

NEW DIANA FOOTBALL

EXPECTATIONS

AND

STANDARDS

PHILOSOPHY

"ATHLETES- FOR-OTHERS" IS ABOUT BEING THE MOST UNSELFISH PERSON YOU CAN BE ON AND OFF THE FIELD. WE WANT YOU TO CONSIDER DOING THINGS NOT FOR YOURSELF, BUT FOR YOUR FAMILY, TEAMMATES, SCHOOL, AND COMMUNITY. WE ARE LOOKING FOR STUDENT-ATHLETES WHO WANT TO GIVE THEIR BEST EFFORT TO HELP BUILD OUR PROGRAM. THOSE WHO ARE SELF-MOTIVATED TO IMPROVE AS STUDENTS IN THE CLASSROOM AND ATHLETES ON THE FIELD. WE ARE LOOKING FOR STUDENTS WHO UNDERSTAND THAT BEING PART OF A TEAM MEANS PUTTING OTHERS AHEAD OF THEMSELVES AND FOR LEADERS WHO POSSESS THESE QUALITIES.

EXPECTATIONS

- WHEN YOU CHOOSE TO JOIN OUR FOOTBALL PROGRAM YOU ARE CHOOSING TO TAKE ON THE GREAT RESPONSIBILITY OF REPRESENTING THIS SCHOOL DISTRICT EVERYDAY. BEING A PART OF THIS PROGRAM IS A FULL TIME COMMITMENT THAT IS TO BE TAKEN VERY SERIOUSLY. REGARDLESS IF ON CAMPUS OR ON YOUR OWN TIME YOU SHOULD ALWAYS CONDUCT YOURSELF IN A MANNER AS BEING RESPECTFUL TO THE PUBLIC.
- ATHLETICS IS A WONDERFUL OPPORTUNITY FOR YOU TO GROW AS AN INDIVIDUAL AND BECOME YOUNG MEN. WHILE WINNING IS A PRIORITY, LEARNING TO COMPETE WHILE COPING WITH THE UPS AND DOWNS OF COMPETITION, AND ALSO SHOWING GREAT CHARACTER IS PARAMOUNT TO OUR GOALS AS A PROGRAM. WE WANT TO BE RESPECTED NOT ONLY FOR OUR PLAY ON THE FIELD BUT ALSO FOR OUR CONDUCT IN EVERYDAY LIFE.
- THIS PROGRAM IS ABOUT THE ATHLETES. WHILE IT SHOULD BE UNDERSTOOD THAT THERE ARE MANY ATHLETES WITH DIFFERENT ABILITIES, NONE ARE ABOVE THE RULES. EVERY ATHLETE IS UNIQUE WITH DIFFERENT FAMILY SITUATIONS, RELIGIONS, MORAL STANDARDS, LIFESTYLES, AND MUST BE DEALT WITH IN A MANNER AS SUCH. BEING HELD ACCOUNTABLE IS A PART OF LIFE AND ATHLETICS PROVIDES A GREAT OPPORTUNITY FOR ATHLETES TO LEARN AND GROW.

PARENT INVOLVEMENT

- WHILE THE ATHLETES ARE OUR MAIN PRIORITY, PARENTS ARE A HUGE PART OF WHAT WE DO. PARENT INVOLVEMENT HELPS KEEP THINGS RUNNING SMOOTHLY. WHILE THE BOOSTER CLUB IS THE MAIN WAY TO BE INVOLVED, THERE ARE OTHER WAYS ALSO. MENTORING, TUTORING, FEEDING, AND RIDE SHARING ARE JUST A FEW OF THE MANY WAYS PARENTS CAN GET INVOLVED AND SUPPORT THESE ATHLETES.
- PLEASE LOOK INTO GIVING SOME OF YOUR SPARE TIME TO THESE ATHLETES. IT GOES A LONG WAY TO SHOWING THEM THAT THEIR COMMUNITY SUPPORTS THEM AND TAKES PRIDE IN THEM REGARDLESS OF THE OUTCOME OF THEIR PARTICULAR EVENT. LET THE COMMUNITY KNOW----THEY DO NOT HAVE TO HAVE A STUDENT TO BE INVOLVED.

