

CBC Cadet Football

Expectations and Team Rules

The information that is found in the “Expectations and Team Rules” packet is directed to the Student athlete and his Parent/Guardian. This set of rules, expectations, and policies will serve as a guideline to help achieve our goals for the season.

It is the responsibility of the coach to establish, enforce, and apply all team rules to all athletes. Every situation involving a player and team rules will be reviewed by the coaching staff. Some of the factors that are considered include, but are not limited to, the nature, frequency, duration, and severity of a violation.

We ask that both the student athlete and his parent/guardian read over the “Expectations and Team Rules” together. There is an agreement to be signed by the student athlete and parent/guardian stating that the “Expectations and Team Rules” have been read and will be followed.

We look forward to a successful season in 2018!

Sincerely,

The 2018 Football Coaching Staff

Expectations

ACADEMICS

Our student-athletes are just that: a student first, and an athlete second. In order to be eligible to play in games, our student-athletes must be achieving at a level that fulfills all CBC High School, Missouri State High School Activities Association, and The Metro Catholic Conference eligibility requirements. Our student-athletes should always be to class on time, and our student-athletes' attitude and behavior in class must be exemplary. To be eligible, participants **MUST** have a 2.0 from the previous semester .

ATTENDANCE

SCHOOL

Participation in School Activities:

1. All students who participate in school activities must meet scholastic requirements for participation. They must be in regular attendance the day the activity is scheduled unless:
 - a. The activity is in another city and it is necessary that the student be absent.
 - b. The activity is scheduled on a day when school is not in session.
 - c. A school administrator gives approval.

A full day of school is defined as being in school before the second period of the day ends. At the close of school on the day of the activity, the sponsor or coach shall certify to the principal that all those who will represent the school have been in attendance the full day. Students who have been unable to schedule dentist or doctor appointments on another day may be excused from this policy as long as they provide the office with a written doctor's excuse.

This policy also applies to practice sessions.

2. No school activity, meeting or practice may be scheduled for Sunday without the approval of an administrator.

PRACTICE/GAMES

Attendance is mandatory at all practices. Attendance will be taken on a daily basis for every practice session. Times listed for practices are starting times. **BEING ON TIME IS EXPECTED!!!** Athletes are expected to be in proper apparel, and ready to practice at the starting time. Arriving late without a legitimate excuse will **NOT** be tolerated. You are responsible for you – **BE ON TIME!**

Athletes should notify the coaching staff of any practices they will be missing in advance. The player must provide a written excuse upon returning to practice. A written excuse by a doctor or teacher will be acceptable. If you need to leave early it must be communicated to the **Head Coach** in advance. Any injured player is to still report to the training room for treatment and practice in the hopes of returning to the field.

Excused Absences - will be reviewed by the coaching staff to determine if any game time will be affected.

Unexcused Absences or being late – An unexcused absence or being late will be considered as an act of unacceptable conduct and will be handled by the procedure below.

- First Absence: Run by your position Coach
- Second Absence: Run with your position Group
- Third Absence: Meet with Coach Pingel to discuss your future

ATTITUDE / BEHAVIOR / CONDUCT

Student athletes must keep in mind that they are always in the public's eye. Their personal conduct, on and off the field, is always subject to scrutiny of fellow teammates, fellow students, teachers, administrators, parent/guardians, fans, opponents, and the media. Student athletes have a responsibility to serve as positive role models and representatives of Christian Brothers College High School.

If a player is suspended from school for ANY reason, MSHSAA states that the student is NOT eligible to practice during the duration of the suspension and will NOT be eligible to compete in the next chronological game. Depending on the nature of the violation, possible dismissal from the team may apply.

Disruptive and disrespectful behavior will NOT be tolerated at any time—on the field or in the classroom. Any athlete that becomes a negative influence on the team through his behavior will be dealt with in the following manner:

1. Verbal warning will be given to athletes, asking for improvements in his behavior.
2. Athletes will be given alternative activities apart from the team. Athletes will not be allowed to re-enter the original activity until approval by the coaching staff.
3. Conferences will be held with the athlete, coaching staff, parents, and others as needed to evaluate the problem.
4. Athletes can be suspended from the team for an indefinite period of time for inappropriate behavior. Length of suspension will be at the coach's discretion.
5. **DETENTIONS WILL NOT BE TOLERATED FOR ANY REASON!** You **MUST** report to practice after the detention. Not reporting will be considered an unexcused absence.
 - a. First Detention: Run by your Position Coach
 - b. Second Detention: Run with your Position Group
 - c. Three Detentions: Meet with Coach Pingel to discuss your future.

