

# Kingston Buccaneer Football

## Core Beliefs:

- **Commitment**
- **Effort**
- **Family**

**Our rule to live by:** I am a member of the Kingston High School Football Team, and my actions (good or bad) reflect not only on myself but the entire team, coaching staff, school, my family and community. I must always think of all of these groups and how my actions will affect them. When I do something that is a detriment to any of them I will expect consequences. I need to live by this rule and the guidelines below not only during the football season, but the off-season, summer workouts/camps and the entire school year.

## **Goals of the Program:**

**I.** To develop young adults who are respected for overcoming adversity, accepting challenges with enthusiasm, and for being positive, productive members of our society. Young adults who have strong enough character to do the right thing all of the time.

**II.** To develop young athletes who will get the most out of themselves. Athletes who are internally motivated to constantly make themselves better and give everything they have, every time they take the field.

**III.** To produce football players who are confident in their abilities, training, and conditioning. Football players who know that they can win every game they are in.

**IV.** To instill the philosophy of “Buccaneers first” within our team; representing the three core beliefs of *“Commitment, Family, & Effort”*.

## **The Code:**

**I.** We believe student athletes in the football program should exemplify the highest deals of scholarship, sportsmanship, and citizenship. Young men/women in this program are expected to be courteous, respectful, and responsible at all times, on and off the campus.

**II.** Participants in the football program recognize that playing football for Kingston High School carries with it additional responsibilities and thus will be governed by the following additional rules and expectations.

**III.** As a member of the Kingston High School Football Program, I agree to the following District Policies in regards to the non use of alcohol, tobacco, and illegal drugs.

**IV.** As a member of the Kingston Football Program, I agree to the following District Policies in regards to anti-bullying and creating a harassment free environment.

**V.** As a member of the Kingston High School Football Program, I agree to the following Code of Conduct, in addition to the NKSD Student Athletic Handbook & the WIAA Official Handbook.

**ACADEMIC ELIGIBILITY:** Football players must be eligible according to the North Kitsap School District requirements. Students deemed academically ineligible must participate in mandatory study hall, monitored by the football program, to regain eligibility as a top priority. Chronic ineligibility, whether in season or not, may result in removal from the program.

**CLASS ATTENDANCE:** Football players who are truant from a class will additionally be ineligible for practice(s) and a game(s). A missed game or practice will carry additional penalty of an unexcused absence.

**ACADEMIC RESPONSIBILITY:** Football players will respond to coaches' request for improvement in academic courses. This may be to commit to before/after school tutorials with the teacher or the coach.

**WORKOUT/PRACTICE/TEAM MEETING ATTENDANCE:** Starting in August all meetings and practices are considered mandatory by the Head Coach. To be excused from any practices/meetings, this must be determined before the particular absence by your parents or guardian in writing. Failure to clear this up before the missed practice will result in missed practices being considered unexcused. Missed practices without written parental/guardian notice are considered unexcused. In order to give yourself the best opportunity to compete and your team the best opportunity to compete, attendance for spring football, summer camps, and workouts is highly recommended.

**Unexcused Absences:**\*A valid excuse is a pre-arranged/communicated absence or something that is considered an emergency. We must have a note from teachers/parent/admin turned in within 24 hours.

**Excused Absences:** You are allowed one excused absence per week before starting on the progression below.

- *1) First offense: Opportunity (loss of starting position, or 1 quarter of playing time)*
- *2) Second offense: Opportunity and suspension for the first half of the next game*
- *3) Third offense: Opportunity and suspension for next game(s)*
- *4) Fourth offense: If you miss a whole week of practice you could miss a minimum of two games*

\*For any absence (Excused or Unexcused), players will be expected to complete the "Buccaneer Circuit" to make up for lost practice time. This is to help the players keep on track with their conditioning for each weeks game.

**Note: Dismissal is the decision of the Head Coach.**

## BEHAVIOR EXPECTATIONS AND STANDARDS

Unless otherwise indicated, infractions of the rules in this section will result in an immediate corrective action consisting of but not limited to:

