



SHELDON FOOTBALL



Team Expectations and Rules

1. Adhere to OSAA academic policy. *(See attached)*
2. Attendance at **school** for the entire day is a prerequisite for participation in contests or practice. School-related activities or appointments with prior approval by the administration do not fall under this regulation. Emergency situations may be reviewed and determined by the athletic director or athletic/activities coordinator.
3. Adhere to Extracurricular/Athletic Eligibility Rules & Code of Conduct. *(See attached)*
4. Athletes will attend all **practices** to be eligible for contests. If an absence is unavoidable, it is the responsibility of the athlete to notify his/her coach prior to the practice. Any athlete suspended from school will not be eligible for athletic practice or competition for the length of the suspension. Athletes must be in attendance at school for the full school day to participate unless they have a prearranged absence (doctor, etc.) or clearance from the athletic director. *(Attendance issues are case by case and I (Coach Line) reserve the right to dismiss a player for unexcused absences or tardiness, as I (Coach Line) deem appropriate.)*
5. Be respectful to all coaches, teammates, teachers, managers, officials, fellow students, opponents and fans.
6. Put team success ahead of personal goals and preferences.
7. Be responsible for your equipment. Players will be expected to pay for anything that they check out but fail to check in at the end of the season.
8. Strive to be positive. Do not display negative feelings in practice or the games. Do not use profanity or signs of disgust to communicate with coaches, officials or teammates.
9. Clean up after yourself and others.
10. Develop a sense of responsibility to care for those who are younger in years than you. Embrace the fact that you are a role model for them. Set the example not just on the field and locker room but also in school and the community.
11. Show a great appreciation for those who are a little older in years than you are. This includes first your awesome parents and second a wonderful community that has been incredibly supportive of our athletic programs and will continue to support us especially if we carry ourselves in gratitude for them.
12. **STAY READY!** Believe that if you live in a state of perpetual improvement you will some day reach your full potential. The work you put in is your pathway to success.
13. Believe that if we **PRACTICE** better than anyone that we play we will beat them in the game.
14. **Win** as a team and weather adversity as a team. Love and support your coaches and teammates through the difficulties of the game of football.
15. Maintain and develop a winning mentality. Prepare like a **Champion** and then expect to play like one.



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**Penalties for breaking team or school policy will be determined by the coaching staff and if necessary the school administration. Penalties could include, but are not limited to: Extra Conditioning, Decreased Playing Time, Team Suspension and/or Team Expulsion.*

I, _____, have read and understand all the team expectations and rules. I also, understand the consequences of not following any team expectations or rule could result in my expulsion from participaiton.

Signature: _____ Date: _____

Parent Signature: _____ Date: _____