- IT IS THE COACH'S JOB TO EVALUATE, COACH, AND DECIDE WHO PLAYS AND HOW MUCH PLAYING TIME EACH PLAYER GETS. THIS WILL BE BASED ON THE ATHLETE'S SKILL, EFFORT, ATTENDANCE, AND ATTITUDE, NOT ON THEIR PARENTS INVOLVEMENT. REMEMBER, NOT ALL OF OUR ATHLETES HAVE THE SAME PARENTAL SITUATION AND WE ARE HERE FOR ALL THE ATHLETES. THE COACHES WILL LISTEN TO ANY ISSUE REGARDING THE SAFETY AND CONCERN OF AN ATHLETE BUT WILL REFRAIN FROM DISCUSSING POSITIONS, PLAYING TIME, ETC.
- REMEMBER! WE EXPECT GOOD SPORTSMANSHIP FROM OUR ATHLETES. THEREFORE, WE ALL NEED TO MODEL POSITIVE BEHAVIOR FOR OUR ATHLETES WHILE AT ANY EXTRACURRICULAR EVENT.

ACADEMICS

- IT SHOULD BE A GIVEN THAT EACH ATHLETE'S EDUCATION IS Pinnacle. ACADEMIC EXPECTATIONS WILL BE HIGH FOR ALL STUDENT ATHLETES. WE WILL HAVE A MANDATORY TUTORING TWO DAYS A WEEK FOR ALL STRUGGLING STUDENTS. PARENTS WILL BE CONTACTED BY THE COACH TO ENCOURAGE WHATEVER MOTIVATION IS NEEDED FOR EACH PARTICULAR STUDENT. PEER AND PARENT TUTORS WILL BE ENCOURAGED AS POST-PRACTICE RESOURCES.
- GRADE CHECKS WILL BE DONE WEEKLY.

ATHLETIC STANDARDS

DRESSING OUT/DRESSING IN

DRESSING OUT

- PLAYERS WILL BE DRESSED AND READY FOR PERIOD BY THE TIME THE FIRST BELL RINGS FOR CLASS. ALL CLOTHES SHOULD MATCH WITH THE NUMBERS ASSIGNED.
- IF A PLAYER IS NOT DRESSED IN TIME THEY WILL HAVE AN "OPPORTUNITY FOR IMPROVEMENT".
- ALL TRIPS TO BATHROOM MUST BE TAKEN CARE OF BEFORE THE CLASS/PRACTICE BEGINS.
- ALL PLAYERS WILL LEAVE THE LOCKER ROOM AT THE SAME TIME AND WILL NOT RE-ENTER UNTIL THE REST OF THE TEAM RE-ENTERS. ALL VALUABLES WILL BE TURNED IN OR LOCKED UP AS YOU LEAVE THE LOCKER ROOM.
- IF A PLAYER ARRIVES AFTER THE TEAM HAS LEFT THE LOCKER ROOM, HE MUST COME FIND A COACH AND HAVE A NOTE FROM A TEACHER BEFORE ENTERING THE LOCKER ROOM.

DRESSING IN

- PLAYERS WILL RETURN TO THE DRESSING AREA AT THE SAME TIME UNLESS KEPT BY A COACH.
- CLOTHES WILL BE TURNED IN OR HUNG NEATLY IN THE LOCKER ONCE YOU ARE FULLY DRESSED AND LEAVING THE LOCKER ROOM. PLAYERS CLIP AND CLOTHES MAY BE CHECKED FOR MATCHING NUMBERS. IF YOU ARE STAYING FOR A WORKOUT YOU SHOULD NOT RETURN TO THE LOCKER ROOM.
- ALL EATING WILL BE DONE ONCE YOU ARE FULLY SHOWERED AND DRESSED.
- ALL TRIPS TO THE TRAINING ROOM SHOULD BE DONE AFTER YOU HAVE DONE ALL OF THE ABOVE.
- NO SCHOOL WATER BOTTLES IN THE LOCKER ROOM. THEY ARE TO STAY WITH THE RACKS.

LANGUAGE-DRESS

- ALL LANGUAGE –DRESS SHOULD BE CLASSROOM APPROPRIATE. THIS IS THE STANDARD EVERYWHERE WE GO.
- WHAT IS ACCEPTABLE AT HOME AND WITH FRIENDS IS NOT ALWAYS ACCEPTABLE IN PUBLIC AND IN COMPETITION.
- YOU REPRESENT: YOUR SCHOOL, COMMUNITY, FAMILY, SELF, AND COACHES AT ALL TIME....DON'T EMBARRASS ANY OF THEM BECAUSE YOU ARE NOT MATURE ENOUGH TO CHOOSE INTELLIGENT WORDS OR APPROPRIATE DRESS.

