

Rebelball 2016

“You are a REBEL when you give more than what is asked and take less than what is deserved”

1. Attendance at practice is mandatory!!!

- a. **If you are sick from school you must call your level coach or coach Lowry to let them know where you are. DO NOT MISS PRACTICE!!!!**
2. **Injuries**-you must attend practice and watch your position. You must have a note from Matt or your Doctor to be considered injured. If a Doctor's note is used for an injury, you must have a Doctor's note to release you back to practice/game.
 - a. **Concussions**- Please be honest!!! **Dr. release to return to practice**
 - If detected/treated quickly, you will not miss as many days/weeks
 - 2nd Impact Syndrome- **Danny Spond**
 - Watch your Brothers back and be honest with coaches
 - b. **Injured: YOU MUST BE AT PRACTICE- find a way to contribute (ask coach)**
 - c. **Games** ****new****
 - dress code spirit pack (no jersey)
 - behavior (no cell phone, no food/seeds, watch position, encouragement)
 - be a part of the game (water, kicking tee, speak with position coach)
3. **Training Room**-Get in and Get out! Sign the injury report sheet- Time in/out
 - a. **When injured for some time, you MUST be at practice every day**
4. **Team Policies and Expectations**- COLUMBINE CONDUCT CODE BOOK
 - a. **Language-Foul and/or inappropriate language** will not be tolerated, you will bear crawl, pushup's, ppp's.
 - b. **Classroom/hallway/citizenship**-If you are inappropriate in any of these areas, there will be significant consequences (100 yards of bear crawls minimum).
 - c. **Tardy/late**-If you are late to practice **without a teachers note** you will bear crawl 100 yards. If you are tardy to classes you will have 100 yards of bear crawls.
 - d. **LOMBARDI TIME=BE EARLY, AND BE PREPARED**
 - e. **Respect** for coaches, teammates, underclassmen, school, community, custodial staff, and all others is a must. **GOLDEN RULE**—Bear Crawls, Parent Contact.
 - f. **Coaching-you will be coached- listen and improve**
 - i. You will be coached every play. Coaches will help you get better or reward you. You will be coached/evaluated all day. Sometimes coaches may be the good guy and sometimes the bad guy. Know and understand that the coaches care about you and are trying to push you and the team to be your BEST. Do not take it that coaches do not like you. They want to push you to be better.
 - g. **When coaches or guests speak-LOOK AND LISTEN**
 - h. Positive attitudes are a must. *Attitudes are contagious, is yours' worth catching.*
 - i. Everyone will be treated fairly, not necessarily equally. Coaches will communicate with you and situations will be treated individually. **The harder you work and the more trust and respect you earn, sometimes the more trust you will be given.**
5. **FUNDRAISING IS FOR EVERYONE**- 20 Rebel Cards due Aug. 15TH--- \$420
 - a. We have ordered equipment based on raising a certain amount of money. We must pay our vendors, and you must do the fundraising.
 - b. In a team sport, I can't ask one kid/family to sell and the others kids not to participate. *Equity among us all.*
6. **TRAINING RULE CONTRACT**- This was discussed and voted on by the seniors. **It is upheld from the day you signed it to the day you graduate.**
 - a. 1st offense: 1 game suspension

2nd offense: Double suspension and **district mandated counseling.**

3rd offense: District mandated loss of athletic participation privileges/Counseling

7. **ACADEMIC ELIGIBILITY- Parent Portal--MUST DO!!!**

a. If a player's name is on the weekly academic eligibility list the following consequences will be assigned:

i. Position coaches-

ii. F-study hall during free period in a coach's room.

Coaches reserve the right to determine if special circumstances are involved, (ex. Student has missed a test/assignment due to sickness.....and time has not permitted him to makeup the work)

Citizenship: If a player is on the list for citizenship issues or if a teacher informs a coach of a citizenship issue in their classroom/hall, it will result in Bear Crawls. We all reflect on each other.

