

TITAN FOOTBALL TRAINING POLICIES

Athlete's Name _____ School Year.....2009 – 2010

The football department has adopted the following policies to explain the expectations of its student-athletes and the kinds of action that may be taken when players violate its provisions. All athletes are expected to comply with these training rules and the Frisco ISD athletic policies.

Student-athletes are prohibited from:

- Possessing or being under the influence of alcohol or any other chemical or other drug prohibited by school district policy or state and local law.
- Using tobacco products in any form.
- Vandalizing or damaging school property.
- Assaulting any other student, athlete, or school employee.
- Using profanity, obscene gestures, or engaging in verbal abuse towards others.
- Being a part of a secret club or gang.
- Any violation of student conduct in regards to academics, regular school policy and classroom procedures (i.e. cheating, excessive tardies or absences).
- Failing to comply with lawful directives issued by school personnel, coaches, or Campus Athletic Coordinator.

The grooming standards for male athletes are as follows:

- Hair length shall not extend below the collar or touch the collar of a t-shirt.
- Facial hair is not permitted.
- Jewelry shall not be worn during workout or competition.
- Male athletes shall wear no earring of any kind.
- Adhere to school dress code.

Football is a team sport. Some of life's lessons that we learn from the game are commitment and responsibility. Therefore, attendance and being on time is mandatory.

Rules regarding practice:

- If you are going to miss practice or be late, call the coaches office and leave a message on voice mail if no one answers the phone. (469-633-5671)
- It is an unexcused absence if you do not call the coaches office.
- If you are more than thirty minutes late and you do not call it is an unexcused absence.
- If you are late to practice then you are counted as tardy.
- Three tardies count as one unexcused absence.
- Excused or unexcused absences are required to make up the conditioning (one conditioning sequence must be made up each practice until all are completed).
- "Extra work" will be administered for unexcused absences (i.e. side rolls, pushing sled, etc.)

Athletes are expected to conduct themselves like gentlemen in a sportsmanlike manner at all times.

I have read the above training rules and fully understand them. I also understand that departure from these rules will result in disciplinary action.

Disciplinary action may include:

- Verbal correction
- Assignment of other work or extra work beyond normal workout ("help sessions")
- Temporary suspension from the team
- Probationary periods
- Withdrawal of privileges
- Withdrawal from team and / or athletic department
- Any other disciplinary action deemed appropriate under the circumstances

Please understand that **participating in the Titan football program is a privilege** and not a right. Being involved is something **you choose** to do and not something you have to do. Remember, that as a Titan football player, you are held to a different set of standards. Expectations of you are very high. Always remember that "little eyes" from younger children are watching you. We expect you to be very **positive role models** in our school and community.

I have read and understand the above stated policies and rules. I agree to abide by these rules both in and out of the school day and be the best role model that I can be.

Athlete's Name _____ Date _____

Parent/Guardian _____ Date _____