

Putnam City Hefner Vikings

TEAM POLICY



“FAMILY”

COMPLIANCE AND DISCIPLINE FOR SUCCESS:

- THE SUCCESS OF THE 2020-2021 HEFNER ATHLETIC TEAMS DEPENDS UPON OUR PHYSICAL AND MENTAL ABILITIES.
- A POORLY TRAINED, POORLY DISCIPLINED AND POORLY CONDITIONED ATHLETE IS VULNERABLE TO DEFEAT AND INJURY.
- THE 2019-2020 HEFNER ATHLETIC TEAMS WILL BE A DISCIPLINED TEAM. DISCIPLINE MEANS KNOWING WHAT SHOULD BE DONE...AND DOING IT.
- TO BE RESPECTED, TRUSTED, AND TAKEN SERIOUSLY...YOU MUST FIRST EARN RESPECT, SHOW YOU ARE RELIABLE, AND TAKE THE TEAM SERIOUSLY.

TO BE A MEMBER OF HEFNER ATHLETICS FAMILY YOU WILL BE EVALUATED BY THE FOLLOWING CRITERIA:

WHAT IS YOUR ATTITUDE?	DO YOU DO THE REQUIRED THINGS?	HOW DEPENDABLE ARE YOU?
HOW TALENTED ARE YOU?	DO YOU TAKE COACHING WELL?	HOW WELL DO YOU LEARN?
HOW DO YOU COMPETE?	DO YOU GIVE MAXIMUM EFFORT?	ARE YOU IMPROVING?
ARE YOU A TEAM PLAYER?	DO YOU CARE MORE ABOUT THE TEAM...OR YOURSELF?	DO YOU HELP THE TEAM?
HOW MUCH OF AN INVESTMENT HAVE YOU MADE IN THE TEAM?		DO YOU HAVE A CHAMPION’S HEART?
ARE YOU A PROBLEM...OR ARE YOU A SOLUTION?		
HOW WELL DO YOU ACT IN CLASS?	WHAT IS YOUR BEHAVIOR IN HALLWAYS?	

EXPECTATION #1:

FOLLOW OUR PRIORITY LIST:

FAITH, HEALTH, FAMILY, SCHOOL, ATHLETIC SEASON

EXPECTATION #2:

DO WHAT IS RIGHT, WHEN IT IS RIGHT, BECAUSE IT IS RIGHT. The only thing you can truly control in this world is your effort, attitude, and character. Character and Integrity are contagious.

EXPECTATION #3:

FOLLOW THE CORE VALUES AND THE TEAM AND SCHOOL POLICIES.

1. Be dependable and responsible. Notify your coach if you are to miss for any reason.
2. 1st unexcused absence = 1 Viking Reminder. 2nd = 2 Viking Reminders + Probation 3rd = Dismissal from the team
3. Be sure to notify your coach of any illness or injury that may occur. No matter how minor.
4. Keep your locker, locker room, and restroom clean and well cared for. Protect our equipment.
5. Practice like a team. Practice like Champions. Hefner colors only (white, blue, red, or gray.)
No jewelry. It is mandatory to purchase your Vikings Practice Gear.
6. Get your Coaches’ contact info and make sure that they have yours. Sign up for REMIND 101

Putnam City Hefner Vikings

Student-Athlete Contract

Failure to follow and honor any of our teams Core Values or Team Policies could result in a variety of disciplinary actions which may include immediate removal from any Viking's program. Playing for the Vikings' Teams is not a right. It's a privilege that is earned through responsible attitude and actions on and off the field/court at all times.

VIKINGS POLICY:

- **Hard work, focus and discipline are expected at all practices (the way you practice is the way you will play). Be on time (early is on time, on time is late; late is unacceptable). Wear the appropriate uniform (items and colors) and gear. No jewelry of any kind is allowed.** No profanity and dirty play will be tolerated at any time.
- You must discuss with the coach the possibility of missing practice in advance. Regardless of the reason, missing team practice(s) will either hinder your chances of making the team, or will cut into your normal playing time. We will strictly follow the Team Policy in regard to missed practices and the discipline that follows.

INJURY POLICY: It's the player's responsibility to notify the head coach of any injuries immediately. Injured players are expected to follow their scheduled athletic treatment on a daily basis. Limited practice options might be available for such cases. Injured/inactive players are required to observe practice from the sideline and support their teammates.

LOCKER ROOM POLICY: Do not wear your cleats in the locker room or in the school building. Do not clean your cleats in the shower or in any sinks. Do not hit your cleats on any walls inside or outside the locker room. **Always** pick up after yourself in the locker room. No horseplay of any form at any time. Keep the voice level down. Secure and place all of your personal belongings in your locker at all times (don't forget to close your lock). The Vikings Program and coaches **WILL NOT BE RESPONSIBLE FOR ANY MISSING ITEMS.** Do not bring any large amount of cash with you or expensive jewelry in the locker room.

