

HIGHLAND FOOTBALL 2018

Highland Football Code of Conduct for **Interscholastic Student-Athletes**

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the "Six Pillars of Character"). This Code applies to all football players involved in the Highland football program. I understand that, in order to participate in football, I must act in accordance with the following:

TRUSTWORTHINESS

1. **Trustworthiness** — be worthy of trust in all I do.

Integrity — live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty — live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct. Be completely honest in your dealings with teammates and coaches.

Reliability — fulfill commitments; do what I say I will do; be on time to practices and games.

Loyalty — be loyal to my school and team; put the team above personal glory.

RESPECT

2. **Respect** — treat all people with respect all the time and require the same of other student athletes. Initiating or hazing of any players will not be tolerated in any form or manner.

3. **Class** — live and play with class; be a good sport; be gracious in victory and accept defeat with dignity give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

4. **Disrespectful Conduct** — don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

5. **Respect Officials** — treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. **Importance of Education** — be a student first and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

7. **Role-Modeling** — Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct myself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the coach and school administration.

8. **Self-Control** — exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

9. **Healthy Lifestyle** — safeguard my health; I will not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

10. **Integrity of the Game** — protect the integrity of the game; I will not gamble. I will play the game according to the rules.

11. **Attendance and Tardiness** - Prompt and regular attendance at practice sessions is necessary for the safety and conditioning of the student-athlete as well as for the benefit of the team. Team members should notify their coach prior to any that they must miss and should offer an adequate explanation for the absence.

The coach will deal with chronic tardiness or unexcused absences.

Unless the coach specifies otherwise, the following measures will be taken for unexcused absences.

- 1st Offense conference between coach and team member where coach determines appropriate action to make up for lost practice session
- 2nd Offense suspension from next contest
- 3rd Offense dismissal from team

Planned family vacations, weddings, hunting trips, etc... during the season will be dealt with by the coach & may result in suspension from the next game.

Measures taken will fall under unexcused absences. (coaches prerogative)

Family emergencies are excused and will be dealt with on an individual basis.

12. **Communication** - Learn to communicate with your peers and coaches. If you have a problem or complaint, bring it to the attention of the coaches - they can do something about it.

13. **Press, T.V., internet, twitter, Instagram, Snap Chat, facebook, electronic devices and applications** - Use good judgment when talking to the press or around school. It is better to do more than you say. Use good judgment when using **Snapchat, twitter, Instagram, and facebook**. Many players have put themselves in a no win situation because they feel like no one knows who they are or think no one is following. Don't hurt the program or jeopardize your playing status. Be familiar with district #25 policies.

14. **Role player** - Everyone is important in our football program. From starters to backups, all players have an important role to the success of this team. Knowing your role makes the team better; accepting your role makes the team great.

FAIRNESS

15. **Be Fair** — live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

16. **Concern for Others** — demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.

17. **Teammates** — help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

18. **Equipment & uniform care** - Make sure your equipment and uniforms fit properly and are in good repair. Keep your practice and game uniform clean. You will wear Highland High School Football issued gear at every practice. Crew cut socks or better required. Wash your practice gear at least once a week.

19. **Expectations** - Have high expectations of yourself, and you will not feel coaches or players are expecting too much from you. The coaching staff has the following expectations from every player; **playing time will be based on these expectations:**

- A. **Know your position** – it is your responsibility to know your assignments.
- B. **Hustle at all times** – Don't require someone else to motivate you.
- C. **Care about winning and preparing to win** – Know what it takes to win. (Starts in practice)
- D. **Develop a positive, winning attitude.**
- E. **Be loyal** to everyone in the football program.
- F. **Be coachable.** Do what is asked of you.
- G. **Be in good physical condition.** Be able to sustain durability in a game.

20. **Tradition** - You are the elite athletes – act like it. Your behavior is a direct reflection on the coaching staff, school, and administration. Your conduct on and off the football field will be scrutinized, analyzed and criticized by various groups. Our expectation is that your behavior and conduct reflects that of a high quality student-athlete and a good citizen. Always do it better than the next person! Represent Ram Football!

21. **Success**- will come from doing the right thing. Failure will come by trying to please everyone. The coaching staff will put the players on the field who will give this team the best chance at success. All participants will get opportunities, but not everyone will be happy with playing time.

CITIZENSHIP

22. **Play by the Rules** — maintain a thorough knowledge of and abide by all applicable game and competition rules.

23. **Spirit of rules** — honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

Transportation To and From Away Contests/Practices

1. All team members will ride to an event in school provided transportation with the team. Any athlete who arranges independent transportation to an event, without notifying the coach and the Athletic Director in advance, will be ineligible to compete in that event.

2. All team members will return to Highland High School in the school provided transportation unless a note signed by a parent/guardian is presented to the coach.

3. Athletes will only be released to their own parent/guardian from a contest. A parent/guardian must sign the athlete out from the coach at the contest site.

4. Athletes may return with another athlete's parent/guardian **only** if a note is presented to the coach **prior** to a team's departure from Highland High School.

5. No team member will be released to travel with persons under the age of 21, nor will a student drive themselves or others to/from any event.

Player, Coach, Parent - Conflict Resolution

Athletic participation is highly emotional and very time consuming. Therefore, conflicts between students and coaches may arise. Students and their parents should use the following process as a guide when seeking resolution to conflicts and/or issues between a coach and an athlete.

