



Capistrano Valley High School Football

CODE OF CONDUCT

Student-athletes in the football program at Capistrano Valley High School must exemplify the highest ideals of scholarship, sportsmanship and citizenship. Student-athletes in this program are expected to be courteous, respectful and responsible at all times.

In addition to the rules that govern all Capistrano Valley High School students, participants in the football program will be governed by the following rules:

1. ACADEMIC ELIGIBILITY Players must be eligible according to the minimum CIF rules and have a 2.0 grade point average in either semester. Ineligibility will result in a meeting with the Head Coach to determine whether or not the player will remain on the roster for practice only.

Players who are considered “in danger” of not being eligible will be put into the Academic Intervention Program. Players may be removed from practice or lifting sessions and will need show improvement every two weeks in order to stay on the roster.

2. CLASS ATTENDANCE Players with 3 or more unexcused absences may be ineligible for the next game or held from practice at coach’s discretion.

3. TEAM EVENT ATTENDANCE Players must attend mandatory team events and be on time. Mandatory team events include: Spring practice, Summer camp, Fall season practice, Team meetings, games, community service and more. Failure to attend a mandatory team event without prior notification will result in the following disciplinary actions:

A. Spring Practice, Summer Camp, and Team Meetings: All unexcused, missed practices and meetings will result in physical reminders. These reminders will be created at the coach’s discretion. In addition to those reminders, the following protocols will be followed:

- 3 absences = call / email home
- 6 absences = call / email home + 1 work day
- 9 absences = call / email home + 2 work days, roster review
- 12 absences = removed from the team

B. Fall Season Practice / Games. All unexcused, missed practices and games are taken very seriously during the season. Coaches need to be able to prepare the team for competition. In addition to physical reminders, the following protocols will be followed:

- 1 absence = 1 quarter suspension
- 2 absences = 2 quarter suspension
- 3 absences = 1 game suspension, roster review
- 4 absences = removed from the team





4. BEHAVIOR unless otherwise indicated, infractions of rules in this section will result in an immediate action consisting of, but not limited to:

- 1) Immediate apology
- 2) Physical reminders
- 3) Practice or gametime restrictions

- Players will be respectful to all students, school employees, teachers, officials and parents. Players will be respectful to coaches, and will refer to coaches as “Sir” or “Coach.” Players will maintain composure during practice and games. They will not argue with or demean officials, opposing coaches or players.

- Players will not curse or swear on or off the field. Players must maintain a respectful and positive image on campus and in the community.
- Players will be honest. Players who cheat or lie will be punished and/or dismissed.
- Players will treat school property with care. Vandalism will be punished and could result in a monetary fine or prosecution by the school
- Players will not steal. Anyone found to steal from the locker room will suffer severe consequences.
- Players will refrain from horseplay or rough housing.
- Players will not litter in the locker room or on campus.
- Players will not leave valuable items accessible for theft
- Players will be responsible in completing all paperwork, such as physicals and clearances as well as equipment returns.

5. CARE AND USE OF EQUIPMENT AND UNIFORMS Players will dress properly for workouts, practices and games. No player will modify or alter issued equipment, or wear any equipment not issued by the school WITHOUT coach’s permission.

- **UNIFORM CODE:**
 - a. No cut off/modified jerseys
 - b. Practice jerseys must be in original condition
 - c. Uniforms must be cleaned prior to collection
 - d. Approved protective gear only

6. INJURIES Players will report to the trainer for treatment immediately upon being injured. Injured players will report every day to trainer until finished with treatment. All game related injuries must be reported to the trainer immediately after the game. Only players that report injuries to the trainer after the game will be excused from next-day workouts. Once an injury occurs, the player should seek medical treatment from a professional and provide the coaching



staff with a timetable for their return. The doctor's note should also provide what the player can and cannot do during their recovery. Players are still expected to attend practice and participate where possible. THERE WILL BE NO LOITERING OR HORSEPLAY IN THE TRAINING ROOM.

7. GROOMING AND DRESS Players will be properly groomed and dressed during the season. The school dress code will be strictly enforced. In the spirit of team togetherness-nothing that displays outlandish individuality will be tolerated.

8. TRAVEL Players are expected to travel to and from games with the team unless excused by his coach to the player's parents. Players represent CVHS while traveling – show class. Proper travel attire must be worn.

9. EARLY TERMINATION No player will be excused from participation in football without the express permission of the head coach. Once leaving the program, no player will participate in any other sport during the football season without the permission of the head coach.

