

2016

Disciple Nation Football

Honor Code

And Guidelines

Contained within is a code of honor and integrity required of all those who desire to be part of this organization.

Lord, the struggles we go through in life
All we ask for is a chance that's fair,
The chance to equal our strife
A chance to do it or dare
If we should win
Let be by Your code
Faith and honor held high
But if we should lose
We'll stand by the road
And cheer as the winners go by

But day by day
We get better and better
'Til we can't be beat
'Til we won't be beat
We won't be beat
Disciples! Disciples!

Purpose:

Our objective in having an honor code for our football players is that each participant in this program may progress to a level as close to his full potential as possible. This potential includes not only the physical part of the student-athlete but the mental, moral and emotional aspects as well. It is vital that each member of our team personally adopts this code. Both the success and the integrity of our program depend on it. Without question, personally adopting this code of honor will make you a better person. The coaching staff assumes that you want our assistance in helping you reach your goals.

You should understand that the coaching staff has no desire to sacrifice any aspect of this program for one or two individuals. Know too, that we are committed to building an organization that people respect—not only today, but also in years to come. We want you to be proud that you are and were a part of Disciples Football. We believe that discipline and character development must be an integral part of this equation if we are to achieve excellence in all phases of it. We expect you to have self-discipline and be a person of solid character so that you may reach your potential as an athlete, and more importantly, as a person. In the end we want you as a player to be proud of your team and your team to be proud of you. For this reason, each player is required to adhere to the following rules:

Rules: Violation of the following may result in loss of game time, suspension or dismissal from the team as well as the forfeiture of a varsity letter and any awards.

1. The use, abuse, possession, selling or being under the influence of any type of drug or alcohol is prohibited. You may also not attend an event where alcohol or drugs are being used or distributed to minors.
2. Smoking and the use of any other form of tobacco is prohibited.
3. Unexcused absence from practice or game is prohibited.
4. Defiance or disrespect directed toward any member of the coaching staff is prohibited. The coaching staff also expects you to be absolutely honest and forthright.
5. Committing a local, state or federal crime can result in dismissal from the team.
6. Any behavior or attitude deemed to be detrimental to the well-being of the Disciples Football program is prohibited and can result in dismissal from the team.

General Rules: Failure to abide by the following basic rules will result in disciplinary action which could include loss of game time, suspension or dismissal from the team:

1. The entire team must be able to depend on you; therefore, your attendance at practice is a must! If you are ill to the extent that you cannot attend practice, **you must notify Coach Scott at 804-683-6970.**
2. Barring extenuating circumstances, you are expected to be on time for practice every day
3. Be EARLY for all practices and matches. Showing up at the last minute is a huge distraction.
4. Regular practice starts at **6:30 pm SHARP**, that means you are on the field dressed and in your lines awaiting instruction.
5. Pre practice begins at **6:15 pm** and strongly encouraged. In case of inclement weather, look for a text message or call the Dorey Park information line at 804-501-5132 after 3 pm for park availability, and look for a message concerning alternate practice information.
6. Injured players must attend all practices and games unless directed otherwise by the head coach or a medical doctor.
7. If you are a starting player, attending practice while injured or ill does not guarantee you playing time back in the starting line-up come game day. This will be determined on a case by case basis.

8. If you need taping or fitting for medical devices then you must arrive early to practice AND games to be properly assessed and treated.
9. You are responsible for any and all equipment and uniforms assigned to you and must pay for lost items.
10. You are expected to do well in school and to honor your parents on and off the field.
11. You are expected to behave as a gentleman at all times. Good sportsmanship is expected regardless of the situation.
12. Swearing, profanity and other foul language will not be tolerated under any circumstances.
13. Any form of “hazing” involving members of the football team is forbidden.
14. Displaying affection with girlfriends while at the site of our games and practices or in transit to and from Disciples football events are prohibited.
15. All players are expected to wear only the equipment and uniforms which were approved and issued by the coaching staff. Altering your equipment or substituting uniform items at your discretion is absolutely prohibited and you will not be allowed on the field
16. You must travel to and from games with the team unless alternate plans are arranged with the coaching staff. You also may not leave the game site without the permission of the head coach. If permission is granted, you may leave ONLY with your parents or someone designated by your parents. Any other arrangements must be made in advance.
17. The following is required concerning behavior when traveling by van or bus:
 - a. You must dispose of any materials that you bring onto the bus with you—garbage, food, drinks.
 - b. Remain seated while the bus is in motion and keep noise to a minimum unless we win the championship. Do not sit in the same seats as the coaches or statisticians unless invited to do so.
 - c. Observe and follow rules 14, 15, 16.

