

# **TEAM RULES AND CONDUCT**

Always remember that you are here representing Manson Northwest Webster High School, the football program, our community, and this team. Your conduct, whether it is positive or negative, reflects on this school and this team. We are excited that you have chosen to be part of this football program, but with that choice you also will have some responsibilities. Being part of a team also puts you into a group that will be identified by the actions one, two, or all of you portray. You can not be a part of this team on a part-time basis. You are now labeled a **COUGAR** football player. Let's make that label GREAT to be a part of. Being a good team first requires being a class-act and that will always be a top priority. Here are our "Rules of Conduct" that will be followed closely. Penalties can vary between a **COUGAR** reminder to dismissal from the team. Enforcement of the rules will be determined by school policy, team policy, and discretion of the coaches based on the infraction and circumstances.

**1) LOCKER ROOM**-This is not a place for horseplay and messing around. This is our place of business and your conduct in it should reflect that. It is demanded that it stay clean and orderly. Throw away all garbage and put everything you want in your lockers. Coaches, managers, or custodians will not clean up your messes, it is your responsibility. Stealing from or vandalizing the locker rooms will not be tolerated. Take pride in your locker room. VIOLATION of these rules will result in a **COUGAR** reminder for the team.

**2) BUS TRIPS**-This is meant to prepare and focus on the game, it is an extension of the locker room. Once you step on the bus you should be QUIET and mentally prepare for the game and nothing else. There will be no music (except headsets that no one else can hear), talking, or horseplay. If you can't prepare yourself on the trip you are not ready to play and VIOLATION of these rules will cost you starting in that game. **DRESS CODE** – You will wear a **COUGAR** football shirt or your game jersey. If you are wearing a hat, this will also need to be **COUGAR/MNW ONLY**. You are also expected to ride to and from the game with the team unless prearranged with me. This is very important time for the team, win or lose, and there are usually important announcements before we depart for the weekend.

**3) UNSPORTSMANLIKE CONDUCT**-Football is a very emotional game and can be very intense. However, you have to be able to control and contain yourself. Once something happens it can't be reversed, so you must learn to not react properly to it. If something needs to be addressed with the officials, it is the responsibility of the head coach and it will be handled that way. We are VERY firm believers in playing hard with a lot of contact and beating our opponent ON THE FIELD. Unsportsmanlike conduct penalties go against every philosophy of athletics and won't be tolerated. VIOLATION of this rule will be removal from the game for a period of time decided by the coaches, as well as further suspension possible.

**4) PRACTICE**-This is THEE most important time of the week. What we do on Friday night only depends on what we do and get done during practices. We try to make them fun, but at times it may seem long and monotonous, stick with it and concentrate because it is important. It seems every practice is not long enough, so it is important to be on time for every practice, pay attention, and hustle between drills and breaks. We organize each practice and schedule each drill to get the most out of each minute. Come to practice ready to work and hustle all of the time. It is important to pay attention to everything, whether you are directly involved or not. Be a good learner at practice. It is very important to be on time for every practice. Practice will start 30 minutes after the dismissal bell rings. This gives everyone time to get to the locker room, dress, tape, and be on the practice field. If you are going to be late, be sure to let me know before practice. Being late to practice will cost you playing time. Not attending a practice will cost you a game. Very few exceptions, but it is the coaches' discretion.

*You need to attend every practice and you should want to. **If you are injured you still need to be at practice and games.** Changes may be made that you will need to know. Remain a part of the team.*

**5) SCHOOL** - Again, remember that you are associated as a member of this team on and off the field. Conduct yourselves in the classroom as you are expected on the field. You will gain a lot of enjoyment and entertainment during football. You are in school, first, to learn and be a student. You learn discipline, time management, respect, and responsibility through football and let it be very obvious in the classroom that you have. Don't let football interfere with academics OR academics interfere with football. Being a discipline problem in class violates our conduct policy and penalty will be a **COUGAR** Reminder. Remain in good academic standings with your grades or VIOLATION will be according to school policy, which may result in academic ineligibility.

