

TEAM POLICIES

Do not get involved with or do anything that would ever embarrass the other members or coaches of this football team. I will expect the coaches to do the same. This includes non-school hours; everything you do is a reflection on the Football Program.

3 Words that Define Our Football Program:

- 1. Accountability** – Do your job. Stand on your own two feet and be responsible for your actions. An accountable person is always on time and always performs their duty to either meet or exceed expectations. I expect every player and coach involved in my program to be accountable.
- 2. Toughness** – Toughness, in my reasoning, is staying strong in difficult situations. A tough person stays physically strong, mentally focused, and morally straight in all facets of life, especially when others cower down. A tough person is willing to lead those around them, or they are willing to be loyally led by another person without complaint. I expect every player and coach involved in my program to be tough.
- 3. Service** – “Men for Others.” All players and coaches in my program will perform their duties with a spirit of service, realizing that being a member of this team means to be willing to put others ahead of yourself. Every day, players will be critiqued on how well they encourage their teammates, how well they communicate with each other, how well they listen to their coaching, and how dedicated they are to the team. A player who lives their life with a spirit of service becomes a selfless teammate, which becomes a building block for a championship team.

Team Discipline System

Individual Infractions:	Consequences
Unexcused Practice Absence	You will not suit out for 1 half.
2 nd Unexcused Practice Absence	You will not suit out for 1 game.
3 rd Unexcused Practice Absence	Possible Removal from the team.
Tardiness to any team activity	OFI
10 minutes or more late	Falcon Special
Improper equipment	25 up downs per piece of improper equipment
Lost equipment	25 up downs per piece of equipment and pay for replacement
Insubordination	Updowns at discretion of Position or Head Coach
Cussing	50 up downs

** Excused practice is permission from the HC to miss practice because of family emergency or sickness

Team Infraction	Consequences
Equipment left out in Locker Room or Team Room	25 up downs per item
Trash left out in Locker Room or Team Room	25 up downs per item

Day to Day Football Infractions	
**Police yourselves on these. Don't make a coach remind you.	
Dropped Ball	10 push ups
Off-sides	10 push ups
Mental Error	10 push ups
Missed Assignment	10 push ups
Fumble	10 push ups

OFI (Opportunity for Improvement)

- All exercises are done Cross-Field
1. Sprint
 2. Bear Crawl
 3. Lunge
 4. Sprint

Falcon Special

1. 5 up downs per 5 yards for 100 yards
2. 200 yards Crab Crawls
3. 200 yards Bear Crawls
4. 50 push-ups, 50 sit-ups