



PLAYER EXPECTATIONS

PRACTICE IS WHERE CHAMPIONS ARE MADE

The coaching staff is excited about the upcoming season. Our goal is to be an extremely tough and hardworking team, come to practice ready to be pushed, and be coach-able. We want to assist you in becoming a better person and player on this team. Learn to take coaching “criticism”. Reaching our Best Potential is what we strive for every day.

RULE #1 Be on Lombardi time

RULE #2 Play Hard

RULE #3 Know Your Job AAT (Assignment, Alignment, Technique)

1. Athletes will be excused from attendance at practice or competition based upon the following guidelines:
 - a. School affiliated activities
 - b. Illness with excuse
 - c. Religious obligation/commitment
 - d. Academic reason
 - e. Death of a family member or close relative
 - f. Unavoidable family obligation
2. Participants will not be excused from practice or competition based upon the following reasons:
 - a. Failure of prior notification to coaching staff of absence due to participation in A-F listed above. **NOTIFICATION MUST BE MADE PRIOR TO THE ABSENCE OR A PHONE CALL ON THE DAY OF.**
3. Participants may be dismissed from the team for the following reasons:
 - a. Failure to compete in a sportsmanlike manner
 - b. If and when a player has three unexcused absences from practice, games, and/or team functions
 - c. Academically ineligible

COMMUNICATION

1. Disrespect toward staff and team is inappropriate. Name-calling, swearing, putdowns, and other forms of abuse will not be tolerated. Disrespect is the beginning of the deterioration of the team and cohesion is not possible.
2. If there is a problem with a teammate or coach, the following actions should take place:
 - a. Do not involve outsiders with your problems with teammates
 - b. Confront your teammate about your problem with him. If you cannot do it yourself, tell your coach and we will talk it out together in the privacy of the coaches’ office.



CLASSROOM BEHAVIOR

1. Players are to hold their academic progress in highest regard. Players who are found to be cutting class or disrupting the class environment will not only be subject to the teacher's penalties, but the coach as well. Players will be asked to give a written apology to the teacher, additional conditioning in practice, and a required study hall.
2. Players who do not show evidence of concern for academic progress will be subject to suspension or removal from the team.

EQUIPMENT NEEDS

1. Players will purchase their own cleats. Football cleats are to be black.
2. Athletes will be responsible for the cleaning and care of their practice gear. Full practice gear is to be worn at every practice.

TARDIES AND ATTENDANCE AT PRACTICE & GAMES

1. Players are expected at all practices and film sessions.
2. Injured or ineligible players are expected to attend practice, unless prior arrangements have been made with the head coach.
3. If an academically ineligible player must get additional work from a teacher after school, he is to FIRST report to the coach and then go to the teacher. As soon as he finishes with the teacher, the player is to report to practice with a signed pass that includes the time finished.
4. Injured players are to report to the training room immediately after school for treatment. The player must FIRST check with the coach before he goes to the training room.
5. If a player is absent from school as a result of sickness, the player or parent is to contact the coach at school and leave him a message through e-mail by 8:00 a.m.. This will allow the coach time to make necessary changes in a practice or game. Failure to contact the coach the day of the absence will result in an unexcused absence.
6. Players who are tardy for practice will be subject to the coach's discipline.
7. If a player is absent from school the day of the game for other than a doctor's appointment, school affiliated activity, religious obligation, or family emergency; he will be ineligible to play in the game.
8. Players who are sick and must miss practice the day before a game will not start and will be used at the discretion of the coach.



OBJECTIVES OF THE FOOTBALL PROGRAM

PURPOSE STATEMENT

To develop attitudes essential for becoming successful in life and athletics.

