

# COLOMA COMETS

## Football Player Handbook

### COLOMA MISSION STATEMENT

THE TEAM CAN ONLY PROGRESS WITH LOVE AND RESPECT.

Build young men of character. Demonstrate class and humility. Bolster an atmosphere of hard work, effort, and discipline that permeates throughout our program. Accept the idea that we deserve to be Champions. Respect our traditions. Create an environment conducive to making positive life choices, one in which all can be a part of and contribute to.

## ASSUMPTIONS

Our program is based on **FOUR** things that we assume. If any of these are **NOT** true, you are encouraged to leave the program.

1. *We assume you want to achieve excellence in the **CLASSROOM**, developing your best behavior and striving for the highest grades possible.*
2. *We assume you want to be a better **PERSON** because of what you will learn in this football program.*
3. *We assume you want to **REACH YOUR FULL POTENTIAL** as a football player.*
4. *We assume you want to win a **CHAMPIONSHIP**.*

## ACADEMICS ( set team goal )

1. *A player must maintain a cumulative GPA of 2.0 to participate.*
2. *Grade checks will be given out periodically throughout the year. The player is responsible for **POLITELY** asking the teachers to fill it out. The grade check must be returned **COMPLETED** on the specified day. Failure to do so will result in an “opportunity for self improvement” (OSI) each day the grade check is late.*
3. *Any player who receives a grade lower than a C on a grade check may be assigned study hall and/or an “OSI” until the grade is back to the C+ level.*
4. *The player is expected to have **GREAT ATTITUDE** and display **IMPECCABLE BEHAVIOR** at all times. At no time will sleeping, being unprepared, or disrupting the class be tolerated. If I receive word that this is occurring, the player will apologize to the teacher and go through an “OSI”. If the behavior re-occurs habitually, the player may be removed from the squad.*
5. *If a player is struggling academically, he is expected to go to the teacher **BEFORE** the end of the grading period for help and tutoring. Don’t wait until it’s too late, and don’t expect a coach to talk to a teacher on your behalf. If you are in class giving your best effort, with a positive attitude, you’ll be able to make your grades. **YOUR SUCCESS IN THE CLASSROOM IS UP TO YOU!!***

## Attendance

1. *Players are expected to attend ALL meetings, practices, weight workouts, and team functions, ON TIME! Not knowing about an event or the time is not an excuse! If the team is there, you must be there.*
2. *A player must be in attendance unless excused by the HEAD COACH.*
3. *If unable to attend, he must PERSONALLY notify the HEAD COACH prior to the activity, allowing enough time to make preparation for his absence. WORD PASSED ON BY SOMEONE ELSE IS NOT ACCEPTABLE!!*
4. *An unexcused absence will result in an extended OSI. A second unexcused absence will result in a double extended OSI and a call to your sponsor. A 3rd unexcused absence will result in expulsion from the team.*
5. *A player who has an unexcused absence the day before a game will not dress in that game.*
6. *A player who comes late to practice, game, or function, will be assigned an OSI.*
7. *If a player checks out of school, the player must notify the HEAD COACH before he leaves school.*
8. *If a player is absent from school, he must contact the HEAD COACH during the school day to let him know. If he is too sick, a parent must call. The office will deliver a message to me.*

**THERE ARE MANY BENEFITS THAT GO WITH BEING A MEMBER OF THE COLOMA FOOTBALL TEAM. ALONG WITH THIS GOES A TREMENDOUS RESPONSIBILITY.**

**ANY ACT THAT HURTS THE IMAGE OF THE TEAM IS NOT EXCEPTED. THSES ACTS CAN RESULT IN DISCIPLNE. THE SEVERITY OF THE PUNISHMENT WILL BE IN ACCORDANCE WITH THE DAMAGE OF THE ACT. THIS WILL BE DETERMINED BY THE HEAD COACH.**

**ALWAYS PROMOTE THE GOOD NAME OF COLOMA COMET FOOTBALL.**

## EXPULSION FROM THE TEAM

**A PLAYER MAY BE DISMISSED FOR TWO REASONS:**

1. **SELFISHNESS** - Evidenced by stealing, lying, poor attendance, tardiness, drug or alcohol use.
2. **IMMATURITY** - Evidenced by a lack of character, lack of discipline, or disrespect for others. Refusal to follow the direction of the coaching staff.

