campus that have the potential of resulting in school suspension. These situations are to be avoided at all costs ... players must remember to make “team” decisions, not “individual” decisions ... always remember the “DO THE RIGHT THING RULE”!

- A player assigned after-school DETENTION by a faculty member or administrator will serve the detention as assigned. If the detention causes a player to be tardy to or absent from a required team function ... the tardy/absence shall be considered “unexcused” ... with the player being held accountable at the discretion of the head coach.
- A player who misses a team bus, game, or scrimmage for an unexcused reason shall be dismissed from the team.
- Players will not be allowed to miss or leave any team function to meet a personal job commitment, transportation commitment or commitment to another athletic team. Any player who insists on leaving a team function for any of the above reasons will be charged with an unexcused absence and held accountable at the discretion of the head coach.
- Evergreen football players are encouraged to honor their commitment to their football team and are not to participate on other athletic teams or other athletic/physical activities, whether “structured” or “recreational” in nature, for the duration of the football season.

Questions concerning the “outside team” guideline are to be directed to and adjudicated at the discretion of the head coach.

- A player who is injured during the course of the season and is unable to participate under doctor’s or trainer’s orders must still attend all team functions, unless the doctor or trainer states otherwise.

Whether under partial or complete activity restrictions, the player must dress for practice in jersey, shorts and helmet ... if permitted by the doctor or trainer. The injured player will be expected to participate and contribute to the team effort to the best of his ability.

A specific work-out or rehabilitation assignment (approved by the doctor or trainer) may be provided and is to be completed in its' entirety by the player.

Should a player become injured or ill during the course of the season and require a doctor's treatment and care, it is the responsibility of the player and/or his parents to communicate with the head coach regarding any limitations placed upon the player's activity by the doctor.

- All players are expected to meet their responsibilities in the classroom by attending every class during the school day ... to be early to their classes ... to demonstrate respect for their classmates, teachers and all other school staff.

In addition, all class assignments are to be turned in on time. **ALL REASONABLE ACADEMIC RESPONSIBILITIES TAKE PRECEDENCE OVER FOOTBALL ACTIVITIES.** Therefore, conflicts between football and academics are avoided by meeting classroom obligations eagerly and on time.

- The coaching staff will be notified by the Evergreen administration of all player class cuts and class tardies. A football player's classes are considered required team functions. Unexcused absences ("class cuts") from and tardies to class during the regular school day will be adjudicated as stated above ... at the discretion of the head coach.

Parents are reminded to notify the Evergreen High School Attendance Office in advance if their child is going to be absent from school for the entire or partial day. Parents are also reminded to write excuse notes upon a player's return to school following an excused period of absence.

Parents are reminded that the EHS Attendance Office will not notify the coaching staff if a student/athlete is going to be absent for the day ... we ask that the parent make a second phone call or email to the appropriate head coach to notify him of the player's absence from school and practice. Coaches phone numbers are listed on the inside front cover of this booklet.

- A player must be in attendance the entire school day in order to practice or play in a game on that same day. A player who misses a portion of the school day due to an "excused" reason must have the absence excused by their parent, through the attendance office prior to practicing or playing in a game. An absence of more than two periods on a practice or game day requires a parental excuse and administrative clearance prior to practicing or participating in a game. If the absence is not excused and/or cleared by the administration, the player may not practice or play in a game.
- A player returning to school and or football team functions following an "excused" absence or "excused" tardy will be expected to efficiently and quickly "make-up" the academic and football work they have missed ... including, but not limited to class work, tests and homework in all classes ... plus system learning, drill work and conditioning in football.

- The Evergreen Athletic Department's Fall Athletics Night and the weekly Football Team Dinner are required team functions. Dates and times for both of these events are listed in your football calendar.

- Level III, Junior Varsity and Varsity football prospects are required to attend Spring Football Camp.

Football players participating in a Spring season interscholastic sport will be excused from Spring Football Camp until the Spring sport season has concluded.

All football program guidelines outlined in this booklet will be in effect during Spring Football Camp.

## ACADEMIC ELIGIBILITY

*A's are great ... B's are good ... C's are "OK"  
D's and F's are poison!*

*High school sports are for high school students. It is the philosophy of the EHS Football coaching staff that athletes must be encouraged to make the connection between academics and continued participation in the high school athletic program as early in their high school experience as possible.*

All football players must meet EHS and Jefferson County Schools academic and general eligibility requirements during the season.

- A list of players with grades of "D" and/or "F" will be provided to the Evergreen High School coaching staff every week during the football season ... beginning with the second week of school.
- The player and parents are expected to check grades via the "Parent Portal" on a regular basis and take the necessary measures to prevent that player from appearing on the weekly report.
- A player whose grade check has an "F" will be placed on ACADEMIC SUSPENSION until his grades have improved to the minimum standard or higher. The player will attend mandatory study hall with the coaching staff and/or his teachers ... and will be suspended from all game day activities.

### INCOMING FRESHMEN:

All incoming freshman student/athletes are automatically eligible to begin participation in the Evergreen High School Football Program ... however, those athletes who earned an 8th grade GPA of less than 2.00 or have an 8th grade history of undisciplined or inappropriate behavior must schedule and complete a coach/player/parent "restricted status" conference as a prerequisite to their participation. Should the low academic achievement and/or undisciplined, inappropriate behavior continue at Evergreen High School; the player will be dismissed from the football program.

## **General Lettering and Awards Guidelines**

The state rules on citizenship, scholarship and attendance are to be followed.

The decision of giving an athletic award to a player, once the sport guidelines have been met, shall be subject to the approval of the coaches. These names are then submitted to the athletic director/principal for final approval.

