



2022 West De Pere Middle School Football Expectations



Player Expectations:

Attend all classes, and do all school assignments on time and to the best of your ability. Your number one priority needs to be your classes and your grades because you must be passing in order to be eligible to play. We encourage you to do all you can to keep up with your work and if you need to be late or miss practice to make up assignments, contact your coach prior to missing practice time and provide a written note from the instructor you will be working with.

Conduct yourself in a manner that you bring credit and honor to yourself, your teammates, the team, and your school. Treat all others: teachers, administrators, parents, coaches, teammates, opponents, officials, fans, friends, bus drivers and anyone else with respect and courtesy. You are also expected to obey all school rules and policies and adhere to the athletic code. You will keep the West De Pere Middle School locker room clean and lock up your belongings. You will leave others' property alone.

Maintain good nutrition and rest. *What you eat and drink will directly affect how you feel and how you perform.* You should reduce the amount of sugar and caffeine you are taking in, drink plenty of water and consume carbohydrates. Fruits, vegetables, cereals and pasta are good sources of carbs – stay away from junk foods and greasy foods.

Preparing for Practice:

8th grade should enter the locker room **20 minutes** before practice starts. All 8th graders must get dressed, clean up their area, lock their lockers, and exit the locker room within 10 minutes. Players will then report to the shed/field to help set up for practice. 7th grade will be seated along the wall outside of the boys' locker room until the 8th grade has cleared out. 7th grade will then enter the locker room, get dressed, clean up their area, and lock their lockers. 7th grade will also have 10 minutes to get ready and get out to the field.

Practice will begin right at the scheduled start time.

Finishing Practice:

Practice will end at the scheduled finish time. At that time, 8th grade will go directly to the locker room to get changed. They will get dressed, clean up their area, lock their lockers, and exit the locker room within five minutes. 7th grade will help put all equipment in the shed and wait outside until the locker room has cleared. Once the locker room has cleared, the 7th grade will enter, get dressed, clean up their area, and lock their lockers. All players should exit the locker room and be picked up by parents **no later than 15 minutes after the practice end time.**

Games:

All home games will be played at the high school. Players will get dressed and be bussed to the high school as a team. Parents will need to provide transportation home after the game. A coach will open up the locker room following the game so players can change and be picked up by parents. Before an away game, players should be sure to have uniforms and shoes before getting on the bus. Please note leaving times for away games on the schedule. Be sure to clean up after yourself both on the bus and at the opposing team's facilities! Players will ride the bus home after games unless they are signed out by a parent. Remember, your actions on the bus and at the other school are a direct reflection of how you have been taught to behave at West De Pere!

COVID Policies:

We will follow all district guidelines regarding COVID.

Tardies and Absences:

If a player comes late to practice, a note excusing them must be provided. If a player will be absent from practice, a note should be provided **in advance** from a parent/guardian explaining that absence.

Unexcused absences from practices will have an impact on playing time in games.

*****Thank your parents/guardians for allowing you to participate in this football season!*****

Parent Expectations:

Practice **WILL** end by the scheduled finish time and all players will be out of the locker room no later than 15 minutes after that. **Please** make it a **priority** to pick your son up no later than 15 minutes after practice is over. Thank you for being considerate of the coaches and their schedules. **All game and practice times are located on Bayconference.org. Team assignments will be given on Thursday, September 2. Parent meeting will be Tuesday, Sept. 6 at 5:30 pm in the Middle School gym.**

Only parents, legal guardians, or grandparents are allowed to give players a ride home from away games. You must sign your child out with your coach in order to leave an away game.

Please provide a note for your son **in advance** if he is going to have a planned absence. Failure to do so may impact playing time.

Playing time will not be split equally but all players will be able to contribute in games. Grades and attendance at practices may factor into the amount of playing time a player receives.

Please remember to be a positive role model for our players when attending games. Be sure to provide positive encouragement to the team and refrain from negative comments toward the referees, opposing teams, coaches, and other fans. The goal for this experience is provide our players with the opportunity to become better football players and to become respectable young men.

If you have an issue/concern that you would like to address with your child's coach, please be sure to contact the coach to discuss your thoughts. If your concern comes up during a game, please wait until the following day to contact the coach. This allows you to reflect on your concern and gives you time to constructively collect your thoughts to be communicated with the coach.

Please sign and return ONLY the slip below indicating that you and your child have read and agree to the football expectations listed above. If your child fails to have this sheet turned in by the first game he will be ineligible to play until it is turned it to the coach.

Player's name (please print) _____

Player signature _____ Date _____

Parent/Guardian signature _____ Date _____