 Heritage High School Football Expectations

Student-athletes in the football program at Heritage High School must exemplify the ideals of scholarship, a *team first* attitude, and sportsmanship. We expect our players to be **“All In!”** and fully committed to our program, to Heritage High School, and to each other. Student-athletes in our program are expected to be punctual, respectful, and responsible at all times. Participants in the football program will be governed by the following expectations:

**ACADEMIC ELIGIBILITY:** Players must be eligible according to the minimum CIF rules and have a 2.0 grade point average at the date of determination (June and then again in October). Heritage players are student-athletes, and our primary goal is to support our players in getting their high school diplomas and furthering their education after high school.

**CLASS ATTENDANCE:** Players who are chronically absent from a class may be ineligible for a game. Coaches will be in communication with the Heritage teaching staff. This will be a *case by case* situation.

**TEAM EVENT ATTENDANCE**

Players must attend mandatory team in-season events and be on time. Mandatory team events include: weight training sessions, team meetings, practices, team dinners, film sessions.

1. One unexcused missed practice results in a minimum of one quarter suspension for the next game.

2. Two unexcused missed practices can result in a full game suspension for the upcoming game and a possible dismissal from the team.

*Unexcused absence* is defined by a practice/event missed without first consulting the head coach. Each athlete has access to the head coach’s e-mail, cell number, and/or Remind account. There is no excuse for not communicating with a coach. Period. Informing the coach AFTER the missed the practice/event is not acceptable.

**BEHAVIOR:** Unless otherwise indicated, infractions of rules in this section will result in an immediate action consisting of, but not limited to: 1) immediate apology 2) physical reminders (board push) 3) playing time restrictions

1. Players will be respectful to all students, school employees, teachers, teammate, officials and parents. Players must maintain a respectful and positive image on campus and in the community and use appropriate language. Players will be honest. Players who cheat or lie will have consequences and/or dismissed.
2. Players will treat school property with care. Vandalism will be dealt with and could result in a monetary fine or prosecution by the school. Players will not steal. Anyone found to steal from the locker room will suffer severe consequences. Players are advised to NOT leave valuables anywhere in the locker room.

3. Players will not litter in the locker room or weight room.

4. Players will be responsible in completing all paperwork/online work, such as physicals and

 clearances as well as equipment returns.

**EQUIPMENT AND UNIFORMS**

1. Players will dress properly for workouts, practices and games. No player will modify or alter issued equipment, or wear any equipment not issued by the school WITHOUT coach’s permission. No bandanas or headgear protruding from the helmet.

2. Uniforms (game and practice) must be cleaned weekly during this age of COVID.

3. Black socks without stripes for home games (varsity) white socks for away games (varsity). JV will wear white socks for both home and away. Under Armour logo is acceptable for varsity.

4. No jewelry, earrings, or watches at practice.

5. Black/White/cleats with accent colors in line with Heritage colors (Navy blue, Columbia clue, gold, yellow). Full uniform for practice including all pads unless coaches call for something different.

6. Any player not in uniform will have consequences – physical reminders (board push) or practice/game-time restrictions. Players checked out roughly $800 of gear and will be expected to return it all at the end of the season. Players will be fined for missing/damaged gear.

**INJURIES:** All game/practice related injuries must be reported to the trainer immediately and to the head coach. Only a coach/trainer can excuse a player from practice. Players will not take themselves out of practices. If players have a doctor’s note, they are expected to be at practice each day getting “mental reps” and learning the schemes and can resume full practice upon clearance of their doctor. Only players who report injuries to the trainer/coach/personal doctor will be excused from participating. Players MUST come to practice even if they are injured.

**TRAVEL:** Players are expected to travel to/from games with the team unless excused by the head coach to the player’s parents/guardians. In the COVID era, we are not using buses, so it is the job of the coach and players to communicate how players are getting to games.

**VARSITY TEAM/EARNING A VARSITY LETTER**: The varsity team will consist of seniors and junior /sophomore/freshmen players will be selected by the coaching staff based on performance, depth chart needs, and special teams contributions. Each player who was on the varsity roster through the final game of the season AND WAS NOT RELEASED FROM THE TEAM FOR GRADES OR DISCIPLINARY REASONS /VOLUNTARILY QUIT/MOVED DOWN TO JV will earn a letter.

**ALCOHOL/TOBACCO/DRUGS**: Players will not use tobacco of any kind, alcohol or drugs. The use of drugs includes steroids or any other illegal performance enhancing substance. PLAYERS WHO HAVE A PROBLEM WITH SUBSTANCES ARE ASKED TO SEEK HELP FOR CHEMICAL ABUSE. SUCH PLAYERS WILL BE TREATED WITH PRIVACY, AND COACHES WILL DO EVERYTHING IN THEIR POWER TO HELP.

**SOCIAL MEDIA/CELL PHONES:** Each athlete needs to be aware of the dangers of social media. Anything an athlete posts on the Internet is accessible to everyone, and inappropriate content may result in numerous in consequences, including removal from the team.

Player Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_

Questions? fogelstr@luhsd.net