- 1) *Immediate apology*
  - 2) *Loss of starting position & 1 to 2 quarters of playing time*
  - 3) *1 Game suspension*
  - 4) *Multiple game suspensions*
- Football players are expected to be on time to all season practices, meetings, workouts, etc...
    - Any more than 5 min after a declared start time will result in a tardy.
  - Football players will be respectful to all. This includes school employees, officials, parents, teachers, teammates, and other students. They will refer to others with proper titles such as Mr. or Mrs.
  - Football players will be respectful to coaches and will refer to coaches by “Coach” or “Sir”, “Nickname”.
  - Football players will maintain composure during practice and competitions. They will not argue with or demean officials, coaches, or players.
  - Football players will not curse or swear openly or at anyone.
  - Football players will refrain from horseplay or roughhousing.
  - Football players will not litter the locker room or on campus.
    - All equipment must be stored in lockers before and after practice, and floor should be clear of any garbage or debris.
    - Players will be expected to help put away practice gear and clear the field after practice.
  - Football players will enthusiastically follow directions given by a coach. Sullen or reluctant behavior will not be tolerated. Players who fail to follow this may be sent home from practice. Punishment will then be determined by the Head Coach.
  - Football players will respond to questions asked of them with a “Yes, Coach” or “No, Coach”. Same respect will continue into the classroom.
  - Players play; coaches coach. Players who publicly challenge coaches’ decisions will be sent home from practice. Punishment will then be determined by the Head Coach.
  - Football players will be honest. Players who cheat or lie will be punished or dismissed.
  - Football players will treat the school property with care. Vandalism will be punished and could result in removal from the program, a monetary fine or prosecution by the school.
  - Football players will not steal. Anyone found stealing from the locker room will be dismissed.
  - Football players will conduct themselves with dignity and class at all times when on the road and during competition.
  - Football players will win the same way they lose, with class. Players will quickly return to and from the sidelines. Players will cordially shake the opponent’s hands.
  - Players will enthusiastically follow all schedules set up by the coach.
  - Players will never leave the premises of competition without requesting permission from the coach.
  - Football players will be responsible in completing all paperwork, such as physicals, clearances, transportation fees and equipment returns. All equipment will be turned in on time. Any athlete who has not turned in equipment or owes money will not be allowed to participate in the Banquet, will be issued a debt notice, and will not be issued any other athletic gear until the equipment is returned or paid for.

## **BEHAVIOR EXPECTATIONS AND STANDARDS (Continued)**

**\*Below are the physical consequences for any infractions of the rules on the previous page.**

### **Individual Physical Consequences for Behavioral Issues**

- 1) 5 ten yard sprints w/ an up-down after each sprint.
- 2) 10 ten yard sprints w/ an up-down after each sprint.
- 3) 20 ten yard sprints w/ an up-down after each sprint.
- 4) 40 ten yard sprints w/ an up-down after each sprint.

### **Team Physical Consequences for Behavioral Issues.**

- 1) 1 Gasser
- 2) 2 Gassers
- 3) 3 Gassers
- 4) 4 Gassers

**\*The Head Coach reserves the right to determine punishment based on the severity of the transgression.**

## **TRAVEL**

Football players are expected to travel to and from competitions with the team. If a player will be taken home after a competition, a parent or guardian must sign and turn in a parent transportation form our school athletic page. Football players represent Kingston High School and the football program while traveling. Coaches expect them to show class and be respectful to other school employees.

## **CARE AND USE OF EQUIPMENT AND UNIFORMS:**

- Football players will dress properly for workouts, practices, and competitions.
- No football player will modify or alter issued equipment, or wear any equipment not issued by the school without coaches' permission.
- Players will not throw their helmet.

## **INJURIES**

- Football players will report to the coach and trainer for treatment immediately upon being injured.
- Injured players will report every day to the trainer until finished with treatment.
- Players will report to the trainers after competitions if they are injured, attendance is mandatory.
- There is no loitering, "hanging out", or horseplay in the training room. You need to prioritize getting treatment and out to practice on time.

**\*At the discretion of the trainer, players are still expected to observe and help with practice as much as they can until the trainer clears them to practice.**

**2018-2019**

**KINGSTON HIGH SCHOOL FOOTBALL CODE OF CONDUCT**

**Agreement**

I \_\_\_\_\_ ACKNOWLEDGE THAT I HAVE READ THIS CODE OF CONDUCT, NKSD STUDENT HANDBOOK, & THE WIAA HANDBOOK. I AGREE TO COMPLY WITH ALL THE RULES AND REQUIREMENTS FOR PARTICIPATION IN THE FOOTBALL PROGRAM.

\_\_\_\_\_  
PLAYER'S SIGNATURE

\_\_\_\_\_  
PARENT'S SIGNATURE

\*The expectations of this contract serve for the entire school year once signed.

**CONTACT INFO:**

PLAYER'S PHONE # \_\_\_\_\_

PARENT'S PHONE # \_\_\_\_\_

PLAYERS EMAIL \_\_\_\_\_

PARENT'S EMAIL \_\_\_\_\_