

NORCO COUGARS

**Football
Player Handbook**

***Our
Challenge
“Champions
With
Character”***

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Vision Statement

The coaching staff and administration of Norco High School are committed in OUR QUEST FOR “CHAMPIONS WITH CHARACTER”. The CHALLENGE will be achievable, with high expectations for players, parents, and coaches. We will stay focused on our goals and press on every day to make ourselves better in the classroom, reach our potential athletically and develop character traits that will allow each player to be a productive member of NORCO HIGH SCHOOL.

We will begin by building a strong foundation based on character, commitment, determination, and discipline. Our DRIVE will come from the HEART, because that’s the place where character qualities are found. The highest reward is not what you might GET from it, but rather what you BECOME by it. We will develop a family focus within the structure of the team, where everyone will be an encouraging force in building our program. Our character is often tested in times of crisis, and we want to demonstrate positive qualities in those situations.

Our journey needs the positive support of our school, faculty, administration, parents, and community. There are no short cuts to OUR QUEST, just hard work and dedication.

Player Sponsorship

*All players who wish to participate must have a SPONSOR. The sponsor may be a parent, other relative, or guardian. The sponsor is **RESPONSIBLE** for the player's **ATTITUDE**, **ATTENDANCE**, and **PUNCTUALITY**. Players and sponsors will meet with the coaches to cover all areas **IN WRITING** of what will be expected and the consequences of inappropriate behavior. Each player and sponsor must sign off indicating that they are **IN AGREEMENT** with the contents of the Player's Handbook.*

The sign off sheet is the last page of the Handbook. Please sign in the appropriate places and give this page to the Head Coach.

OUR QUEST FOR “CHAMPIONS With CHARACTER” BEGINS WITH

*Having a great **ATTITUDE** at all times. This is critical to the success of our program. Our consistency of having a great **ATTITUDE** in the classroom, at home, in the halls, at practice, and at games will provide great benefits for the players and the team.*

CHALLENGES

Our program is based on FOUR things that will challenge us. If YOU do not believe in or are incapable of the following, you are encouraged to leave the program.

- 1. We challenge you to achieve excellence in the CLASSROOM, developing your best behavior and striving for the highest grades possible.*
- 2. We challenge you to be a better PERSON because of what you will learn in this football program.*
- 3. We challenge you to REACH YOUR FULL POTENTIAL as a football player.*
- 4. We challenge you to win a CHAMPIONSHIP.*

ACADEMICS

- 1. A player must maintain a cumulative GPA of 2.0 to participate.*
- 2. A player must not receive two (2) unsatisfactory marks (U).*
- 3. Grade checks will be given out periodically throughout the year. The player is responsible for **POLITELY** asking the teachers to fill it out. The grade check must be returned **COMPLETED** on the specified day. Failure to do so will result in an “opportunity for self improvement” (OSI) each day the grade check is late.*
- 4. Any player who receives a grade lower than a C on a grade check may be assigned study hall and/or an “OSI” until the grade is back to the C+ level.*
- 5. The player is expected to have **A GREAT ATTITUDE** and display **IMPECCABLE BEHAVIOR** at all times. At no time will sleeping, being unprepared, or disrupting the class be tolerated. If I receive word that this is occurring, the player will apologize to the teacher and go through an “OSI”. If the behavior re-occurs habitually, the player may be removed from the squad.*
- 6. If a player is struggling academically, he is expected to go to the teacher **BEFORE** the end of the grading period for help and tutoring. Don’t wait until it’s too late, and don’t expect a coach to talk to a teacher on your behalf. If you are in class giving your best effort, with a positive attitude, you’ll be able to make your grades. **YOUR SUCCESS IN THE CLASSROOM IS UP TO YOU!!***

ATTENDANCE

- 1. Players are expected to attend ALL meetings, practices, weight workouts, and team functions, ON TIME! Not knowing about an event or the time is not an excuse! If the team is there, you must be there.*
- 2. A player must be in attendance unless excused by the HEAD COACH of his level.*
- 3. If unable to attend, he must PERSONALLY notify the HEAD COACH, of his respective level, prior to the activity, allowing enough time to make preparation for his absence. WORD PASSED ON BY SOMEONE ELSE IS NOT ACCEPTABLE!!*
- 4. An unexcused absence will result in an extended OSI. A second unexcused absence will result in a double extended OSI and a call to your sponsor. A 3rd unexcused absence will result in expulsion from the team.*
- 5. A player who has an unexcused absence the day before a game will not dress in that game. Missing a practice during the week (excused or unexcused), the player may NOT start the game and playing time will be at the discretion of the Head Coach.*
- 6. A player who comes late to practice, game, or function, will be assigned an OSI.*
- 7. If a player checks out of school, the player must notify the HEAD COACH before he leaves school.*
- 8. If a player is absent from school, he must contact the HEAD COACH during the school day to let him know. If he is too sick, a parent must call, and leave a message with the coach before practice starts.*

APPOINTMENTS

Parents are asked, when at all possible, to schedule appointments, doctor visits, etc. other than practice times. You will be given a schedule of weekly practice times, as well as game times. Your cooperation concerning this matter is appreciated.