**\*\*\*ONLY THE HEAD COACH CAN DISMISS A PLAYER FROM THE SQUAD.**

**\*\*AS THE HEAD COACH, I RESERVE THE RIGHT TO HANDLE EACH CASE ON AN INDIVIDUAL BASIS.**

### **COLOMA COMET AND CONDITIONING PROGRAM SCHOOL YEAR**

**M-W-Th 3:00-4:30PM/6-7AM**

*All players in our program are STRONGLY ENCOURAGED to participate in our winter and spring STRENGTH&CONDITIONING program or other spring sports programs. The coaching staff is committed to providing EVERY TEAM MEMBER the opportunity to improve himself as a player. Players in the program are asked to make the same commitment.*

*The coaching staff understands the time demands of a high school player during the school year. We are willing to work around other responsibilities. Making the commitment to being a better player means making the football program an equal priority during this time.*

**PROPER WEIGHT TRAINING HAS NO NEGATIVE SIDE EFFECTS! THE OLD AGED NOTION OF NOT LIFTING, OR ONLY LIFTING LIGHT WEIGHTS IS A THING OF THE PAST. THE BEST FOOTBALL PLAYERS ARE THOSE THAT COMMIT TO WORKING HARD ALL YEAR ROUND.**

**Summer =**

1 am time = 8 - 9:30/1 pm time = 6- 7:30

## APPOINTMENTS

*Parents are asked, when at all possible, to schedule appointments, doctor visits, etc. other than practice times. You will be given a schedule of weekly practice times, as well as game times. Your cooperation concerning this matter is appreciated.*

## TEAM GUIDELINES

1. *Use of profanity will not be accepted and will be punished.*
2. *Be a POSITIVE role model at school and in the community.*
3. *Be at school and to class on time.*
4. *Under no circumstances will a player take another player's equipment or personal belongings.*
5. *Losing equipment, or leaving it at home will result in an OSI and paying for the equipment if lost.*
6. *In order to be successful, we must fight through heat, rain, aches, pains, and **GET OUR WORK DONE.***
7. *The locker room will be neat and clean at all times. It will be monitored daily. There is to be **NO SPIKES WORN** inside the locker room and **ABSOLUTELY NO HORSEPLAY!***
8. *Do not bring valuables to practice.*
9. *No jewelry is allowed while in any type of football attire.*
10. *Label your equipment with your name and number.*
11. *We will take a business-like approach. "If you aren't here on business, you have no business being here."*
12. *Coaches will make personnel decisions based on what's best for the **TEAM**, not the individual player. **PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS OR OUTSIDERS!***
13. *If you are dissatisfied with your position, or playing time, **DON'T BE A GRUMBLER! WORK HARDER AND HAVE A GREAT ATTITUDE!***
14. *Handle your emotions in a positive manner. Always strive for self control on times of adversity. Displays of temper, include throwing equipment, are not acceptable.*
15. *We will jog on the football field during practice or games. Football is supposed to be fun. Practice and play with enthusiasm.*
16. *Players will hustle at all times.*
17. *Players will always be positive with their teammates. Negative comments, or insults will not be tolerated. We are a family and must support each other as such. When appropriate to leave the bench to show support, or to congratulate a teammate, all team members will go and support, or congratulate them.*
18. *Parents- Please be a **POSITIVE** influence with your sons. All decisions about positions, playing time, etc. , are based on what's best for the team.*
19. *Parents- Please don't come onto the field during practice or games unless asked. It can be dangerous and distracting.*
20. *All spectators are encouraged to watch practice sessions, as long as their presence is not distracting or negative.*

