

Carson Football

Player & Parent Expectations



CARSON FOOTBALL

10 Things That Require Zero Talent

1. Being on Time
2. Work Ethic
3. Effort
4. Energy
5. Body Language
6. Passion
7. Doing Extra
8. Being Prepared
9. Being Coachable
10. Attitude

Carson Football Player Expectations

Roman's Rules to Live By:

Buy In---Be Coachable---Do the Right Thing

Specific Team Rules:

1. Players are expected to be on time to all practices, games, and team functions.
2. Players will wear expected Carson Football attire to all practices, games, and functions. This includes injured players at practice. Attending practice in street clothes is unacceptable.
3. Players will always have their cleats and a pair of PE or running shoes available for all practices.
4. Players/parents are financially responsible for uniforms and equipment if lost or damaged. Wear and tear and worn-out items are part of the sport and will be replaced/updated by the program.
5. No Swearing and Profanity
6. Refer to your coach as "Coach"....be respectful of coaches at all times.
7. Do Not be individualistic & respect the game...Football is the ultimate team sport....
8. Display great sportsmanship & only "Team" oriented talk on Social Media & Newspaper
9. NEVER provide opponents "locker room" material on Social Media...give credit to opponents.
- 10. ABSOLUTELY NO "team chatrooms" on social media or any form of team social media accounts not monitored by coaches (Hudl is allowed...and is monitored).**
11. Inappropriate social media posts of any kind are against school rules & the CHS Right to Represent; this applies 365 days per year.
12. Absolutely NO criticism of teammates on social media...BUILD your teammates up, do not create toxic situations on social media with teammates. ALWAYS THINK BEFORE HITTING SEND.....!!!!
13. NO Hazing, Bullying, or any form of Sexual Harassment towards others will be tolerated....ALWAYS THINK, "IS THIS SOMETHING I WOULD WANT DONE TO ME...OR MY SISTER, OR MY MOTHER?!!!!
14. Respect others, respect their property, no theft....
15. Proper behavior in class, at school, and in the community is non-negotiable.
16. You are required to wear your jersey to school on game day. Girlfriends will not wear your jersey to school.
17. Only appropriate music in Varsity Locker Room allowed. Listen to what you want on your air pods.
18. Keep the Locker Rooms clean, this will be a team responsibility and consequence.
19. Lock your locker to keep your personal valuables safe.
20. On road games, player dress will be in Carson Football attire only.....We will look 1st class. Players will dress alike and coaches will define the exact expectation....
21. All players are expected to ride the bus home after games. After a loss, it is a team loss, **after wins there is no better experience in high school sports than riding home together.**
22. DESERVE VICTORY! Do what you're supposed to do, 100% of the time, and GREAT things can happen.

***Discipline will be handed out by our coaching staff for not being able to follow team rules/policies.**

Disciplinary Measures:

OTI's (Opportunities to Improve....physical conditioning)

Loss of Playing Time (Series, Quarter, Half, Game, etc...)

Suspension from Team (1 or more games & practice)

Removal from Team (multiple offenses, lack of commitment, poor attendance, egregious offenses)

Important Note: Coach Roman reserves the right to discipline players, suspend, or remove them for Conduct Detrimental to the Program...**high school athletics is a privilege, not a legal right....**

What Parents should expect of the CHS Football Coaching Staff

- Your son being coached and pushed mentally-physically to be the best they can be.
- Your son be held to a high bar and high expectations on and off the field.
- Your son being mentored by outstanding men on the coaching staff.
- An honest assessment (if desired) of your son's athletic ability, areas they can improve, and actions that may help improve their role on the team.
- What you can do as a parent to help your son succeed (it also may be backing off).
- Helping your son, and the parent, assess & navigate the college football recruiting process.
- Ultimately, a great experience of character building that can be used by the athlete as a vehicle for success the rest of their life.

