

2008 Westmoore Football Player Policy Manual

Introduction

The primary purpose of this handbook is to acquaint you with the rules and policies of the Westmoore High School football team. You are responsible to read, know, and understand the complete contents of this manual. In the event there is something in this handbook you do not understand, please bring it to the attention of the coaching staff as soon as possible.

Priorities

1. God/Church
2. Family Obligations
3. Academics
4. Football
5. Everything Else

General Guidelines

1. Be on Time
2. Do the Right Thing
3. Treat Others Like You Would Want To Be Treated

Personal Conduct and Appearance

Do not get involved with or do anything that would ever embarrass the other members or coaches of this football team. This includes non-school hours. Everything you do reflects on our school and our program. Any violation of this rule can result in suspension or expulsion from the team.

1. No Drugs
2. No Alcohol
3. No Tobacco (including chewing tobacco)
4. No Stealing
5. No Cursing
6. Neat and Clean Appearance
7. No Jewelry May Be Worn On the Field

Classroom

1. Conduct yourself as a gentleman and show respect for your teachers.
2. If you need to see a teacher for academic help during 8th hour, and you will be late to practice, you must present a signed pass from the teacher to Coach Whaley upon your arrival to practice. Tardiness will result in a reminder.

Eligibility

1. *Semester:* You must pass 5 classes to be eligible for the six weeks of the next semester. (These 5 classes must count toward graduation.)
2. *Weekly:* You must pass every class every week. Probation lasts one week. If you are on the eligibility list two weeks in a row, you are ineligible for the next week's competition. (Does not have to be in the same class.)
3. *Note:* **Ineligible players will not travel with the team, stand on the sidelines during the game or wear their jersey on game day.**

Practices

1. Be on time or be early.
2. No absences except sickness/death.
3. You must contact Coach Whaley before practice if you have to miss a practice at **735-4821**. (Fieldhouse) Players call not parents.
4. 1st Unexcused Absence: 30 Yard Egg
2nd Unexcused Absence: 50 Yard Egg
5. Late to Practice (30 seconds or 30 minutes): Jaguar Reminder
6. If you are injured and cannot practice, you will still report to your position Coach before practice.
7. Report all injuries to the trainer. (See trainer policy) Please do not go to see a doctor for an injury until first reported to the trainer. (Unless an emergency)
8. Not all absences called in before practice are excused—Coach Whaley will decide if an absence is excused or unexcused. All absences not called in before practice are initially unexcused. All tardies result in a Jaguar Reminder.
9. Check bulletin/marker board each day before practice.

Facilities

1. This is our home away from home. Pick up trash, paper, etc. Never leave the locker room before cleaning up your mess.
2. Keep your belongings in your locker.
3. Keep assigned locker locked at all times.

Equipment

Each of you will be responsible for equipment checked out to you. You must pay for all lost or stolen gear (even mouthpieces). Equipment left out can be redeemed for one Jaguar Reminder.

Discipline

1. The punishment will not exceed the crime. Remember, it is not a right to be a member of the Jaguar Football Team, it is a privilege.
2. Sophomores – We expect very few problems.
3. Juniors – We expect no problems.
4. Seniors – We expect you to be problem solvers.
5. **Coach Whaley reserves the right to suspend or dismiss any player from the team if their effort, attitude, or actions are inconsistent with the expectations of a Jaguar Football Player.**

Effort

Regardless of your ability, you can always give 100% to this team. This is the one constant upon which the Jaguar Football Program is based. Effort is the one area in which no slack can ever be given. This is the one demand which will not be comprised by fellow players or coaches.

Little Things Make A Difference

1. Always be on time.
2. Look at a coach when he's talking to you.
3. Don't walk on the field.
4. Always wear your helmets on the field.
5. Personal goals will never come before TEAM goals.
6. Finish everything you start.

Lettering Policy

To receive a Varsity Letter a player must participate in 10 quarters of Varsity game action throughout the season and in the playoffs and one community service project. Managers earn a Varsity letter upon completion of their second season as a full-time manager and one community service project. The coaching staff may award a letter based on a player's effort and attitude in conjunction with the Jaguar Pyramid. A player that earns 25 points in the Summer Pride program is credited with two quarters.