If awards are given to the athlete by the school, the coaches and the school administration reserve the right to pick up the award for violation of the county or school athletic policies.

Individual schools will determine the method of financing all awards.

Only varsity awards may be earned by an athlete while competing in CHSAA sanctioned 5A, 4A and 3A varsity-approved meets or games unless approved by the District Director of Athletics.

Only one athletic letter may be given to a participant during his/her high school career. Each year after that, if a letter is earned, a service bar may be awarded.

All requirements, including completion of the season, must be met before an athlete can be recommended for a letter.

**Service Award:** A senior girl or boy who has completed two or more years of participation in a sport may be recommended by the coach for a varsity award. A letter may be recommended for a senior who has not completed two years of participation.

**Hardship Award:** Any girl or boy who is injured or ill and who, in the opinion of the coach, would have earned an award had the injury or illness not occurred, may be considered for an award. A coach may also recommend an award if an athlete is forced to discontinue competition and has not earned an award because of illness or death in a family.

**Manager's Award:** In order to letter, a girl or boy must manage two years in the same sport or manage one year in two sports. The service award also applies to managers.

**Athletic Trainer Award:** The student must have a basic first aid card, log 175 hours and fulfill attendance and other athletic and academic requirements of that sport. CPR is recommended.

An athlete playing in a district, sectional, regional or culminating contest may letter.

### **Football**

- An athlete shall play a minimum of half of the quarters on all scheduled games.
- Quarters played in state playoff games may be counted in the foregoing minimum.



### **Additional Requirements To Receive EHS Varsity Football Letter**

To be awarded a letter in any season you must be a team member in good standing (as determined by the coaching staff) at the conclusion of that season.

To be awarded a letter in any season you may be academically ineligible for no more than 1 game in that season.

To be awarded a letter in any season you must be free of suspensions/disciplinary actions resulting in missing 1 or more games in that season.

## **Requirements For Captain Candidates on the EHS Varsity Football Team**

*Candidates for Captain must meet the following criteria.*

- The candidate will be a Senior or Junior. (Juniors will be considered if the coaching staff deems that the pool of Seniors is not sufficient.)
- The candidate must be in at least his 2<sup>nd</sup> year in the program.
- The candidate must have been academically eligible in all games the previous year. (If a player was academically ineligible for a game the previous season he is not eligible to be a captain. If a captain is academically ineligible for any game in the current season he will be removed as a captain for the remainder of the season.)
- The candidate must be free of suspensions/disciplinary actions resulting in missing 1 or more games the previous season/year. (If a player missed a game due to a disciplinary action the previous season/year he is not eligible to be a captain. If a captain misses a game due to a disciplinary action he will be removed as a captain for the remainder of the season.)
- The candidate must have demonstrated a commitment to the team by maintaining or increasing his physical development/conditioning and football skills during the off-season and pre-season.
- The candidate must exhibit superior leadership skills.
  - o Consistently arrives for practices/team meetings on time and prepared.
  - o Consistently gives maximum effort in practice/drills, scrimmages, and games. (Leads by example.)
  - o Consistently displays respect for coaches, teammates, students, teachers/administrators and opposing teams.
    - Communicates appropriately and without profanity.
    - Encourages and supports teammates.
    - Reacts appropriately to coaching and constructive criticism from staff.
    - Acts appropriately at team meetings/functions.
  - o Represents the program positively in the community.
  - o Promotes team unity in word and deed.
  - o Participates fully in team activities.
    - Fundraising (including selling at least the minimum 25 cougar cards)
    - Team building events/outings
    - Community service projects

Captains may be elected by the majority vote of Freshmen, Sophomore, Junior, and Senior players from a slate of candidates meeting the requirements above and approved by the Head Coach. ***The Head Coach reserves the right to change the voting procedures or appoint captains as he deems fit.***

## **Communication**

Communication is very important. Parents/Guardians should discuss all issues with your athlete first, and then contact the team's coach if necessary. Appointments may be made with the appropriate coach based on that coach's availability.

- No player or parent should approach coaches before, during, or after a game to discuss an issue.
- Parents should discuss any issue with their child before contacting a coach.
- After talking to their child, parents may request a meeting to discuss the issue with the coach. (Please remember that if you just show up before or after practice without having scheduled an appointment the coach may not be available for discussion.)

Appropriate Concerns to Discuss with Coaches:

- The treatment of your child, mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior

Issues Not Appropriate to Discuss with Coaches:

- Playing time
- Team strategy
- Play calling
- Other students / athletes

When addressing adults, players will address them as Mr./Mrs./Miss or Sir.

Addressing coaches as Coach Jones is acceptable. Failure to do so will result in 20 push-ups.

## **Transportation:**

Teams will travel by bus to games. All school rules apply when traveling. Players are expected to take good care of the bus and be courteous to the driver. On longer trips the team may stop for food on the way home, players should bring meal money when necessary.

When a bus is provided all team members must ride on the bus to and from the game. Exceptions will only be made if prior approval is given through the Athletic office. Players may ride home with their parents if a signed note is provided and handed directly to a coach.

## **Fundraising:**

Fundraising has become a high school athletics necessity. Players will be required to commit to a few fundraisers each year (selling Cougar Cards, etc.). Participation in these events is mandatory.

**Housekeeping:**

Players are expected to keep the locker room, weight room, team meeting rooms, and all football storage areas, clean and in good order at all times.

Each Friday all players are required to clean up their lockers and take their practice apparel home to be laundered.

- Practice jersey
- Practice pants
- Socks
- T-shirts
- Shorts
- Athletic supporters
- Girdles
- Cold or Heat Gear
- Gear Bag

Game Uniforms should be laundered after each game.

Failure to comply with these housekeeping requirements will result in disciplinary action.