

LHS FOOTBALL MISSION AND TEAM RULES

Mission Statement

The Leominster High School football program promotes a rigorous athletic and educational environment that empowers student athletes to take responsibility for their academic, personal and social growth. Our program and community values diversity and creates a safe atmosphere for student athletes to acquire the knowledge, the work ethic, and the academic, technical, and communication skills necessary to become responsible and productive members of society.

Social and Civic Expectations

- Demonstrate respect for self, others and the physical environment
- Assume primary responsibility for their education
- Demonstrate knowledge of the democratic process and will participate pro actively as informed citizens in their community.

Program Values

H.(Honesty)E.(Excellence)A.(Achievement)R.(Respect)T.(Teamwork)

- All student athletes will embrace and practice the core values represented by our school acronym of H.E.A.R.T.
- Because student athlete actions are a direct representation of our school and program 100% of the time, they must act appropriately on and off the field!
- Student athletes will encourage and support all players within our program and ALL other Leominster programs.
- The importance of TEAM will always supersede the importance of the individual.
- All student athletes will address adults, teachers, and coaches as “Coach”, “Mr.”, “Mrs.” or “Sir”, this includes game officials.
- Student athletes will carry our values onto the field and have a tremendous amount of respect for the game and our opponents.
- Student athletes will always shake hands with their opponents and say “good game” after each game.
- Student athletes will always respect other coaches and fans at all times.
- Student athletes will always respect the support of our faculty, community, fans, band and cheerleaders.
- Student athletes will dress professionally and appropriately during practices and games to create an environment of team unity.
- Finally, student athletes will always play with Leominster pride and heart.

Team Rules and Regulations

Team rules will work on a regular week to week basis throughout the football season. These rules will also be in effect in the offseason, the start date will begin after a team meeting in late winter or early spring. Any infractions that occur after the football season will result in penalties for the following season.

- **Technology and Media**-be very careful what you post on social media accounts and how you conduct yourself, it could have negative repercussions for yourself and the team. Any negative comments about coaches or the team may result in your immediate removal from the team. Student-athletes should speak with the coach first in regards to any problems or frustrations they may have. I would expect that parents adhere to this policy as well.

- **TARDIES**

2 Tardies in a week you will be benched for half of the game.

3 Tardies in a week you will be benched for the entire game.

***Every student athlete will receive one free tardy before 7:45 per week. This is for legitimate reasons so there are no excuses.

For example:

Tardy-7:44 Monday

Tardy-8:00 Tuesday

(No Penalty)

***Any other tardy in this week, no matter what the time, you are benched for a half. Any further tardy and you are benched for the game.

EXCUSED TARDIES***YOU will need to let me know if you have a note saying you are excused. I will then go to the dean and ask them if you brought in a note from your parents/guardians or a doctor, if so, then you are excused. You will have until Friday of that week to bring in a note. If this happens then the tardy will be excused, if not it will be recorded as unexcused. ANY FORGED LETTER WILL RESULT IN REMOVAL FROM THE TEAM.

- **FREQUENT OFFENDERS OF TARDIES**

2nd offense add ½ a game to the above penalties.

3rd offense add 1 game to the above penalties. Offenders will meet with head coach and captains.

4th offense OFF THE TEAM.

- **ABSENCES**

1 absence-benched half a game

2 absences-benched a game

EXCUSED ABSENCES***YOU will need to let me know if you have a note saying you are excused. I will then go to the dean and ask them if you brought in a note from your parents/guardians or a doctor, if

so, then you are excused. You will have until Friday of that week to bring in a note. If this happens then the absence will be excused, if not it will be recorded as unexcused. ANY FORGED LETTER WILL RESULT IN REMOVAL FROM THE TEAM.

- **FREQUENT OFFENDERS OF THE ABOVE POLICIES**

2nd offense add ½ a game to the above penalties.

3rd offense add 1 game to the above penalties.

4th offense OFF THE TEAM.

- **CUT CLASS**

***Any class cut by any student-athlete will result in a one game suspension.

***Second offense and you are off the team!!!

- **LATE FOR PRACTICE**

***Run after practice

- **MISSED PRACTICE**

EXCUSED-you must clear any missed practice with your head coach, the day you are missing practice, for varsity (coach Palazzi). You must speak with me in person or via phone, NO TEXT!!!

3rd excused missed practice and you are benched for a game. This does not include legitimate illnesses, MRI's , or doctor visits due to injury. In other words, picking your parents up at the airport 3 times in a month is not a good excuse! I am talking about end of the day excuses and you do not show up for practice.

4th offense and you are OFF THE TEAM!!!

***THIS RULE IS FOR THE ENTIRE SEASON NOT WEEK TO WEEK!!

UNEXCUSED- not speaking with the head coach in person, on the phone or via email from a parent. You cannot tell your friend to tell the coach or tell another coach, you must speak with the head coach directly.

1st offense benched half a game

2nd offense benched an entire game

3rd offense OFF THE TEAM!!!

***THIS RULE IS FOR THE ENTIRE SEASON NOT WEEK TO WEEK!!

- **MISSING SCHOOL AND PRACTICING**

***Any student athlete that misses school, excused or unexcused cannot practice.

- **IN SCHOOL SUSPENSION**

***If you are serving an in school suspension you cannot practice. If you are serving an in school suspension on a Friday you cannot play in the game.

- **STEALING**

***Automatic removal from the team. This includes taking other player's pants, shirts, pants and taking items out of the equipment room, without asking.

- **FORGETTING EQUIPMENT**

***Each student-athlete will be given something to borrow for the day. However, they must return it by the following Monday. If it is not returned that player will be billed for the item borrowed.

***We will be a bit lenient with mouthpieces; however, frequent offenders will have to purchase those as well if it becomes a problem.

- **Elastic Clause**

***Any student-athlete that is penalized in any of the above, minor infractions, may have an opportunity to earn back playing time. However, these decisions will be made by the coaching staff, and past infractions by student-athletes will be considered. For example, frequent offenders of the above rules may not be granted an opportunity to earn back time. Our goal with this policy is to continually strive towards all student-athletes developing the skills necessary to become responsible and productive members of society. With this policy, we will make our decision very carefully, as we do not want our decisions to have a negative impact on the team or the morale of the team.