8. Training Room: Athletes must write their name on a sign up sheet, which will need to be verified by our trainer, Matt. If Matt does not verify the legitimacy of the need to be in the training room, then the punishment will be at the Coach's discretion. **GET IN, GET OUT**

a. Must sign in and out on training room list (Matt's signature and prognosis)

b. If not on list and you are late---

i. If starter—will not start that game

ii. If non-starter—drop one spot on depth chart for that week.

9. **Communication: Part of maturity/responsibility**

a. Players must speak to with their position coach first.

b. Players speak with the head level coach/coach Lowry-second.

c. After player communicates-parents can contact coach Lowry-third step

d. Parent meeting with Coach Lowry, athlete, parent, Mr. Christy

10. **Lettering: 20 quarters** of varsity football/playoff participation in a game depending on how deep we go in the playoffs.

a. **IF YOU ARE INJURED AND DO NOT ATTEND PRACTICES/GAMES, YOU WILL NOT LETTER!!!!**

11. Seniors: NCAA Clearinghouse: see counselors GPA/ACT sliding scale

12. Recruiting/Scholarships

a. Information is given by head coach (Size, speed, Ht, Wt.,)

b. Initial contact is from university/colleges with head coach requesting video tape of games/highlight video (label with all specifics). Colleges will evaluate the athlete from this video. All players have access to Hudl and need to help make their own highlight video from our game tapes. Coach Mosier can help players develop and send to colleges.

We have folders of hundreds of colleges from JC to DI.

c. Scholarships and Recruiting process shifts to families. Communicate with Coach Lowry.

d. Please do not allow the recruiting process to take away from what the team is trying to accomplish, or take away from your son's ability to focus on having a great high school career first. Please be discrete and selfless, understanding many great players do not get recruited do to size, academics or just bypassed.

13. **ALL-CONFERENCE CRITERIA-**

a. Voted on by other coaches in the Jeffco 5A.

b. **Any players missing games due to training rule violations/suspensions could forfeit consideration for all-conference nominations.**

c. Sportsmanship Award/Citizenship is essential to Jeffco coaches and schools.

Phone Number to contact for excusing absences from practices/communicating with coaches

Varsity- Coach Lowry- 303-982-4409

email: alowry@jeffco.k12.co.us

Junior Varsity- Coach Ortiz 303-982-4500

email: roortiz@jeffco.k12.co.us

Freshman- Coach Dave Lee-303-982-4664

email: delee@jeffco.k12.co.us

Please email your position coach or head level coach if you are sick or for important information. Please understand time in front of a computer is limited, so emails need to be important and one way communication.

“The best index to a person’s character is (a) how he treats people who can’t do him any good, and (b) how he treats people who can’t fight back.”

14. EQUIPMENT RULES-

- a. NO VISORS, SPATTING (MONEY AND TEAM)
- b. DO NOT CUT YOUR KNEE, HIP/TAIL PADS --- ILLEGAL/SAFETY
- c. UA FOREARM BANDS/NECKLACES, ETC.... ILLEGAL

15. Stretches/Coaches checking equipment

- a. Line up in a straight line in the end-zone
- b. We will have a crisp jog (no walking)
- c. Square around the perimeter (do not round the corners- LITTLE THINGS)
- d. ALL LINES NEED TO BE 1 YARD OFF THE YARD LINE
- e. Look around and make sure you are in a straight line, both directions
- f. Place your helmet 1 yard to your right side. Coaches will be checking equipment
- g. Haircuts by next Monday- Helmet fitting/hair wet, helmet should be snug

16. LOCKER ROOMS/HALLWAYS

- a. Please keep the locker rooms clean. (mud/tape/etc.)
- b. Do not violate any other lockers. (pranks, theft)
- c. TAKE OFF CLEATS OUTSIDE THE BUILDING

“Sow an act, and you reap a habit; sow a habit, and you reap a character; sow a character, and you reap a destiny”

Athlete Name (Printed): Last _____ First _____ Grade _____

Athlete Signature: _____ **Date:** _____

Parent Signature: _____

Parent phone #: _____