CHS Football Policies Parents/Players Should Know:

1. Carson Football Players are **expected to be drug and alcohol free 365 days per year** (including vaping). Illegal, unhealthy, and selfish acts like drug and alcohol use by our players harm the athlete, the team, and ultimately the program in our ability to **compete at the highest level of competition in Nevada**.
2. Players who receive an NIAA violation and suspension during the season will be removed from the team for breaking our #1 team policy.
3. NIAA rules regarding the Drug and Alcohol policy will be applied in the off-season (including summer).
4. Players are expected to maintain a 2.0 GPA and No F's throughout the season and school year.
5. Homework will be done at home, not during practice.
6. Players who are required to make up a test/missed assignment, or see a teacher after school, **must come late & ready to practice and bring a note to their coach to excuse their tardiness**.
7. The coaches, no matter the reason for an absence, must get the next guy ready. Commitment is essential in producing a successful team so playing time will be affected by missed practice time. **If the coaches are there to coach, the players need to be at practice.**
 - No football player will be given an excused absence from practice to "work on grades" or go to study hall during practice.
 - Study hall, or "Solutions", should be attended before school at 7:00 am.
 - Please try to schedule appointments outside of football time.
 - Players must schedule work hours outside of practice times.
 - Family vacations, camping, hunting trips, and other commitments should be scheduled around football practice from the time we start in July until the end of the season;
 - The only legitimate reasons to miss practice are:
 - A school excused absence because of sickness
 - A doctor appointment, religious function, wedding, or funeral in which the coach was notified well ahead of time.
 - A **legitimate** family emergency and the coach was eventually contacted in a timely manner
 - Large windows of time during the summer and weekends (three day weekends in July), are set aside for the player away from football.
8. **Roll is taken at practice each day. If a player misses practice the head coach or position coach MUST be notified that day for their reason being absent....email, call, or text the coach.**
 - The football program does its best to communicate with parents. Players & parents need to communicate out of respect to the coaches.

9. NO CALL, NO SHOW is **unacceptable** and shows a lack of commitment and poor attitude.
- Carson Football allows for **1 NO CALL, NO SHOW**. Mistakes, forgetfulness, “life happens” ONCE.
 - The **2nd No Call-No Show** results in the player’s gear being collected from their locker and the player removed or suspended indefinitely from the team.
10. At the outset of fall practice in August the NIAA requires 10 days of practice before a scrimmage or game. Missing practice at this critical time jeopardizes your son’s chance to show the coaches their ability as we set our depth chart and get prepared for a scrimmage or 1st game.
11. Any absence of any kind will result in diminished playing time of two series minimum. Longer punishments of a Quarter, Half, or Game are dictated by the situation and/or history of absences of the player. **Additionally, there is no guarantee of any playing time.**

12. Varsity Football Requirements

- Be Academically eligible (2.0, No F’s). **Juniors & Seniors academically ineligible will be cut in July.**
 - Be cleared through Registermyathlete.com (NIAA) & complete all CHS Athletics requirements.
 - Participate in our two mandatory fundraisers (Card Sales & sell 4 Kick-Off Dinner Tickets).
 - Pass the **Senator Run** conditioning test (gear will not be checked out until passed).
 - Players must attend 11 of 13 days of our July summer program to be eligible to attempt Senator Run.
 - Players will not be allowed to attempt the Senator Run at any time until 11 days has been reached. **Proper physical conditioning is ESSENTIAL for success in the sport of football. It is also critical in injury prevention, which is a major priority of our program and off-season training/weightlifting.**
13. **JV Requirements:** The same as varsity (summer attendance, register my athlete, & fundraising).
- Two areas are appropriately modified: Academically ineligible athletes will be placed on Academic Probation to start the season (per CHS policy). JV will complete an appropriately modified conditioning test (only Varsity has earned the right to attempt Senator Run).
14. **Incoming Freshman** are highly encouraged to participate in our summer program and are required to attend a certain # of days to participate in our Football Camp in July.
- They must also be cleared through Registermyathlete.com to start the season. Academically, they start high school with a clean slate, however, their grades will be checked from the start of the school year. Freshman will also participate in CHS Football Fundraisers.
15. **Injury Policy:** In the interest of keeping our players healthy, safe, and on the field!
- This process starts with our Athletic Trainer, who is nationally certified and an expert in the field of assessing and treating sports injuries.
 - If your athlete needs medical attention, contact our trainer and/or use your best judgement.
 - If at all possible, see a physician who specializes in sports injuries, our trainer can assist with that.
 - If the player is taken to an emergency room, urgent care, or any physician, **a medical clearance from a physician clearing them for football related activities** must be given to our trainer or coaches before they can return to practice/games.
 - **Players** that are **injured are required to attend practice**, watch all drills, assist coaches, and support the team so that they get the mental reps needed to be ready to return to play.
 - If a player is injured or sick during the week, playing time may be affected in the interest of the athlete. It is very likely the athlete, if a starter, will not start.
 - Finally, the issue of concussions is a major point of emphasis in the sport, as it is in our program. High school football has never been safer, but as in any sport or recreational activity, there is risk. Great care and diligence will be taken to follow Carson City School District protocols on assessment, treatment, and return to play policies regarding concussions.

