

**ALTON HIGH SCHOOL  
STUDENT-ATHLETE CONTRACT  
FOOTBALL**



Clear and consistent discipline goes a long way in establishing a good relationship between a coaching staff and its players. Football provides young men with a structured framework in which to develop specific skills that will guide them throughout their entire lives. Teamwork, sacrifice, commitment, and the chance to be part of something truly special will contribute to the overall development of our high school student-athletes. Our players will understand the value of responsibility, and always be held accountable for their actions. As coaches, we will have high expectations for the young men in our care, and always push them to strive for greatness both on & off the field.

These **3 Team Rules** listed below will act as the framework for our Football Program:

- 1. BE EARLY, BE READY**
- 2. NO EXCUSES**
- 3. ALWAYS PROTECT THE TEAM**

As a member of the **Alton Redbirds Football Program**, each student-athlete is expected to represent the program, school, and community in a positive, respectful manner. Non-compliance or absolute disregard for any of these guidelines will be quickly resolved by the Head Football Coach w/advisement from the Player Advisory Board.

**The following is expected of each student-athlete:**

1. Show Respect for faculty, staff, coaches, fans, officials, and teammates. Be in Compliance with all school rules & policies.
2. Strive for academic excellence (the key to a successful future regardless of athletics).
3. No use of alcohol, tobacco, or drugs of any kind.
- I. Attend & Be On Time for Every Practice**  
Excused Absences: a death in the family, religious holiday, or extreme family emergency... no other reason will be accepted. If this is the case, you and your parent must notify the Head Coach (& only the Head Coach) immediately.

Unexcused Absences: babysitting, work, lack of transportation, senior pictures, homecoming outfits, the flu, dentist appointments, or any similar excuse. All necessary appointments and jobs should be handled during the other 9 months you're not playing the **TEAM SPORT** of football. Missing practice for any of these reasons causes you and your teammates to be unprepared for that weeks' game. *All injured/hurt/sick players will attend every practice unless otherwise notified by the Head Football Coach & Athletic Trainer.*

**II. Once Fall Camp begins (thru the State Playoffs)**

All physicals & registrations must be completed prior to the 1<sup>st</sup> day of practice.

- **1** Unexcused absence during a game week – NO START & Sit-Out the 1<sup>st</sup> Quarter.
- **2** Unexcused absences during a game week – NO GAME, you're Suspended for the entire game.
- Upon a **3<sup>rd</sup>** Unexcused absence (accumulated throughout the season), the Head Football Coach w/advisement from the Player Advisory Board will decide whether or not to grant the player one final opportunity.
- If granted a final chance, the **4<sup>th</sup>** Unexcused absence will result in your equipment being collected & prompt removal from the team.
- The Head Coach has final say in all matters regarding consequence and/or dismissal from the team.

We feel that by being fair yet firm with our players, they will have the best opportunity for lifelong success. *"What you tolerate, you encourage."*

Eric Dickerson, Head Football Coach

**I have read & understand the above statements and will abide by these rules and guidelines.**

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Name of Student-Athlete (Print)

(Signature)

Date

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Parent/Legal Guardian (Print)

(Signature)

Date