



Cedar Rapids Kennedy

Football Player Expectations



#1 Never do anything to embarrass you, your family or your school!

Communication: Communication between you and your coaches is vital to our success. I will compile a roster with contact information on it. All (levels) head coaches are in the building this year. Please make sure all absences are communicated.

Varsity will send messages through HUDL. Make sure you have notifications on.

Follow on Twitter @ **CRKFootball**

Varsity Head Coach- **Coach White** bwhite@cr.k12.ia.us

Sophomore Head Coach- **Coach Anderson** ganderson@cr.k12.ia.us

Freshman Head Coach- **Coach Cory** pcory@cr.k12.ia.us

School:

All Cougar Football athletes are expected to be in school, in class (on time) and passing all of your classes. You are expected to be respectful to your teachers and classmates at all times.

Practice:

1. You are expected to be at every practice. If you are not in school you will be may be excused from practice. If you are in school you are expected to be at practice. Attendance will be taken daily. Consequences for being unexcused will be handled by your head coach. We will start each practice with a short team meeting then go out to the fields. **Do not schedule work or doctor's appointments during this time!** Football needs to be a priority.
2. Practices are not optional! Unexcused missed practices will result in penalties.
 - partial game suspension
 - full game suspension
 - dismissal from team
3. Any questions concerning playing time should be handled between the position coach and the player. Talk to them first. Game plans, offense and defensive strategy will be determined by the coaching staff. * Playing time is based on skill, attitude and reliability.
4. Injuries- Always see the trainer first. Regardless of status you will still dress in your practice jersey and shorts or sweats for practice. You will also be expected to take part in mental practices.
5. Weight lifting will be an important component of our program and vital to our success. You will be expected to lift during school hours on all scheduled days. **NO EXCEPTIONS WILL BE MADE.** Please make every attempt to get signed up for performance PE.
6. Clothing- Helmet, jersey and shorts will be worn for practice when we are not in pads. Helmet, shoulder pads, jersey and shorts or sweat pants will be worn when we are in "shells". Full padded days would include the full uniform. In cold weather "cold gear" should also be worn. We wear 5 colors at Kennedy- **green, gold, black, white and gray**. Please dress accordingly for practice. Watch the news the night before or check the internet so you know what the temperatures will be.
7. Cleats should be worn for all outdoor practices (one of the 5 approved colors). Always have a pair of gym shoes ready. In the event of inclement weather we may practice in the gym.

8. LOCKER ROOM- We will use the main Boy's locker room. Do not bring anything to school (and leave out) that you can't afford to lose. Unfortunately things do get stolen.

Game Day:

1. You must be in school.
2. Everyone is expected to wear your game jersey and dress pants (NO shorts or jeans) on game day.
3. Everyone is expected to ride the bus to and from the game.
4. We will have a team meeting prior to loading the busses. This is a mandatory meeting and you must have your jersey and dress pants on in the meeting room.

JV Games and "B" games:

1. If you do not start the varsity game or 9th grade game the night before you are expected to dress for and play in the JV and 9th grade "B" games.
2. Do not schedule work during JV or "B" games.
3. If you are not playing in the JV game you are expected to stay and help out if it is a home game. All 9th graders will dress for "B" games.

Football Uniforms:

1. Competition uniforms will be issued and used to all Cougar athletes.
2. You are financially responsible for them.
3. If you allow female friends to wear your jersey please remember they represent you and you represent your family and your school. Make good decisions. Jerseys are not to be handed out to other males.
4. All clothes worn under the uniform that can be seen will be black and tight to the body. A good example of this (but not limited to) Under Armor Cold or Heat gear.
5. No Jewelry at any time is allowed during games. Medical and religious jewelry will need to be taped to the body.
6. Eye black is limited by rule to one stripe under each eye.
7. Sweat bands must be worn on the wrist.
8. It will be cold at the end of the season. Please watch the weather and dress accordingly.
9. Under Armor or other sleeves and or tights must be a solid color and either white or black.

What the school provides:

Helmet (You may buy your own)
Game Jerseys
Game Pants
Practice Jerseys
Practice Pants
Shoulder Pads
Belt
Knee Pads

What the players need to provide:

Cleats (one of the 5 colors)
Under shirt
Girdle with hip, butt and thigh pads
Socks
Mouth piece
Gloves (optional)

Team Conduct:

A contract with your coach

To be successful we must have all players on the same page with each other and the same page as all coaches. Because football is the ultimate team game we cannot afford any division within the team or the program. We want players who want the team to be successful as well as themselves. Unselfish players who play for the team name on their chest give us the best chance to be successful. A great Attitude and great effort gives you a chance to win. A bad attitude and poor effort gives you no chance to win at all.

1. I will give my best effort in the classroom.
2. I will treat all of my team mates with respect at all times. I understand that negative comments about my team mates off the field will not be tolerated.
3. Any comments that I make on social media about Kennedy Football will be positive and encouraging. This includes anything about the program, coaches or players.
4. I will always give my best effort in practice and in games.
5. I will be coachable and respectful.

Player's Signature Date

Coach's Signature Date

Permit to practice: This **MUST** be done prior to August 3rd!

1. <http://kenn.cr.k12.ia.us/athletics/permission-to-practice-info/> - this link gives you the info you need to register.
2. <https://kennedy-ar.rschoolday.com/> -This link is the actual page that you will upload your physical and sign your virtual concussion form.



Family

16 Goals of Success

- ✓ Commitment
- ✓ Unselfishness
 - ✓ Unity
 - ✓ Improve
 - ✓ Be Tough
- ✓ Self-Discipline
 - ✓ Great Effort
 - ✓ Enthusiasm
- ✓ Eliminate Mistakes
 - ✓ Never Give Up
- ✓ Don't Accept Losing
- ✓ No Self-Limitations
 - ✓ Expect To Win
 - ✓ Consistency
 - ✓ Leadership
 - ✓ Responsibility

The **TEAM** always becomes before the individual.