**6) OUTSIDE OF SCHOOL** - Again, remember you are associated as a member of this team on or off the field. Conduct

yourselves outside the school as you are expected on the field. Drugs, alcohol, and tobacco are a team violation, as well as breaking the law. You can't consume or be in the presence of any of the above listed items without jeopardizing your eligibility. This is a lack of commitment to yourself and your teammates and one that I look upon VERY unfavorably. Trust between teammates and coaches is very important and violating this team rule is a serious breach of that trust. If you get into a situation like this, GET OUT OF IT. Violation of this team policy will result in immediate action according to school policy or may be MORE STRICTLY enforced by team policy.

7) WE ARE A TEAM - Every person that chooses to put on a **COUGAR** uniform is an important member of this team, from seniors to freshmen. Everyone has an important role, whether a starter, a scout team member, or a freshmen team member. You are an ELITE, special group and should treat each other in that manner. There will be no taunting of any member of this team by another member. NO FRESHMEN INITIATION will take place. Treat every member of this team with respect and as an important part of the team.

8) EQUIPMENT - Each member of the team will be issued all of the equipment they need at the beginning of the year. It is YOUR responsibility to take care of it for the entire year. If any equipment issued to you is lost, it is your responsibility to pay replacement cost. Padlocks will be checked out from the coaches.

In summary you should realize that by choosing to be a part of this football team means that you also choose to abide by the rules of the team. Be aware that the coaches not only expect quality from you on the field, but also off the field. A great rule for each of you to follow is: I WILL DO NOTHING TO JEOPARDIZE MY CHANCES AT BEING THE BEST FOOTBALL PLAYER THAT I CAN BE. If you do what you truly feel is right and do the best you can, you will succeed in football and school.

### **GENERAL RULES**

These rules are designed without punishment and hopefully you do without instruction. These are very important and rules that the great teams know and follow. Please read through them and try and live by them, it will make our success this season more enjoyable and meaningful.

#### **BE A TEAM PLAYER**

There is no way we will be successful if we don't think in terms of the TEAM first. This must be and remain our focus. No team wins consistently unless all members of the team are working towards the same goal. We accept victory and defeat as a team and with class. We accept praise and criticism from coaches, fans and media as a team. We accept individual honors as a team. Always think of **we first** and me second.

#### **BE A BOOSTER OF THE PROGRAM**

Never gripe or complain about the program, or agree with someone who does. This is OUR PROGRAM. We are all busting our butts to do the very best we can and truly believe we are doing what is best for the team and every individual. You MUST support the coaches, the players, the program, and the decisions that are made and believe in it. If not, you need to discuss it with the coaches FIRST.

#### **HANDLING QUESTIONS**

If you are not satisfied with your role on the team ASK your coaches. We will tell you what we see, what needs to change or improve to change your role. However, remember there is a proper time and place for this. Set up a time with the coaches to get it handled. Take the role you have and make it the best it can be or do the things needed to change that role.

#### **STAY EXCITED**

Football is a game of emotion and excitement. This is the best sport a person can play. Make it that way and keep it that way. Not every person is a football player; it takes something special that all of you have. Feel fortunate that you possess these qualities and show it everyday of the season, at games and practice.

#### **LETTERING POLICY**

- 1) You must play 16 quarters of varsity football.
- 2) Being a 4 year member of the team.
- 3) All equipment is returned at the end of the season.

\*\* Special circumstances may occur in case of injury as well as performance for a player with limited playing time.

# **TOP 10 MUSTS**

1) **YOU MUST BE WILLING TO WORK HARD FOR A PURPOSE** Being willing to work hard every day is the key to success in football. If there is one sport where lack of athleticism can be compensated with hard work, it is football. It takes no athletic ability to work hard, it is just a mind set. If everyone is willing to work hard at every practice, on every play.....we will be tough to beat every game. HARD WORK = SUCCESS, it can not be duplicated.

2) **BE DISCIPLINED** We must be very disciplined and deliberate in everything we do. This requires being mentally prepared for each game and practice. When we are practicing or playing you have to be 100% focused on football.

3) **WE MUST BE STRONG AND QUICK** Strength and quickness are the 2 best physical attributes that a football player can possess. Be in the weight room lifting and do your plyometrics as scheduled without missing. Work year round to get yourself stronger and quicker.