ATTENDANCE POLICY: All athletes attending Hefner Middle School must have an attendance average of 90% or higher from the first day they start school. Students must be in attendance in each class 90% of the time. Students will be allowed nine (9) absences in each class each semester for illness, personal business, funerals, which all these are considered parent excused. Students who miss more than nine (9) days from class will be ineligible for that sport for that semester. We encourage these soon to be high school athletes that school comes first. Attendance and grades is a must to be successful in life.

CLASSROOM POLICY: You are expected to be on time and follow ***EVERY*** teacher's classroom rules, instructions and expectations. You are expected to be polite regardless of the situation. Good classroom **conduct** is a requirement for ***ALL*** players. You will be put on an eligibility contract when your grade is below 70. Make sure you do not have any **missing assignments** and that you **re-take** any tests with low grades that you are allowed, too. Let your coach know in advance if you are experiencing any academic difficulties. We are here to help and guide you.

OFF THE FIELD POLICY: Do not hang out with the wrong people. Remember our Core Values. *“If you surround yourself with the good and righteous, they can only raise you up. If you surround yourself with the others, they will drag you down into the doldrums of mediocrity, and they will keep you there, but only as long as you permit it.” (Mark Glamack)* Do not find yourself in the wrong place at the wrong time. The use of alcohol, tobacco or any illegal substance is strictly prohibited. Any participation in any criminal activity or gang activity or association of any kind is strictly prohibited. Use common sense and ALWAYS take the responsible action (you have a lot more to lose than the average “Joe”).

DISCIPLINE POLICY: Character and Grades are very important. We expect our athletes to exhibit good character both on and off the court. Therefore, they will be expected to have teachers sign off on a behavior checklist. If a poor behavior report is given, the offending player will be subject to discipline at the coach’s discretion. If the athlete is given two referrals or suspensions they will be terminated from the team. If an athlete has a 70 below average in a class, they will be on probation for one week. If the grade is still not raised they will be sitting out until brought up. School comes first. They will be there for support during games and will participate during practices. My goal is to build them up for life lessons and for them to understand that hard work pays off. There will be a **NO TOLERANCE** policy on hazing/initiation/bullying and fighting!! **ANY** infraction will be at the discretion of an Administrator, Athletic Director and Coach.

CLUB/AAU/TRAVEL TEAM POLICY: Participation in any outside activity is strongly recommended. However, middle school practices and games take priority over any kind of CLUB/AAU/TRAVEL teams activity during the course of your athletic season. Certain individual cases may be excused only by the head coach.

PROGRAM ACTIVITIES POLICY: Student-Athletes are expected to fully participate in all team activities throughout the school year that are scheduled to promote our program, raise money, provide service for our community, promote and recognize our own student-athletes (YOU), etc.

DEADLINES POLICY: Student-Athletes are expected to be prompt with all deadlines set by the head coach. Deadlines are not optional, nor flexible.

INSTRUCTIONS POLICY: Student-Athletes are fully responsible for following all instructions given by coaches at all times in relation to any athletic-related business or activities. The use of cell phones will not be allowed during practice time.

IN-SEASON ELIGIBILITY POLICY: Any student-athletes who becomes and remains ineligible (more than three weeks) according to Hefner Middle School guidelines during the course of the given athletic season will be dismissed from the team immediately.

UNIFORM POLICY: All uniforms are school’s property and will be checked out with the signatures of both student and parents/guardians. Any missing or damaged uniform items will have to be paid in full at the time of its return date. Uniform items must **NOT, I REPEAT NOT** be worn at practice sessions or any other time, **ONLY** during the games. Student-Athletes are prohibited to let others wear/borrow uniform items at any time for **ANY** reason.

GAME TRAVELING POLICY: All Student-Athletes will ride the bus to the game. Appropriate bus conduct is expected at all times (coach will go over bus rules). Any Student-Athlete who might be serving game suspension will not travel with the team. Student-Athletes are not allowed to ride home with their parents on away games only if the parent contacts the coach and signs out student through proper procedure.

15-MINUTE RULE: Student-Athletes must leave campus/picked up from campus 15 minutes after practice ends or upon arrival from the games. Parents please communicate in advance with the head coach if this is going to be a problem.

PRACTICE SCHEDULE AND GAME DAY PLAN: This information will be given out during the parent/athlete meetings. Student-Athletes are responsible for communicating this information with their parents/guardians.

****The Hefner Vikings coaching staff will not discuss any issues concerning game strategy/style of play with any parents/guardians. In addition, the coaching staff will not discuss any playing-time issues with any parents/guardians. Hefner Vikings coaching staff are always available to talk with every player regarding any concerns they may have about their playing-time and overall performance.***

ACKNOWLEDGEMENT OF STUDENT-ATHLETE CONTRACT

Our signature below indicates our complete understanding of the policies set forth by the Putnam City Hefner Viking's Athletics Program.

Athletes Name: _____ **Signature:** _____

Parent's Name: _____ **Signature:** _____

Date: _____