Any other indications of poor behavior, such as complaints brought forth to the coaches, will be dealt with on an individual basis.

The coaching staff will handle any behavior that is deemed as being detrimental to the team.

Automatic dismissal from the team results from engaging in activity that is lawfully illegal, such as but not limited to: stealing/theft, vandalism, substance use and abuse.

SUBSTANCE USE AND ABUSE

The use of drugs, including alcohol, by students is illegal. Therefore, the use of substance by students in the Christian Brothers College High School Football Program is forbidden. Players using drugs or alcohol, in or out of school, are subject to discipline as outlined in the CBC Student athlete Handbook.

SPORTSMANSHIP

Good sportsmanship is an essential quality that all athletes need to possess and practice. Poor sportsmanship will NOT be tolerated and will be addressed by the coaching staff. Guidelines for good sportsmanship include, but are not limited to:

1. Respect your fellow teammates, coaches, and volunteer staff (adult support staff and student managers)
2. Respect your opponents. Shake hands after events and show class at all times.
3. Never argue with the officials, other coaches, or competitors. Never argue with coaches in public. One-on-one meetings and discussion regarding any issues or concerns are welcome.
4. Flagrant fouls will NOT be tolerated.

PARENT/GUARDIAN EXPECTATIONS

1. Attendance

- Try to schedule vacations, appointments and family functions so they do not interfere with team meetings, practices, which include Saturdays in season, or games.
- The schedule is created well in advance for planning purposes. It can be found by contacting a coach or it is published on the web site.
- Encourage your student athlete to be early to all athletic functions, including off-season.

2. Attitude

- Help your student athlete to understand the team concept by explaining and supporting their role on the team.
- Help your student athlete in being prepared to do their best by encouraging them to be physically and mentally prepared. This includes proper nutrition, sleep, and care of any injuries or illness.
- CBC football highly recommends the off-season weightlifting program. Your son will learn proper technique and will be in better physical condition when the season begins.

3. Respectful Communication.

- Use the system of communication set up by the CBC football program.
- Encourage your student athlete to communicate with the coach.
- At practices and games please respect the space of the team, and follow the communication guidelines set forth by the staff.

Cadet Football Communication Guidelines.

Communication procedures:

Email the coach through pingels@cbchs.org to discuss an issue or set up an appointment.

Do not discuss issues with the coach directly before, during or after a meeting, practice or game.

Communication parents can expect from student athlete's coach

- Team Philosophies.
- Expectations of both individual athlete and team.
- Location and times of all practices and games.

Communications that coaches can expect from parents

- Concerns expressed directly to coaches.
- Specific questions about philosophy or expectations.
- Notification of any injuries or illness.
- Any absences PRIOR to team meetings practices or games.

Appropriate concerns to discuss with coaches AFTER meeting with player first!!

- Treatment of your child (mentally or physically).
- Ways to help your child improve.
- Concerns about your child's behavior.
- Failure to meet coaching responsibilities listed in philosophy statement.

Inappropriate concerns to discuss with coaches.

- Playing time.
- Team Strategy.
- Play Calling.
- Another student athlete's performance.

Please print out this page and return to Coach Pingel

CBC FOOTBALL PARENT / PLAYER AGREEMENT

PARENT/GUARDIAN

I have read the “Expectations and Team Rules” packet and by signing this, I acknowledge that I have reviewed it with my child, understand it, and agree to all aspects of it.

Parent/Guardian Name _____
(Print)

Parent/Guardian Signature _____
(Sign)

Date _____

STUDENT ATHLETE

By signing this page, I acknowledge that I have read the “Expectations and Team Rules” packet, understand it, and agree to all aspects of it.

Student athlete Name _____
(Print)

Student athlete Signature _____
(Sign)

Date _____

