

The Standards and Expectations  
of a  
Whitewater Football Player  
2019

**The standard of academic excellence**

We value academics very highly at Whitewater High School. Beginning in the fall, grades will be checked at the 4 ½ week period of the 9 weeks. At that point if a player has a grade of a 73 or lower he will be placed on our academic watch program and be required to get his grades monitored weekly until all grades are above a 73. If a player ever has more than two failing grades he will be placed on probation. At that point the player will still be allowed to participate in all football activities but has two weeks to bring at least one grade to passing. If after the two week probation period the player still has more than two failing grades he will be suspended from participating in all football games until one grade becomes passing. Once a grade is passing he can resume all football games.

**The standard of preparation and accountability**

First unexcused missed practice will result in a conference with head coach & conditioning.  
Second unexcused missed practice will result in loss of playing time & conditioning.  
Third unexcused missed practice will result in loss of playing time up to 2 quarters & conditioning.  
Fourth unexcused missed practice will result in loss of playing time up to 1 game & conditioning.  
Fifth unexcused missed practice will result in dismissal from team.

If a player has an unexcused missed game he will sit the next game, on the second unexcused missed game the player will be dismissed from the team.

Excused absences include, but are not limited to: illness with doctors' note or trainer note, death in the family, religious holiday, instances which could be hazardous. Coach Holley must be notified in advance.

First unexcused late to practice the player will have a conference with head coach & conditioning.  
Second unexcused late to practice player will miss playing time & conditioning.  
Third unexcused late to practice will result in loss of playing time up to 1 quarter & conditioning.  
Fourth late to practice will result in loss of playing time up to 2 quarters & conditioning.  
Fifth late to practice will result in loss of playing time up to 1 game conditioning.  
Sixth late to practice will result in dismissal from team.

If a player will be late to practice, due to academics or school related circumstances, the player must communicate this to the head coach or his position coach directly prior to practice. Being late for academic reasons is excused and must be verifiable with a teacher.

All unexcused late to practice and missed practices will be kept by position coach and reported to the head coach.

## The standard of integrity and discipline

### ISS

On the first occurrence, it will be a conference with the head coach, conditioning and loss of playing time

On the players second occurrence of ISS the player will sit 1 quarter & conditioning

On the players third occurrence of ISS the player will sit 1 game & conditioning

On the players fourth occurrence of ISS the player will be dismissed from the team

See FCBOE code of conduct for participation rules and regulations while in ISS. If ISS causes a player to miss practice it will be considered an unexcused missed practice.

### OSS

Refer to FCBOE code of conduct

All FCBOE Student Code of Conduct rules apply.

All disciplinary action by teacher or administrator; referrals or detentions, will result in a player conference and are subject to disciplinary action and a loss of playing time.

The head coach reserves the right to dismiss a player for conduct unbecoming of a Whitewater football player. Any alcohol, drug related arrests, or any arrests of any kind will follow FCBOE code of conduct discipline, and can carry additional discipline from the head coach. If a second offense occurs the player will be dismissed from the team.

## The standard of training and conditioning; physically, mentally, and emotionally

All football players will be expected to be in weight training and work out as a team. If a player can't fit weight training in his schedule, he will be expected to work out prior to school with a coach in the weight room.

We will have a No lift, No practice policy. If a player chooses not to lift in weight training he will not be permitted to practice that day. If the player is injured or sick and unable to workout he is considered unable to practice but will be excused. If a player misses a weight training session due to a school excused reason, check out, in guidance, it will be considered excused but must have a written excuse. If a player misses a weight training session and this causes him to miss practice, it will be considered an unexcused missed practice.

### Summer Conditioning

Please, if at all possible, schedule family vacations prior to Monday July 8.

Summer conditioning will begin on Monday June 3 and conclude with FCA camp on July 20.

We will condition four days per week, Monday – Thursday, a total of 24 workouts. Each player will be expected to attend 20 workouts. If a player has not met all of his workouts then he will be expected to make them up. Players will report to dawn patrol until all 20 workouts are made up. Dawn patrol will take place before practice on July 25. A player will not be permitted to play in a game or scrimmage until all sessions are made up. We will offer optional Friday workouts for those who need to make up workouts or who know they will be out of town and fall short of the minimum number of workouts throughout the summer. **It is the responsibility of the player to notify the head coach and schedule a Friday workout.**

We will practice on Labor Day in the morning.

## Entering the Program

All those interested in playing football at Whitewater High School will enter the program through the weight room and be expected to participate in spring practice. A player may be exempt from entering the program through the weight room and spring drills if they are not attending Whitewater High School and move into the school over the summer.

## Lettering Criteria

Lettering will be based on the following:

Attendance at summer conditioning

Adherence to team policies as outlined in player code of conduct

Number of varsity quarters played; A season consists of 40 quarters. A player must play in 20 varsity quarters, a player will get credit for a quarter by entering the game for one play in a given quarter.

In good academic standing based on eligibility outlined in the player code of conduct

## In season weekly schedule

Monday:	Practice 4:00
Tuesday:	Practice 4:00
Wednesday:	Practice 4:00
Thursday:	Practice 6:45am-8:00am JV Game 5:30
Friday:	Varsity game
Saturday:	Off
Sunday:	Off

**INTEGRITY-DISCIPLINE-TEAMWORK-EXCELLENCE**  
**“THE WHITEWATER WAY”**

By signing this, I have read and understand the standards and expectations of a Whitewater Football Player and agree to uphold these standards to the best of my ability.

Parent name print \_\_\_\_\_ Parent signature \_\_\_\_\_

Player name print \_\_\_\_\_ Player signature \_\_\_\_\_

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