10. VARSITY TEAM/EARNING A VARSITY LETTER The varsity team will consist of all senior football players. All varsity junior/sophomore/freshmen players will be selected by the coaching staff based on spring/summer/season practice performance, depth chart needs, and special teams contributions. Each player who was on the varsity roster for the majority of the season will earn a varsity letter.

11. TOBACCO Players will not use tobacco of any kind.

12. ALCOHOL Players will not use alcohol.

13. DRUGS Players will not use drugs or possess drug paraphernalia. The use of drugs includes steroids or any other illegal performance enhancing substance. DON'T!!! PLAYERS WHO HAVE A PROBLEM WITH SUBSTANCES ARE ASKED TO SEEK HELP FOR CHEMICAL ABUSE. SUCH PLAYERS WILL BE TREATED WITH PRIVACY, AND COACHES WILL DO EVERYTHING IN THEIR POWER TO HELP. PLAYERS WHO ARE REPORTED TO THE COACHES AS ALCOHOL OR DRUG USERS WILL BE GIVEN THE OPPORTUNITY TO SEEK HELP. PLAYERS WHO PARTAKE IN ALCOHOL AND DRUGS DURING THE SEASON WILL BE SUBJECT TO THE RULES OF THE SCHOOL GOVERNING THESE ISSUES. IN ADDITION, ON THE FIRST OFFENSE, ANY PLAYER WHO IS FOUND TO HAVE TAKEN ALCOHOL OR DRUGS MAY BE, AT LEAST, SUSPENDED FOR ONE GAME, AND, PERHAPS, DISMISSED.

14. COURTESY/ INSUBORDINATION/ DEFIANCE Players will follow all directions and direct commands of those in authority. Players that display insubordination or defiance will face practice/game-time restrictions and/or removal from the team.

15. FUNDRAISING Each athlete will be asked to participate in fundraising activities.





16. SOCIAL MEDIA/CELL PHONES Each athlete needs to be aware of the dangers of social media. Anything an athlete posts on the Internet is accessible to everyone, and inappropriate content may result in numerous consequences, including removal from the team. Athletes are not to take pictures or video of Capo Football events with the consent of individuals in the picture/video.

“ABC’ PERSONAL WORK RULES As a player what is expected of me?

1. Attendance
 - a. Plan to be at practice every day.
 - b. Plan ahead with appointments so that practice is not missed.
 - c. Plan ahead so that all football equipment and uniforms are with you at school.
2. Be on Time
 - a. Plan ahead so that you are never late.
 - b. Be Prepared for Opportunity
 - c. Plan ahead, get organized and maintain your academic eligibility and conduct in the classroom.
3. Communicate with your Coaches, parents, and friends **IN OTHER WORDS:** Attitude is 90 % of performance in football. We feel that these few simple rules reflect your attitude about our program. They are designed to make you aware of what we expect.
 - a. Failure to exercise these rules will result in physical reminders.





COUGAR ATHLETIC PLEDGE

1. I WILL strive to be as positive and enthusiastic as I can.
2. I WILL be loyal to my teammates, the coaches and to my school.
3. I WILL abide by the training rules, because of my desire to realize my full potential and not because of my fear of punishment.
4. I WILL be neat in appearance; I will represent myself in a positive way.
5. I WILL attend all practice sessions and meetings. Conflicts will be communicated in advance.
6. I WILL be punctual to all meetings and practices and at school for all classes.
7. I WILL put forth 100% effort at all times.
8. I WILL limit my social life in the belief that if I make certain sacrifices and commitments for athletics, I will become a better athlete.
9. I WILL use clean language to show respect to my parents, school, and opponents.
10. I WILL respect my teammates, their abilities and their rights. The team will come ahead of the individual. We Over Me.
11. I WILL study hard, complete my assignments and make every effort to earn a better than average academic grade.
12. I WILL respect my equipment as if it were my own. I will pay for all issued items not returned.

SIGNED ACKNOWLEDGEMENT (This page to be signed and returned) AS A PARTICIPANT IN CAPISTRANO VALLEY HIGH SCHOOL FOOTBALL, I ACKNOWLEDGE THAT I HAVE READ THIS CODE OF CONDUCT AND AGREE TO COMPLY WITH ALL THE RULES AND REQUIREMENTS FOR PARTICIPATION ON THE FOOTBALL TEAM. I FULLY UNDERSTAND MY RESPONSIBILITY TO MYSELF AND THE TEAM.

Player Signature

Date

Parent/Guardian Signature

Date

Print Player Name

SEAN CURTIS
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CAPISTRANO VALLEY FOOTBALL



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