

# Football Season Contract

## Middle School Football Team Expectations

### Eligibility:

- All of our athletes at Mahone are expected to be academically responsible. We expect our athletes to keep their grades at a C or above. We will check grades at 3:30pm on Mondays. **If a student has an F, the student will sit out the entire game that week.**
- All students must be present during the school day in order to be eligible to play in after school games. If there is an arranged medical appointment, please bring a note from the doctor in order to be eligible to play.
- Students must attend practices in order to be eligible to play in games. Missed practices will affect a player's knowledge of our system and preparations, and will result in lost playing time.
- All athletes must be responsible and respectful. This means NO referrals. An ISS means a player is ineligible for the next game. An OSS means a player is ineligible for multiple games or could be subject to removal from the team.
- All players must have the proper issued uniform in order to play on game days.
- Playing time is earned (attendance, behaviors, abilities). All coaching decisions on playing time will be fair based on those criteria.

### Practice Days:

- All practices will be after school (unless otherwise stated). Our practices will be on Monday-Friday from 4:00-6:30pm. **All rides after practice must be pre-arranged and arrive no later than the end of practice.**
- Proper practice gear and athletic apparel is expected on practice days.
- All players must attend practices in order to be eligible to play on game days.

### Game Days:

- Players are to come directly down to the locker room after school on game days.
- All players are expected to act in a responsible and respectful manner while riding on the bus and sitting in the bleachers during other games.
- Players will be responsible for arranging rides home after home games, and will be responsible for arranging rides to pick them up from Mahone after the bus ride from away games. **Once again, these rides need to be arranged in advance and waiting on time.**
- If a player needs to leave an away game separately, athletes must have an adult sign them out, prior to leaving the away school. We do need to build a culture. Win, loss or tie, it is important to ride to and from games as a team.

### Communication:

- Any communication to Coach Alioto, Coach Straka, or Ms. Carton can be made by email or through ParentSquare.
- If you have any concerns with any coaches or coaching decisions, please allow for 24 hours after a game. Emotions run high during a game, and time is needed for both families and coaches to have a reasonable discussion.

### Registration:

- Registration on Infinite Campus and all physical paperwork (return to the office) must be completed/turned in no later than Friday, August 7th. There is also a \$50 Activity Fee that must be paid for your athlete to participate this year.

## Locker Rooms & Equipment:

- All players will be issued a locker to keep their football gear. A lock IS NOT provided. Please purchase a combination lock for your player to keep their gear safe.
- Players are to be responsible for their gear. Please keep gear in the locker until ready to change, and DO NOT take another player's gear.
- All equipment given by the school must be cleaned and returned at the end of the season.
- If equipment is not returned, there will be a replacement cost:
  - o Helmet w/ face mask and chin strap \$175.00
  - o Shoulder pads \$120.00
  - o Practice pants \$ 30.00
  - o Practice jersey \$ 20.00
  - o Game jersey and pants \$200.00
- There is equipment that is required for practices and games that will be on families to purchase. Equipment YOU provide:
  - o Padded girdle
  - o Mouth guard
  - o Athletic clothing (shorts, t-shirts, socks, shoes)
  - o Water bottle
  - o Combination lock
  - o Shoes with molded cleats (no detachable or metal cleats)

## Injuries:

- Football is a contact sport, injuries may still happen. If a player has a pain that persists, we and the parents should take that seriously and a doctor visit may be necessary.
- Coaches will provide an injury form, that form needs to be returned or an athlete cannot practice.
- If injured for an extended period of time, being at practice is still mandatory.
  - o Extenuating circumstances for missed practices while injured will be excused (doctor's approval or physical therapy appointments).

## Concussions:

### Wisconsin Interscholastic Athletic Association (WIAA) Return-to-Play Guidelines following a head injury

Wisconsin Interscholastic Athletic Association rules require a minimum of a five-day return-to-play progression. This progression begins when the individual is symptom free and cleared by a licensed health care professional. Each step requires a 24-hour window to ensure that the athlete is ready for the next level. If the athlete experiences a return of symptoms, activity should be stopped and his/her health care provider should be notified.

Step 1: About 15 minutes of stationary biking or jogging

Step 2: More strenuous running and sprinting in the gym or on field w/out equipment

Step 3: Begin non-contact drills in uniform; may resume weightlifting

Step 4: Full practice with contact

Step 5: Full game clearance

Below are choices of specialists that can conduct concussion testing:

### Lakeside Pediatrics

(262) 652-9430

### Aurora Healthcare

**Aurora Sports Medicine Institutes**

(262)-948-3600

# Middle School Football Game Expectations

## Sideline & Roles

- Players who are not currently in the game will be standing and cheering on the team currently on the field.
- Benches are for players currently in the game for medical attention, needed breaks, or coaches.
- Playing catch, running around, or leaving the field without permission from a coach is not permitted and can result in loss of playing time. All attention goes to the team.
- Coaches may pull position groups to work on stretching or prepping to get back on the field.
- All garbage needs to be cleaned up from the sideline.
- After home JV games, ALL players still in attendance must help put equipment away

## Behavior & Sportsmanship

- Players are expected to represent their team, school, and community in a positive and respectful manner.
- Positive cheering only.
- No booing, taunting, or negative gestures.
- No comments toward officials.
- No complaining about calls made by officials.
- No swearing or unsportsmanlike conduct on the sideline or field.
- Players should encourage teammates and avoid negative reactions to mistakes.

## Technology & Personal Items

- Players must be off their phones and may not listen to music while on the sideline.
- Headphones, earbuds, and personal devices must be put away during games.
- No recording or taking pictures from the sideline.

## Movement & Bench Area Rules

- No parents, friends, or family members are allowed by the field at any time
  - exception may be made in the case of injury
- Players must remain attentive to the game and coaches at all times.
- Players are not allowed in the stands at home or away games.

## Consequences

Any violation of these expectations may result in:

- Removal from the sideline
- Removal from the facility
- Additional disciplinary action as determined by coaches or administration

## Parent & Spectator Expectations

Parents and spectators play an important role in creating a positive and respectful game environment. To support our student-athletes, coaches, and officials, the following expectations must be followed:

- Parents and spectators may not engage with game officials at any time before, during, or after contests.
- Any concerns or issues should be directed to school representatives or administration, not officials or student-athletes.
- Parents are expected to follow the 24-hour rule when discussing concerns with coaches. This means waiting at least 24 hours after a game before contacting a coach to allow time for reflection and constructive communication.
- Parents and spectators are not permitted on the playing surface at any time unless directed by school personnel.

- Unsportsmanlike behavior by parents or spectators may result in removal from the facility and further action as determined by school administration.
- By attending athletic events, parents and spectators agree to abide by these expectations and support a positive, respectful environment for all participants.

By signing below, I acknowledge that I have read and understand the **Football Team Expectations** and **Football Game Expectations** listed above. I understand that **adherence to these expectations is required in order to be allowed on the team throughout the season and team sideline during games.**

I further understand that **failure to follow team expectations may result in removal from the team. And failure to follow the game expectations may result in removal from the sideline, removal from the facility, or additional disciplinary action** as determined by the coaching staff or school administration.

By signing this contract, I agree to follow all sideline expectations and represent my team, school, and community in a positive and respectful manner.

**Student Name:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_