THERE ARE MANY BENEFITS THAT GO WITH BEING A MEMBER OF THE NORCO FOOTBALL TEAM. ALONG WITH THIS GOES A TREMENDOUS RESPONSIBILITY.

ANY ACT THAT HURTS THE IMAGE OF THE TEAM WILL BE PUNISHED. THE SEVERITY OF THE PUNISHMENT WILL BE IN ACCORDANCE WITH THE DAMAGE OF THE ACT. THIS WILL BE DETERMINED BY THE HEAD COACH.

NEVER DO ANYTHING THAT WILL TARNISH THE GOOD NAME OF NORCO FOOTBALL.

EXPULSION FROM THE TEAM

A PLAYER MAY BE DISMISSED FOR TWO REASONS:

- 1. SELFISHNESS - Evidenced by stealing, lying, poor attendance, tardiness, drug or alcohol use.***
- 2. IMMATURITY - Evidenced by a lack of character, lack of discipline, or disrespect for others. Refusal to follow the direction of the coaching staff.***

******ONLY THE HEAD COACH CAN DISMISS A PLAYER FROM THE SQUAD.***

*****AS THE HEAD COACH, I RESERVE THE RIGHT TO HANDLE EACH CASE ON AN INDIVIDUAL BASIS.***

TEAM GUIDELINES

- 1. Use of profanity will not be accepted and will be punished.*
- 2. Be a POSITIVE role model at school and in the community.*
- 3. Be at school and to class on time.*
- 4. Under no circumstances will a player take another player's equipment or personal belongings.*
- 5. Losing equipment or leaving it at home will result in an OSI and paying for the equipment if lost.*
- 6. In order to be successful, we must fight through heat, rain, aches, pains, and **GET OUR WORK DONE.***
- 7. The locker room will be neat and clean at all times. It will be monitored daily. **ABSOLUTELY NO HORSEPLAY!***
- 8. No jewelry is allowed while in any type of football attire.*
- 9. Label your equipment with your name and number.*
- 10. We will take a business-like approach. "If you aren't here on business, you have no business being here."*
- 11. Coaches will make personnel decisions based on what's best for the **TEAM**, not the individual player. **PLAYING TIME WILL NOT BE DISCUSSED WITH PARENTS OR OUTSIDERS!***
- 12. If you are dissatisfied with your position, or playing time, **DON'T BE A GRUMBLER! WORK HARDER AND HAVE A GREAT ATTITUDE!***
- 13. Handle your emotions in a positive manner. Always strive for self control on times of adversity. Displays of temper, including throwing equipment, will be dealt with harshly!*
- 14. There will be no walking on the football field during practice or games. Football is supposed to be fun. Practice and play with enthusiasm.*
- 15. Players will hustle at all times. Lack of hustle is a show of selfishness and will be dealt with harshly!*
- 16. Players will always be positive with their teammates. Negative comments, or insults will not be tolerated. We are a family and*

- must support each other as such. When appropriate to leave the bench to show support, or to congratulate a teammate, all team members will go and support or congratulate them.*
- 17. Parents- Please be a POSITIVE influence with your sons. All decisions about positions, playing time, etc., are based on what's best for the team.*
 - 18. Parents- Please don't come onto the field during practice or games unless asked. It can be dangerous and distracting.*
 - 19. All spectators are encouraged to watch practice sessions, as long as their presence is not distracting or negative.*

SPONSORSHIP COMMITMENT

Having read the Player's Handbook, and understanding it's contents, I, _____(player) and my sponsor _____, agree to accept responsibility for the player's attitude, attendance, punctuality, on and off the field. We will do our best to work together to provide a positive experience. Once a player has earned the right to be a member of the team, he may not quit without a conference with the head coach.

Thank you for taking the time to carefully read this material. The coaching staff considers it an honor to work with your sons. As a team family, we must work closely in order to have a positive experience.

Please sign and detach this sheet and give it to the head coach. Keep the handbook for your records.

(Player signature) (Date) (Sponsor signature) (Date)