OBJECTIVES

- Teamwork
- Academic achievement
- Pride in performance
- Sacrifice and perseverance
- The will to win
- Consideration for the team's welfare above that of individual rewards
- To develop sportsmanship, fair play, and good citizenship
- To stress that athletic competition is a privilege that carries definite responsibilities
- To support and encourage excellence
- To increase participation in sports
- To encourage the following qualities in coaches:
 - Dedication
 - Consistency
 - Professionalism
 - Working rapport with teacher, administrators and coaches
 - Integrity
 - Enthusiasm
 - Motivation
 - Professional growth

WHO GETS TO PLAY

1. Mesquite Football has a cut policy per the coach's discretion.
2. We will have a 1st team, 2nd team. etc. for practice and games.
3. We will play the athletes who have earned the opportunity in practice.
4. Football is a team sport; our goal is to win every game.
5. We will have a cycle forward philosophy.



Player Expectations

ELIGIBILITY

Our eligibility rule is as follows: Each 9 week's grades are checked to mark progress only. If at this grade check you have below a 2.0 GPA or an F in any of your classes your parent will receive a letter indicating that you may become ineligible at the next grade check

At the next grade check (9 weeks) you will become ineligible for play if your GPA is below 2.0 or you have an F in one or more of your classes. When an athlete becomes ineligible they may practice but not play in games.

Grades of ineligible athletes will be checked every two weeks. When the ineligible athlete's grades are back up to a 2.0 average with no F's the athlete will be reinstated for play for the remainder of the eligibility period.

Gentlemen, it is very important that you remain eligible throughout the season. Here are a couple of tips to keep you from becoming ineligible:

- **Be on time for class**
- **Complete your assignments on time**
- **Be cooperative and seek help**
- **Study for tests**

PRACTICE

- **Attendance;** participation in daily drills and team activities is required by all players. Please make arrangements for Dr. Appointments around our practice schedule, and any family weekend trips.
- **Tardiness;** being on time for all practices, meetings, and games are required by all players.
- **Appropriate conduct** and attire is required by all players.
 1. Game day; We will require the players to wear their game jerseys to school the day of a game
 2. Athletes are expected to wear the team shirt and shorts to all workouts and practices not requiring pads. This includes; off season workouts, summer practices, passing league, etc.
 3. Players will not be allowed to wear jewelry during practices or games
 4. Players are expected to address coaches with yes sir or no sir
- 100% effort is required by all players



DISCIPLINE MANAGEMENT

One coach will be assigned to head up the discipline management program. He will keep a written record of occurrences and observe any consequences, such as physical exercise. These written documents will allow us to maintain organization and recognize consistent discipline problems. All physical consequences will be administered only in such a way as to improve the athlete's abilities. Meaningless punishment by any coach is not acceptable.

Each player will be treated as an individual in regards to disciplinary actions. However, any athlete who demonstrates poor behavior, not conducive to the spirit of sportsmanship and good citizenship or is in any violation of Mesquite Football code of conduct policies may be subject to disciplinary action, including possible suspension and/or dismissal from the football program.

We at Mesquite strive to promote the ideals of good sportsmanship, respect for rules and authority, leadership, team pride, teamwork and self-discipline. We will work to eliminate disruptive influences; in the locker room, while training, while playing and on trips. We will provide conditions that promote optimum health and safety for the individual, team, and opponents. In order to accomplish all of the above, the following rules and policies are established.

ABSENCES

- Excused absences from practice must be cleared through the Head Coach of the team. Excusal from practice must be handled through a phone call or written note from a parent or legal guardian **prior to that day's practice**. Illness, bereavement, and certain circumstances are considered excused absences from practice.
- Absence from practice without prior notice from a player or parent is considered unexcused. Parents and players; it is very important to get a message to the head coach when you're going to miss practice. Voicemail numbers will be made available when practice starts. If you have **three unexcused absences** you will be removed from the Program.
- Absences during game week:
 - Missed practice day before game, starter will not start, etc.
 - 2 missed practices before a game, a starter will not play 1 quarter, etc.
 - 3 missed practices, parent will be called and there will be a consequence
 - 4 missed practice student will be dismissed from the team.



Please Review Carefully

Student and Parent Must Sign and Return to the Football Program

School Year_____Student I.D._____

Student Name(print)_____

**I have read and understand the Mesquite Football Player and
Parent Expectation Packet and Philosophy**

Signature of Parent/guardian_____Date_____

Signature of Student_____Date_____

Received by_____Date_____
(Please Return the entire page)