16. **Chain of Command:** An “Open Door” is not open, unless parents feel they can walk through it”....

- Coach Roman’s philosophy is grounded in the idea that the coaches and parents are mutually responsible for the success of the football player. It must be a team approach.

However:

- The **chain of command** established by CHS Athletics will be followed in dealing with concerns parents may have regarding their son which consists of, in order:

1) Head Coach 2) CHS Athletic Director 3) CHS Athletic Administrator 4) CHS Principal.

Additionally, CHS Athletics requires a 24 hour period before contacting a coach after a game.

17. **Parent/Coaching Staff “Ground Rules”:**

- Playing time & other player’s roles on the team will not be discussed.
- Playing time is highly competitive on the varsity team---we are combining juniors, seniors, and usually some sophomores onto the same team.
 - Additionally, at all levels, there are technically 77 starting spots on a football team. Offense, Defense, and Special Teams. It is the ultimate team sport.
- Football is unique in the sense that players must earn the trust of coaches in practices; showing their ability, aggressiveness, & skill level **in all drills during practice.**
 - Games are not a showcase for depth chart improvement in football.
 - We will not put a player at risk of injury or failure (or other players at risk) in an audition during a game for playing time.
 - **Bottom line:** Players must show us in practice they should be on the field in the role the coaches determine.
- Strategy & Play Calling will not be discussed.
- Calls/texts/social media messages to coaches at inappropriate times are not acceptable.
- Parents attending practices should stay a safe distance away from the practice....In the stands, or near the tennis shed for Freshman practice.
 - **Give the coaches the space they need to coach your son** (at all times).
 - Coach Roman reserves the right to close practices.
- Parents should display sportsmanship at games per NIAA and CHS policy.
 - There is nothing better than seeing your son experience high school athletics.
 - **Please remember that as a fan and parent you are representing our program, our school, and that NIAA and CHS policies of fan behavior apply to you.**
- Parents will refrain from criticism of coaches, officials, players, and other teams, including criticism on social media.
 - Coach Roman considers such posts degrading to coaches and you can expect to be called into question and subject to CHS-NIAA parent/spectator policy.
- Coach Roman knows it can be frustrating as a parent when your expectations of coaching decisions, play calling, or officiating are not meeting your expectations.
 - Keep in mind, as a parent, YOU HAVE **ZERO** CONTROL over that.
 - Lashing out in the stands, or on social media, will only make the situation worse.
 - Focus on supporting your son and the team in the stands in a POSITIVE WAY...

Have Fun at the Games! Be Loud and Positive. CHS has a great reputation in Northern Nevada, let’s keep it that way!!!!

THIS SHEET MUST BE SIGNED AND RETURNED TO THE COACHING STAFF BEFORE OUR SCRIMMAGE!

Parents, we encourage you to please read and discuss these policies with your athlete. Contact Coach Roman if you have questions. Please print, and then sign to verify you and your athlete have read and understand these policies. Tear off this sheet and have your athlete return it signed to the coaching staff. Keep the policies and team rules for your own reference. Thank you!

REQUIRED: I have read and acknowledge these rules and policies for Carson High Football.

Print Parent Name _____

Print Athlete Name _____

Player Signature _____

Date _____

Parent Signature _____

Date _____