PARTICIPATION/PRACTICE

- ATHLETES ARE TO BE ON TIME AND IN ATTENDANCE EVERY DAY FOR BOTH THE PERIOD AND AFTER SCHOOL PRACTICE. ANY PLAYER WHO IS GOING TO BE ABSENT FROM EITHER MUST NOTIFY A COACH PRIOR TO SUCH ABSENCE. MISSING ANY PRACTICE WILL RESULT IN:
 - EXCUSED/PRIOR NOTICE -- 6 GASSERS TO MAKE UP CONDITIONING FROM THE PREVIOUS DAY
 - NOT EXCUSED/NO PRIOR NOTICE -- 1ST OFFENSE → 12 GASSERS
 2ND OFFENSE → 12 GASSERS PLUS FIRST HALF OF NEXT GAME
 3RD OFFENSE → 12 GASSERS PLUS THE ENTIRE NEXT GAME
- EXCESSIVE ABSENCES MAY RESULT IN THE ATHLETE BEING REMOVED FROM THE PROGRAM.
- EVERY PLAYER WILL BE WHERE THEY ARE ASSIGNED AND PARTICIPATING IN WHATEVER THE TEAM IS DOING AT THAT TIME.
- ATHLETICS IS NOT A SOCIAL SETTING. TALKING IS FINE, BUT CONVERSATIONS THAT TAKE THE FOCUS AWAY FROM WHAT WE ARE TRYING TO ACCOMPLISH ARE NOT ACCEPTABLE.
- EACH PLAYER SHOULD HOLD EACH OTHER ACCOUNTABLE FOR COMPLETING REPS IN THE WEIGHT ROOM AND LEARNING IN PRACTICE.

DRUGS

- MANDATORY DRUG TESTING WILL BE IN PLACE AS SET FORTH BY THE NEW DIANA BOARD OF TRUSTEES AND THE ATHLETIC DEPARTMENT WILL ADHERE TO THE POLICIES AND PROCEDURES SET BY THE SCHOOL DISTRICT. IN ADDITION, ALCOHOL, TOBACCO, AND/OR ANY OTHER DRUGS WILL NOT BE TOLERATED. PUNISHMENT WILL BE SEVERE, RANGING FROM SUSPENSION FROM GAMES TO EXPULSION FROM THE PROGRAM. THE ATHLETE'S PUNISHMENT WILL FIT THE SITUATION.

ACCOUNTABILITY

- THIS IS YOUR TEAM. ARE YOU GOING TO LET OTHER PLAYERS HINDER YOU FROM REACHING YOUR TEAM'S GOALS BY NOT DOING THEIR PART?
- SPEAK UP TO PEOPLE NOT PULLING THEIR WEIGHT.... BUT BE SURE YOU ARE PULLING YOURS FIRST. WHEN DOING SO; DO THIS IN A POSITIVE WAY.

STEALING

- STEALING WILL NOT BE TOLERATED BY THE TEAM OR COACHES. IF SOMETHING IS NOT YOURS DO NOT TOUCH IT. IF YOU HAVE SOMETHING OF VALUE LOCK IT UP OR TURN IT IN TO THE COACHES. TRY TO PLEASE LEAVE YOUR VALUABLES AT HOME. THE FIELD HOUSE IS NO PLACE FOR LARGE AMOUNTS OF MONEY, ELECTRONICS, AND JEWELRY. THE SCHOOL AND ATHLETIC PROGRAM WILL NOT BE HELD RESPONSIBLE FOR MISSING ITEMS. THEFT BY ANY ATHLETE WILL RESULT IN IMMEDIATE REMOVAL FROM THE PROGRAM.

UPKEEP

- THE WEIGHT ROOM, DRESSING AREAS, TRAINING ROOM, AND RESTROOMS/SHOWERS AREAS ARE USED DAILY. ALTHOUGH THERE IS A PAID EMPLOYEE TO CLEAN THESE AREAS YOU ARE EXPECTED TO RESPECT THESE AREAS AND CLEAN UP AFTER YOURSELF. THIS INCLUDES STRAY TRASH, SPILLS, DIRTY CLOTHES, AND EQUIPMENT. THIS IS NON-NEGOTIABLE AND WILL BE ENFORCED.

PHYSICAL ACCOUNTABILITY

- THE WELFARE OF OUR ATHLETES IS OUR HIGHEST PRIORITY. THEREFORE, IF A STUDENT DOES NOT PARTICIPATE IN THE PHYSICAL CONTACT DRILLS ASSOCIATED WITH THE SPORT THEY ARE ATTEMPTING TO PARTICIPATE IN, THEY BECOME A SAFETY CONCERN. STUDENTS WHO DO NOT DEMONSTRATE THE ABILITY TO CONDUCT THEMSELVES USING BASIC PHYSICAL SKILLS WILL NOT BE KEPT ON THE TEAM IN THE CAPACITY OF A PLAYER.