Absence Policy

"One, Two, and You Are Through"

Every Jaguar is responsible to attend all scheduled practices, games and meetings. It is the responsibility of the JAGUAR to inform the coaching staff by phone or in person (third party reporting is not acceptable) prior to the time of the event if he will be unable to attend. Pre-arranged absences, an absence in which the coaching staff was aware before hand, will be examined individually to determine if they are excused or unexcused. All absences that are not pre-arranged with the coaching staff will initially be determined to be unexcused. Once you have checked out a helmet this signifies your commitment to the 2008 Jaguar Football Team. The third time you miss a practice without the coaching staff having prior knowledge and approval you are suspended from the team. The only way to return to the squad is to successfully attend the 2008-2009 Off-Season.

Note: Jaguar Fieldhouse Phones: 735-4821, 735-4857

Excused Absence: Conditioning appropriate to the practice missed will be made up.

Unexcused Absence: Conditioning appropriate to the practice missed will be made up. In addition, for the first unexcused absence a 25-yard EGG conditioner will be made up. The second unexcused absence will be a 50-yard EGG. Note: All unexcused absences must be made up prior to participation.

The spirit and intent of the absence policy will be determined by the head coach.

Attendance Expectations

In-Season

Applies to: All members of the team.

Expectations: 1, 2 or you are Through.

Re-Entry to Program: Suspended until next off-season.

Off-Season

Applies to: All lettermen not participating in another sport.

Expectations: Attend 85% of all workouts.

Re-Entry to Program: Suspended until Summer Pride.

Spring Football

Applies to: All lettermen not participating in another sport.

Expectations: 1, 2 or you are Through

Re-Entry to Program: Suspended until Summer Pride.

Summer Pride

Applies to: Any prospective player---suspended players must meet 85% rule.

Expectations: Points program

Re-Entry to Program: Off-season.

Parking Lot

The parking lot adjacent to the fieldhouse/dressing room will be cleared by all players/vehicles by 30 minutes after the final bus has arrived back at the fieldhouse/dressing room following a Jaguar football event. Contact Coach Whaley in his office if this time frame is not possible due to a vehicle/ride problem.

Just About Giving----J.A.G.

JAG---Just About Giving is the Jaguar Football Programs community service outreach. Throughout the year members of the Jaguar Football Team will participate in community service projects. To receive credit for this service, a player should clear his/her project through the coaching staff prior to the date of the project. To earn a letter in football, each player must complete one project between May 1 and January 1.

Personal Trainers

The use of a Personal Trainer by Jaguar football players has been on the increase. While these additional workouts are not forbidden by the Jaguar Coaching Staff, these workouts can not conflict with or be used as a replacement to the Jaguar In/Off Season Program or Jaguar Summer Pride. Should an athlete experience conflicts between his Personal Trainer's program and the Jaguar In/Off Season or Jaguar Summer Pride program the athlete should resolve that conflict by adjusting to the Jaguar Program he participates in on a team basis.

Steroids and Performance Enhancing Drugs

The use of steroids and/or other performance enhancing drugs has no place within the Jaguar Football Program. Any athlete proven to be using any illegal supplements to enhance his performance will be suspended from the team.

Hazing and Sexual Harassment

Moore Public Schools, Westmoore High School and the Jaguar Football program have a "zero tolerance" policy in the area of hazing and sexual harassment. Jaguar Football players should be reminded that all school policies regarding these areas of concern are still in force during the time they are participating in the Jaguar Football Program and will be handled in accordance to school policy.

Injuries

Any and all injuries should be reported to the trainer as soon as possible. Treatments and rehab should be arranged through the trainer and the position coach. Any Player unable to participate due to injury will attend all practices and meetings unless cleared by the head coach. Players who miss scheduled rehab and treatment will be assumed to be able to participate. **It will be difficult to start on game night if a player can not practice two days before the game due to injury.**