4) **BE A TEAM** If you haven't gathered, I feel being a team is a top priority and goes hand in hand in all good athletic programs. You must rely and be confident in every person on your team to make a football team work. You must believe in and follow the team rules established so your teammates can trust in you and believe you are committed. One person can't make a team, it takes every member of the unit. We will only be as strong as our weakest person.

5) **BE IN BETTER SHAPE THAN ANYONE WE PLAY** Most football games are won or lost in the final quarter of a game. You must be in great shape to be able to play a game of football and even greater shape to be able to play harder than, faster than, and smarter than your opponent in the fourth quarter of the game. We will be in that kind of shape. Conditioning is the evil of football, but is so important. If we came into the season without doing anything it will take more of your practice time to get there. Be committed throughout the year to keep yourself in shape and work extremely hard in the summer to get in top shape. This allows us more time for fundamentals and fine tuning during practice and less time for conditioning. No matter what shape you come in at, we WILL be in the best shape possible by game time.

6) **BE STRONG IN OUR FUNDAMENTALS** Doing things fundamentally sound is essential to winning games. We will spend half of our practice time everyday doing simple, fundamental drills. A first step, an arm swing, a knee bent can make the difference between being an average team or a great team. This is the long boring parts of practice that are more important than anything else we do. If we can execute the offensive scheme perfectly, but can't do the fundamentals properly, we are accomplishing very little. When we do small group work learning fundamentals, concentrate and strive to improve. Proper techniques are a prerequisite to playing time.

7) **BE GOOD SPORTS** Football is a game of high emotions and physical aggression. However, there are rules established to make it safe for all and we will follow these rules to a T. We will play the game as aggressively and intimidating as possible within the rules. Taunting, late hits, or illegal hits will not be tolerated. You must be able to use controlled aggression and play within the rules. From the start of the game until the last second ticks off I expect you to do everything legally possible to win. However, when the game ends you are gentlemen and sportsman regardless of the outcome.

8) **DEMAND PERFECTION** As coaches we will demand perfection out of everything we do and we expect you as players to demand perfection of yourselves and of us. We realize that no one is perfect and mistakes will happen. However, by demanding perfection we will come closer to attaining perfection. Always remember that and strive to do things perfectly.

9) OUR WAY IS THE RIGHT WAY There are 100 different ways to do things and football is no different. However, we feel we are doing what is best for the players at MNW and we believe it, you must also. Believe this: “There are many different ways to do things but there is only one way we will do it, THE **COUGAR** WAY. The **COUGAR** way works and the **COUGAR** way will be successful”. If you do not truly believe this you will not succeed in your program.

10) WE WILL BE CONSISTENT IN OUR PROGRAM Our football program will be the same, 7th through 12th grade. What a senior learns, a 7th grader learns. Consistency is synonymous with winning. Our lower level teams will run a condensed version of our varsity teams.

## **A MANSON NW WEBSTER FOOTBALL PLAYER**



**A MNW FOOTBALL PLAYER** can come in any size, shape or color. He can come with great, good, average or poor athletic ability and still be a great football player. Being a great athlete is not a necessity, but being a hard worker is. There is no common denominator except a love for the game, a desire to get the most out of his ability and a will to work hard. He understands that you do not have to be a great athlete to work hard, anyone can do that. He is not only proud of his strengths but understands his weaknesses and has a strong desire to improve those. He is first and foremost concerned with TEAM and knows that individual recognition will come through team excellence.



**A MNW FOOTBALL PLAYER** appreciates the support of family, school, community and team but he is also aware of the example he is setting for the elementary boys that watch them from the stands and then go to the playground and pretend they are him. He plays with excitement and celebrates with his teammates when he makes a big play. He plays every play as if it were the last one he'll play, in practice or in a game. He understands that with out preparing himself in practice, he will not be prepared for his opponent in a game while still realizing that he is his biggest opponent.....it is trying to reach his full potential that is his biggest opponent. He understands that parents are there to watch their son compete, referees to officiate, coaches to coach, and he as a player has the greatest job and that is to play.