SPORTSMANSHIP

- SPORTSMANSHIP WILL BE SHOWN REGARDLESS OF A WIN OR LOSS. THIS WILL CONTINUE INTO THE LOCKER ROOM, ON THE BUS, AT A RESTAURANT, OR WHEREVER THE TEAM GOES. THIS ALSO PERTAINS TO HOW YOU TALK TO YOUR TEAMMATES AND OTHERS ASSOCIATED AND NOT ASSOCIATED WITH THE TEAM. BE LOYAL TO YOUR TEAM AND COACHES-IF YOU WON'T SAY IT TO THEM, DON'T SAY IT ABOUT THEM. REALIZE, PEOPLE ARE GOING TO MAKE MISTAKES. SOONER OR LATER IT WILL BE YOU. HOW WILL YOU WANT TO BE TREATED? GET BEHIND YOUR TEAMMATES, NOT ON YOUR TEAMMATES.

REPERCUSSIONS-OPPORTUNITIES FOR IMPROVEMENT

- EACH ATHLETE WILL BE HELD ACCOUNTABLE BY THEIR COACHES FOR NOT LIVING UP TO THE STANDARDS MENTIONED BEFORE. THIS COULD RANGE FROM A VERBAL REPRIMAND, PARENTAL CONTACT, PHYSICAL WORK, OR CLEANING DUTY. EACH ATHLETE IS EXPECTED TO OWN UP TO WHAT THEY HAVE DONE AND ACCEPT THE REPERCUSSIONS. WE DO NOT WANT THIS TO BE THE FOCUS OF THE PROGRAM BUT RULES WILL HAVE TO BE ENFORCED THROUGHOUT. TAKE CARE OF BUSINESS AND MOVE ON WHEN SOMETHING NEGATIVE HAPPENS. DO NOT LET IT BECOME SOMETHING THAT RUINS A WHOLE SEASON. BEING ABLE TO OWN AND LEARN FROM OUR MISTAKES COULD BE ONE OF THE GREATEST LESSONS LEARNED THROUGH ATHLETIC PARTICIPATION.

PINNACLE GOAL OF PROGRAM

- WE HOPE OUR PROGRAM CAN BE A CATAPULT FOR THE REMAINDER OF EACH ATHLETES LIFE. WE WANT THEM TO FORM THE SKILLS TO DEAL WITH LIFE'S SITUATIONS. DEVELOPING HIGH EXPECTATIONS AND VALUES IN SPORTS WILL CARRY OVER INTO THEIR LIVES AS ADULTS.

THANK YOU FOR YOUR ATTENTION. I AND MY WHOLE STAFF ARE AVAILABLE WHENEVER NEEDED. PLEASE KEEP THIS TO REFER TO IF YOU HAVE ANY QUESTIONS. SOME SITUATIONS MAY OCCUR THAT ARE NOT COVERED IN THIS DOCUMENT. WE WILL STRIVE TO CLEAR UP ANY MISUNDERSTANDINGS IN A PROMPT MANNER SPECIFIC TO EACH INDIVIDUAL. IN ORDER TO DO THIS WE MUST KNOW ABOUT THE ISSUE WHEN IT STARTS. LET'S MAKE THIS PROGRAM ONE THAT IS ADMIRERD AND ENVIED. I LOOK FORWARD TO A WONDERFUL SEASON.

BRETT RATLIFF
HEAD COACH/ATHLETIC DIRECTOR

ACKNOWLEDGEMENT OF STANDARDS

BY SIGNING THIS DOCUMENT I AGREE TO ADHERE TO THE STANDARDS THAT ACCOMPANY BEING AN ATHLETE IN THIS SCHOOL DISTRICT. I UNDERSTAND WHAT IS EXPECTED OF ME AND WILL HOLD MYSELF AND MY TEAM ACCOUNTABLE TO MEETING THESE STANDARDS. I WILL BE A POSITIVE ROLE MODEL IN, THE SCHOOL, THE COMMUNITY, AND AT HOME. I WILL DO WHAT MY COACHES ASK OF ME AND PUSH MYSELF TO BECOME A BETTER STUDENT AND ATHLETE.

NAME: _____

SIGNATURE: _____

PARENT NAME: _____

PARENT SIGNATURE: _____

PHONE NUMBER: _____

QUESTIONS: _____

***PLEASE SIGN AND RETURN TO YOUR COACH**