General Information and Suggestions:

1. Football is a contact sport with the risk of injury always being present. In order to minimize the risk of injury, please observe the following:
 - Use proper techniques
 - Refrain from using illegal, dangerous or potentially dangerous techniques
 - No horse play or “ultimate fighting” before during or after practice
 - A coach must be present during any activity or workout
2. In the event of an injury you should:
 - Report all injuries to coaches and the trainer (Coach Bill)
 - Taping is to be done by the trainer before practice begins
 - Do not call or see you own doctor without FIRST notifying a coach and/or trainer, we need to stay informed.
 - To treat an injury at home: a) Apply ice—not heat; b) apply a compression bandage (ACE wrap); c) Elevate the injured part.
3. Wear clean gear for every practice. Wash practice uniforms regularly.
4. Clothing that advertises alcohol, drugs or tobacco products, contains vulgarities, profanity or would otherwise be considered inappropriate or does not project a positive or wholesome image is prohibited.
5. Uniforms need to be kept clean. Do not take them home. Turn them in after the game as instructed at that time by the coaching staff.

6. Exchange and repair equipment after practice or early, before practice.

What the Coaching staff expects from you the parent:

1. Refrain from directly contacting or interfering with the coaches or players during practice and games.
2. You are welcomed and encouraged to observe all practices but ask that you do so from the sidelines. Once practice begins you must leave the practice field so that coaches may begin instruction.
3. Do not yell instructions to your son or other players during a game or practice, we have had problems with this in the past and you are interfering with the coaching process.
4. Leave coaching to the coach, considerable time has been spent choosing offensive and defensive schemes that will compliment and take into consideration all of the player's skill sets, not just a select few.
5. If your son comes to you with a problem concerning football or a coaching issue, make sure he has presented his concerns to the coach first before getting you involved. The majority of coach/player concerns can be easily solved this way.
6. Football is an emotional sport, regardless; we ask that you refrain from criticizing the referee or other participants during or after the game.
7. Respect the referees decisions at all times and avoid words or actions which may reflect poorly on the Disciple Football program, your son, the coaches, or the community in which you live.
8. **Registration must be paid.** We are very flexible and are more than willing to work with any player or parent who needs additional help or time.
9. Scholarships are available on a VERY limited basis. Not participating in available fundraisers WILL disqualify you from receiving scholarship assistance. It is not fair for your son to play "free" while others have in good faith participated in fundraisers to help cover their cost and help support the team.

2016 Disciples Football Rules and Guidelines for Participation

Dear Parent and Player:

As the purpose of this document indicates, the coaching staff is concerned about the total development of each student-athlete in our program. These guidelines have been established so that each player may gain the greatest benefit from his high school football experience with the Disciples Football program.

We ask that **both the PARENT(S) and the PLAYER sign** in the spaces designated below indicating that you have read these rules and understand them. As always, if you have any questions or concerns now or in the future, feel free to contact the coaching staff. We welcome the opportunity to discuss your concerns with you.

I (player – print your name) have read the rules and guidelines for participating in the Disciples Football program and I understand all the expectations and requirements set forth to be a player in good standing.

Player's signature

I/We the parent(s)/guardian(s) of (print player's name): _____
have read the rules and guidelines for participating in the Disciple Football program and I/we understand these requirements as well and what is expected of my/our son.

Signatures of parent(s)/guardian(s)