

Aliso Niguel High School Football – Code of Conduct

Student-athletes in the football program at Aliso Niguel must demonstrate the highest ideals of scholarship, sportsmanship and citizenship. Student-athletes in this program are expected to be respectful, courteous and responsible at all times.

In addition to the rules that govern all Aliso Niguel High School students, participants in the football program will be governed by the following rules:

1. ACADEMIC ELGIBILITY:

Players must be eligible according to the CIF minimum eligibility requirement of a 2.0 GPA in either semester.

In addition to the CIF eligibility, ANHS football players must adhere to the following grade requirements:

- Students who have an F grade or three or more D grades must attend a tutoring session with coaches at a designated time, as well as a TUTORIAL period with the teacher of the F or D grade
- Student athletes must have passed at least 20 units of work and earned a minimum 2.0 grade point average on a 4.0 scale during the previous grading period. In addition, student athletes understand that they are to participate in biweekly grade checks.
- If an athlete is academically ineligible at the beginning of the Fall semester, they will not be eligible to participate in football at all for that season, regardless of whether they participated in Spring or Summer football camps

2. CLASS ATTENDANCE:

Players who are absent from class may be ineligible for a game or practice. A missed game or practice will carry additional penalty of an unexcused absence.

3. TEAM EVENT ATTENDANCE

Players must attend mandatory team events and be on time. Mandatory team events include:

- Spring Season
- Summer Camp
- Fall Camp
- Fall Football Season practices, games and team meetings

Failure to attend a mandatory team event without prior notification will result in the following disciplinary actions:

A. Spring Practice, Summer Camp and Team Meetings

All unexcused, missed practices and meetings will result in physical reminders. These reminders will be created at the coach's discretion.

B. Fall Camp and Fall Season

1. One unexcused missed practice results in a minimum of one quarter suspension for the upcoming game
2. Two unexcused missed practices results in a full game suspension for the upcoming game and a possible dismissal from the team
3. One (2) excused missed practices results in a physical reminder
4. Three excused missed practices results in a minimum of a one quarter suspension for the upcoming game
5. Four excused missed practices results in a full game suspension and a possible dismissal from the team

4. BEHAVIOR

Unless otherwise indicated, infractions of team/school rules in the below section will result in an immediate action consisting of following, but not limited to: 1) immediate apology, 2) physical reminder, 3) suspension from games

- Players will be respectful to all students, school employees, teachers, officials and parents
- Players will respectful to all coaches and maintain composure during practices and games

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- Players will not argue with or demean officials, opposing coaches or players
- Players will be honest. Players who CHEAT or lie will be punished and/or dismissed
- Players will treat school property with care
- Players will not steal. Anyone found to steal from the locker room will suffer severe consequences.
- Players will not leave valuable items accessible for theft
- Players will be responsible in completing all paperwork, such as physicals and clearances as well as equipment returns
- Drugs, alcohol and all forms of tobacco use are prohibited. Any student found using drugs, alcohol and/or tobacco will be suspended from the team for a period of time as determined by the coaching staff and school administration.
- Any school discipline actions will be dealt with as the coaching staff deems necessary - this includes detentions, suspensions, Saturday school as well as negative emails or phone calls from teachers or members of the community

5. EQUIPMENT AND UNIFORM CARE

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.

- Practice gear required:
 - Aliso Football Shirt (team colors)
 - Aliso Football Shorts (team colors)
 - Aliso Practice Football Jersey
 - Aliso Practice Football Pants
 - Gear of the Day (i.e. helmets, shoulders pads, knees pads etc.)
 - Cleats (team colors)
 - No jewelry or watches
- Game Day Gear Required:
 - Jersey (White, Grey, Teal or Black) CLEANED
 - Pants (White, Grey, Teal or Black) CLEANED
 - Issued Game socks
 - Approved protective gear only
 - No jewelry or watches

** Any player not in uniform will be punished – physical reminders or game time restriction.

** I understand that I am financially responsible for gear and equipment issued to me that is not turned in during the allotted timeline set by the Head Coach.

6. INJURIES

- Players will report to the trainer for treatment immediately upon being injured (NO SELF DIAGNOSES).
- Injured players will report every day to trainer until finished with treatment.
- Injured players will report to practice (in the dress of the day) after treatment is done.
 - Attendance rules still apply when/if you are injured
- All game related injuries must be reported to the trainer immediately after the game.
- Only players who have reported injuries to the trainer will be excused from next-day workouts
- NO LOITERING OR HORSEPLAY IN THE TRAINING ROOM

7. TRAVEL

Players are expected to travel to and from games with the team unless excused by the head coach to the player's parents.

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8. EARLY TERMINATION

No player will be excused from participation in football without the express permission of the head coach. Once leaving the program, no player will participate in any other sport during the football season without the permission of the head coach.

9. EARNING A LETTER

Coaches will use the following criterion. In the event a player does not get the minimum amount of playing time coaches will use -6 to determine.

1. Playing time in 4 separate quarters during the season
2. Varsity Level Strength (700 LB's combined Bench, Squat and Clean)
3. Varsity Participation during practice over the course of the season
4. Varsity Participation during summer practices & competition
5. Coaches recommendation
6. Maintain academic eligibility

10. COURTESY/INSUBORDINATION/DEFIANCE

Players will follow all directions and direct commands of those in authority. Players that display insubordination or defiance will face game time restriction or possible removal from the team.

11. FUNDRAISING

Each athlete will be asked to participate in fundraising activities

ALISO NIGUEL FOOTBALL STANDARDS OF EXCELLENCE:

As a player what is expected of me?

1. PRIDE
2. COMPETE
3. COMMITMENT
4. TEAM

WOLVERINE ATHLETIC PLEDGE:

1. **I will strive to be the best** team/player athlete I can be. I will give everything 100%.
2. **I will attend all practices/meetings and be on time.** Unexcused absences will not be tolerated & result in removal from the program. Any conflicts that may occur is my responsibility to inform my position coach or head coach prior to the date.
3. **I will display respect** for my teammates, the football program, my coaches, my school and my community in my action and comments.
4. **I will come prepared** to class/study hall/meetings/lifting sessions/practices by being dressed properly and having the proper equipment/supplies.
5. **I will be in the best physical condition** when fall practice begins.
6. **I will play a positive role in being an Aliso Niguel athlete** in the way I conduct myself around the community and on campus.
7. **I will abide by the code of conduct and athletic code** set out by Aliso Niguel High School and CIF.
8. **I will return all of my football gear** at the conclusion of the season in a timely manner. I understand I will be financially responsible for any alterations, lost or stolen football gear.
9. I am aware of the varsity lettering policy.

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STATEMENT OF AGREEMENT

I agree to abide by the guidelines set forth in the Wolverine Football Player and Parent commitment

PLAYER:

By signing below, I _____ have read the above and hereby acknowledge, understand and agree to the Aliso Niguel Football Program Commitment.

Player Date

PARENT:

By signing below, I _____ have read the above and hereby acknowledge, understand and agree to Aliso Niguel Football Program Commitment.

Parent Date

CONSEQUENCES

Violations of this player's agreement will lead to disciplinary action (OTI – Opportunity to Improve)

I also understand that repeated violations or severe infractions could result in dismissal from the football program.