**A MNW FOOTBALL PLAYER** is made and not born. He is constantly striving to reach his potential knowing that he must leave behind those that try to stand in his way or try to lead him off the path he is on to reach excellence. He realizes that working out of season in the weight room while participating and competing in other activities are critical to his success.....it is not an easy path but one that winners choose. It is the common denominator for success. He also realizes that this hard work and sacrifice will not only be a strong attribute for him as a football player but it will carry over for him in other athletics, and more importantly, long after his high school days.



**A MNW FOOTBALL PLAYER** does everything he can to prepare himself so there are no excuses when it is time to play. If he does all he can to strive for perfection during the off-season and during practices the games will be easy and fun. There is always someone better than you out there, so you must work hard to eliminate as many of those as you can. Then when you are faced by that better opponent your odds improve greatly of being victorious. However, if you are not victorious and you have done all you can, you will walk away a winner. ALWAYS REMEMBER AS **AN MNW FOOTBALL PLAYER** YOU ARE WHAT A SMALL BOY WANTS TO BECOME AND WHAT AN OLD MAN REMEMBERS BEING WITH GREAT

PRIDE AND WISHES HE COULD DO IT ONE MORE TIME.



**The more I sacrifice the harder it is to surrender.**

**Every player can work hard, that takes no athletic ability.**

**I can do anything I believe I can do.**

**Better or Worse.....we never stay the same.**

**To improve one individual is to improve you,  
To improve a lot of individuals improves a TEAM.**

## **What determines playing time**

- 1) HOW HARD ARE YOU WILLING TO WORK. This is the #1 thing it will take to get playing time. There is no substitute for it. The great thing about it is that regardless of how strong, how fast or how smart you are, everyone has the ability to work hard it is a desire thing. And hard work and desire is what wins games and is what makes you a winner. A
- 2) HOW HARD ARE YOU WILLING TO WORK. THE SAME AS #1.....IT IS THAT IMPORTANT!!!
- 3) HOW MUCH DO YOU CARE ABOUT THE TEAM. There are a lot of roles on a football team and everyone of them is important. Offense or defensive starter, JV player, special team's player, scout team player to our managers have a significant role in the success of the team. How you accept that role and how you handle will determine who plays more and who plays less and when an opportunity presents itself, who the coaches believe deserves it.
- 4) WHAT KIND OF EFFORT DO YOU PUT FORTH. This is in practice, weight room sessions and during conditioning. Effort on Monday thru Thursday determines who plays, not coaches.
- 5) WHAT IS YOUR COMMITMENT LEVEL. Do you work hard, participate in other sports.....do things to make yourself a better athlete and football player or do you take the easy way out and just work hard in season? Attending camps, weight room sessions, speed training and come into the start of the season in shape makes you a difference maker that we need on the field in some capacity.
- 6) ARE YOU COACHABLE. You must come with the ability to be coaches. You are not expected to know everything when you come in but you are expected to make the changes asked of you by the coaches to make you a better player.
- 7) WHAT ARE YOU LIKE OUTSIDE OF PRACTICE. We need to have people we can trust on the field. You show this everyday in and out of the classroom as well as on and off the school grounds. There are set expectations that are easy to see at practice but how they are seen outside of then also will determine things. What kind of student are you? We truly believe in most cases and A and B students are A and B football players and D and F students are D and f players when things get tough.
- 8) HOW WELL DO YOU KNOW YOUR PLAYS. Practice time is to learn but just like school work some time has to be taken outside of practice to reinforce the learning. If on Wednesday and Thursday's you don't know what you are doing it is most likely you will no know it on Friday. A very good player

that does not know what he is doing on each play becomes a poor player.

- 9) ARE YOU A TEAM PLAYER OR IN IT FOR YOURSELF. It is very obvious to us. Do you do what you are coached to do or do you do what will get you in the statbook for making the tackle? Do you run without the ball, carry out fakes, and block as hard without the ball as you do with it in your hands? Do you block on the backside as hard as you do on the playside? Do you run out to block a FS as hard as you run a route? These things become very obvious and are critical for players to earn playing time.
- 10) LAST ON THE LIST IS ATHLETIC ABILITY. The athletic ability is useless without the other attributes. Combine these attributes with great athletic ability and you can be something special but combine great athletic ability without them and you have another very average player that becomes a "could've been".