

MONTGOMERY HIGH SCHOOL

FOOTBALL POLICIES AND REGULATIONS

1. GENERAL PURPOSE FOR YOUR BEING AT MONTGOMERY HIGH SCHOOL:

- A. To get an education, and to graduate from this school, and hopefully, to go on and get an advanced degree.
- B. To participate in the football program, and to assist your team in playing to the best of their ability.
- C. To develop lifelong friends in an atmosphere of cordiality and purpose, both on and off the football field.

2. AS FOOTBALL COACHES, IT IS OUR RESPONSIBILITY TO ASSIST YOU IN THE ABOVE, WE WILL DO THIS BY:

- A. Monitoring your courses and grades to insure that you are faithfully attending class and doing the work necessary to achieve graduation.
- B. Giving you the best possible football education to assure that you respond properly on the playing field so that your team may achieve the goal of winning a State Championship, and to allow you the opportunity to develop your skills to make you more attractive to college football scouts.
- C. Placing you in a proper environment, both on and off the field, so that you may be allowed every opportunity to enjoy your time at Montgomery High School.

3. TEAM POLICIES TO INSURE THE ABOVE:

- A. Appearance:
 - 1. You will be REQUESTED to dress properly around the school as you represent yourself and the football program.
 - 2. There will be NO jewelry worn at any practice or games.
- B. Class Attendance:
 - 1. You will attend classes REGULARLY and ON TIME.
 - 2. You will not use as an excuse to miss practice any class assignment nor exam preparation unless that class assignment or exam is in direct conflict with the practice session. You will prepare yourself for assignments and exams over the entire marking period, not on the last day.

3. No coach will intercede on your behalf with any instructor to allow you to circumvent any assignment due to the fact that you are a member of the football team.
4. Your first responsibility will be your classes. Your second responsibility will be the football team. They are both very important to you and the coaches.

C. Conduct On and Off the Field:

1. You will be expected to conduct yourself in a first class manner around the school and in the community.
2. You will be expected to conduct yourself in a first class manner on the football field.
 - a. You will be REQUIRED to refrain from arguing with the officials, your coaches, your teammates, the other team and their coaches, and any spectators.
 - b. You will be REQUIRED to refrain from throwing any equipment or helmets in a destructive manner.
 - c. If caught in violation of any of the above matters, you could be subject to disciplinary actions.
3. You will be allowed to participate in any school activity as long as it does not interfere with your classes and/or football.
4. Smoking:
 - a. You will be REQUIRED to refrain from any form of smoking.
 - b. If caught smoking, you will be immediately suspended.
5. Chewing Tobacco:
 - a. You will be REQUIRED to refrain from chewing tobacco.
 - b. If caught chewing tobacco, you will be immediately suspended.
6. Drinking:
 - a. You will be REQUIRED to refrain from any drinking of alcoholic beverages.
 - b. If caught drinking, you will be immediately suspended.

7. Drugs:
 - a. You will be REQUIRED to refrain from partaking of drugs that are not prescribed by a physician.
 - b. If caught using drugs NOT prescribed by a physician, you will be immediately suspended.
8. Swearing:
 - a. You will be REQUIRED to refrain from using any swear words.
 - b. If caught using swear words, you could be subject to disciplinary action.
9. Extracurricular Sports:
 - a. If you are a varsity starter, you will be REQUIRED to refrain from participating in any other sports during the football season.
 - b. If caught participating in another sport during the football season, you WILL be subject to disciplinary action.

D. Practice and Game Schedules:

1. Practice and pre-game schedules will be individually adjusted in order to insure that everyone has ample time to be present.
2. If for some reason you will be absent or late for practice, you will personally talk by phone or in person with one of the coaches prior to the scheduled time of practice, preferably well in advance so that adjustments can be made in the schedule.
3. You will allow yourself ample opportunity to perform all prescribed stretching exercises prior to the scheduled time of practice.
4. There will be NO excuses accepted for being late unless we are notified in advance or unless we feel your reason for being late was out of your control. If you must use the training room for treatment, this will be done prior to practice and it will not interfere with your being on the field on time. Exceptions to this can be made if notified well in advance.
5. Anyone late for practice will be REQUIRED to participate in our Opportunity Period (OP) after practice.
6. No one will leave a practice session or game without prior approval of one of the coaches.

7. Any practice or game that is missed will result in NOT starting the next game unless there is a personal sickness or family tragedy.

E. Injuries and Sickness:

1. All injuries and sickness will be reported immediately to the coaches and trainers so that treatment can be initiated as promptly as possible.
2. The team trainers and physicians will prescribe the limitations on practice and game performance.

F. Locker Room Procedure:

1. You will be EXPECTED to keep the locker room in first class condition. All trash will be properly disposed of in the trash containers located in the locker room.
2. No spikes or cleats will be worn in ANY part of the school or locker room.
3. There will be absolutely NO horseplay in the locker room.

G. Equipment Area Procedure:

1. No one will be allowed in any of the equipment areas except when a coach or manager is present. All of the equipment will be issued by the coaches.
2. You WILL be responsible for any equipment issued to you.
3. You will be REQUIRED to take care of your equipment in a first class manner.

MY PARENT/GUARDIAN AND I HAVE READ THE ABOVE AND UNDERSTAND WHAT IS EXPECTED OF ME AS A MEMBER OF THE MONTGOMERY HIGH SCHOOL FOOTBALL TEAM. MY PARENT/GUARDIAN AND I UNDERSTAND THAT IT IS A PRIVILEGE AND NOT A RIGHT TO BE A MEMBER OF THE MONTGOMERY HIGH SCHOOL FOOTBALL TEAM.

STUDENT'S NAME (PRINT)

STUDENT'S SIGNATURE

PARENT/GUARDIAN SIGNATURE