

Hornell Red Raider Football Team Rules

- Follow all eligibility policies in the school's athletic handbook.
 - No tobacco products, drugs, or alcohol. Don't be anywhere where they are being used illegally. Any violation will result in the application of the training rules policy. Serious violations may result in the removal from the team at the discretion of the head coach.
 - Keep your grades up and be respectful to ALL school personnel.
- Be on time (school, practice, meetings, etc.). Practice **starts** at the time listed on your schedules, which means you must be out on the field and ready by that time. **2 tardies = 1 absence!!**
- There will be a curfew during the season. It will be defined by the head coach at each level.
 - Violation of curfew will result in extra conditioning.
 - Repeat offenders may miss game time at the coach's discretion.
- Jog to and from every drill. **NO WALKING ON THE FIELD.**
- Report all injuries to your position coach **IMMEDIATELY**.
 - Reports must be filled out. Don't wait to report, and report to coaches first!
 - ER/Dr's visits for injuries should occur after coach has been made aware of injury except in an emergency situation.
- You must be at every practice, even if you are injured or don't feel well. Watch your position and learn.
 - **You are only excused from a practice by a doctor or your head coach**, and you must give ample notice. All other misses are unexcused.
 - Unexcused absences
 - 1st – Warning, extra conditioning, and possible loss of playing time (coach's discretion)
 - 2nd – Benched for at least the first half of the next contest, possibly more (coach's discretion)
 - 3rd – Benched for at least one contest, and may be removed from the team (coach's discretion).
 - 4th – Removed from the team; No exceptions.
- TO EARN A VARSITY LETTER:
 - Must participate in at least 50% of the contests and end the season in good standing
 - Seniors (or players with season-ending injuries) may letter without meeting the above criteria, and will be reviewed by the head coach on a case-by-case basis.

- On road trips and practices at North Hornell, keep the bus clean, no shouting, spitting, etc. You all know how to act properly on a school bus.
- Have a good work ethic in everything you do: drills, scrimmages, games, school, chores at home, etc. You practice like you play.
- There will be absolutely no tolerance for any form of hazing, which is any type of physical or mental abuse of each other. Be good teammates, even if you don't exactly get along.
- Take care of yourself. Eat healthy, lots of fluids outside of practice, lots of sleep, ice sore muscles, and take showers.
- Take care of school-issued equipment. Hang it up after each practice, wash your pants, girdle, and practice jersey often, and NEVER throw your helmet.
- For each practice you will need (besides all your equipment):
 - Proper footwear – Molded or Screw-in Cleats
 - Your own water bottle – NO SHARING
 - Proper attire – socks must cover ankles, t-shirt or sweatshirt, shorts or sweats, long sleeves for cold weather, **NO JEWELRY**
- If an issue arises, the chain of command is as follows:
 - Player should see their position coach. This is the only time that playing time or position will be discussed.
 - If not resolved, player should see the head coach.
 - If not resolved, player should inform his parents/guardians and they may set up an appointment to see the head coach. Appointment should be set up via email (see below).
 - If not resolved, the player and/or parents may set up an appointment with the Athletic Director, John Cardamone via email (john.cardamone@hornellcsd.org). This meeting may include the head coach at the parents' and/or AD's discretion.

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