1st step: Personal Student - Coach contact

The conflict should be presented as soon as possible to the coach by the athlete. If personal contact is not practical, a student may ask his/her team captain to approach the coach.

2nd step: Parent/Student - Coach contact

The parent should set a time to meet with the coach either by phone, letter, or in person.

Parents should avoid the following:

1. Prior to or immediately following a contest
2. During an active practice session
3. During a time when other coaches, parents or athletes are present

3rd step: Parent/Student - Athletic Director contact

If satisfactory resolution is not reached through direct contact with the coach, the student or parent should contact the Athletic Director. The coach should be informed that this contact is going to be made. If this does not result in a satisfactory conclusion, then a meeting will be scheduled involving all concerned parties in an attempt to reach a satisfactory resolution. It is very important for all students and their parents to know that any comments, concerns or issues raised to the Athletic Director will be addressed. While there can be no guarantee that all parties will agree with all resolutions or findings, a thorough, respectful airing of different perspectives and experiences can lead to more productive relationships and clearer understanding in the future.

4th step: Parent/Student - Principal/AD/Coach contact

If there is still not a satisfactory resolution, the student or parents should contact the building principal for a meeting with all concerned parties.

5th step: Parent/Student - District AD Contact

As a final step, parents may contact the district A.D. in an effort to resolve their concerns

NCAA Eligibility

All student athletes who, by the end of their sophomore year of high school, are hoping to continue athletic participation at the collegiate level must make an appointment with their high school counselor to review courses and check credits. All NCAA colleges and universities have certain course requirements of entering freshmen.

NCAA Clearinghouse

All student athletes who have a realistic opportunity to continue their athletic participation at the collegiate level at a Division I or Division II institution, must register for the NCAA Clearinghouse. You may pick up a registration form in the counseling office. You will need to register near the end of your Junior year of high school. There is a small processing fee that the athlete must submit with the registration form.

Please see the NCAA web-site for more information: www.ncaa.org

Are you one of the more elite, highly recruited high school athletes in the country? If so, you will likely have several scholarship offers to ponder from colleges and universities all over the country.

If your talent is a little less than elite, then perhaps college recruiters will acknowledge your talent with personal letters, an occasional phone call, or extend an invitation for you to attend a home athletic contest. Unfortunately, this scenario does not always translate into a sure scholarship offer from a Division I or II school.

The odds of receiving an NCAA Division I or II scholarship are somewhat overwhelming. In the sport of Football, consider that 98 percent of all scholarship offers are complete by Christmas. Yet there remain hundreds of high school seniors who maintain the slim hope of a scholarship offer through the signing date in early February. To better understand the complexity of athletic scholarships, look closely at the following:

NCAA Division I Football

- **85 Scholarships allowed by NCAA per school**
- **110 Certified NCAA Division I schools 9,350 Total scholarship players nationally**
- **7,150 Approximate number of returning players each year**
- **2,220 Scholarships available each year for approximately one million high school seniors**

Questions to ask college recruiters

- How many players are you recruiting at my position?
- If I decide to visit, are you asking me to commit right away?
- How long do I have to accept or decline your scholarship offer?
- Are you offering the same scholarship to other players?
- Are you offering me an official campus visit?
- Where am I on your priority list?
- If you offer one scholarship to me and to others, will it go to the first player who commits?
- What percentage of all students graduate in four years? What percentage of all athletes graduate in four to five years? What percentage of athletes from your team graduate in four to five years?
- What are the placement rates of your athletes into graduate school? Professional schools (i.e., medical school, law school, etc.)? and/or professional jobs?
- Of the athletes who do not turn pro, what are their outcomes after graduation? What post-graduate successes have they experienced?

Recruiting Contacts

www.totalstudentathlete.com - The 740 Club (recruiting work book)

www.westcoastportsrecruiting.com - 1-208-371-6479 - Matt Williams

www.football-recruiting-tips.com

Highland Football Participation Contract

As a member of the Highland High School Football program, I understand my responsibilities as a student/athlete (and as a parent/guardian of this athlete) in participating in football and the consequences of violating any of the expectations outlined in this contract.

As an athlete, I, _____ further pledge to:

- Communicate my sports schedule well in advance to my parents and teachers.
- Schedule my personal life so that it does not conflict with team expectations.
- Give my coach notice well in advance of any commitments I have that do conflict with the team schedule.
- Discuss issues of concern with my coach, team captains and parents before they become problematic.
- Abide by all the training rules set forth by my coach and the athletic department.
- Make a commitment to my team mates and coaches to continually strive to contribute to the program.

Athlete's Signature

Date

As a parent/guardian, I, _____ further pledge to:

- Stay informed about my son's athletic schedule so that a minimum of conflicts will arise within our family schedule.
- Support my son's decision to commit to the team by attending all team meetings, contests and special events.
- Work closely with all school personnel to assure an appropriate academic and athletic experience for my son throughout his high school career.
- **Discuss issues of concern with my son and then their coach before they become problematic.**
- Assure that my son will attend all practices, contests, special events and will follow all training rules set forth.
- **Acknowledge the ultimate authority of the coach to determine strategy and player selection.**
- Work cooperatively with coaches, other parents, and school personnel to assure a wholesome and successful football program for our school.
- Follow **player, coach, parent conflict resolution** guidelines that may arise throughout the season.

Signature of Parent/Guardian

Date

THIS CONTRACT MUST BE RETURNED TO COACH PRIOR TO PARTICIPATION

