

PARENT & PLAYER EXPECTATIONS

**Welcome to the North Forsyth Middle School Football Family!**

**Program Philosophy**

The Wildcat Football Program prides itself on building the character of young men through the game of football which requires discipline, dedication and teamwork.  Players will be invited to participate in our program if, and only if, we believe they understand and appreciate the opportunity and privilege of being a contributing member of our community, our school and our TEAM.  Football is a demanding sport and is not for everyone. It is a tremendous commitment and requires a very strong work ethic to be successful. However, playing football will give back to you far more than what is demanded. Football will provide feelings of pride, confidence, and cultivate lifelong friendships. I believe football also develops desired traits such as determination, self advocacy, and hard work. Winning is important and will always be our objective. However, we stress taking care of *the details* first. We want each player to commit to being the best they can be in helping the TEAM perform its best. Making that commitment will translate to being a responsible and proud member of the North community. We all represent more than just ourselves. We look forward to continuing to make Wildcat Football something our school, community and families can be proud of.

**Physical and Health Insurance Paperwork**

All players must have an updated physical exam and Forsyth County Sports Packet (General Permission, Concussion Awareness, Cardiac Arrest Awareness) in order to participate in games and/or practices. **All players are also required to have health insurance.** If a family does not have health insurance, then a policy can be purchased through NFMS to cover the student-athlete. Please see A.D. Mauricio Buzeta if you are interested in purchasing this policy.

**Playing Time Philosophy**

The idea of playing time being a direct correlation to success or skill in a sport is a common misconception. Within this program, playing time is representative of the trust a coach has in a player to execute our systems at a high level. This trust is earned through demonstrated knowledge and execution of these systems at practice. I am always willing to discuss playing time with parents, provided that the conversation is appropriately initiated and timely. I am a big believer in teaching our young men how to self advocate. The order of communication should go as follows:

1. Student Athlete to Position Coach (first preferred method)
2. Student Athlete to Head Coach (If position coach’s answer was not satisfactory)
3. Parent to Head Coach (Rarely needed but welcome if necessary)

As mentioned previously, these conversations should be initiated in a timely manner. Therefore, we humbly request that all parents / guardians observe the 24 hour rule.

**24 hour rule:**

The 24-hour rule is meant to prevent parents/guardians from engaging in heated conversations with coaches or referees immediately after a game, especially in the presence of players. This allows for a period of emotional cooling before addressing concerns.

**Social Media**

1. Think twice before posting. Everything you post is public information. Any text or photo placed online is completely out of your control once it is placed online—even if you limit access to your site.
2. Use caution when adding someone to your site. Be respectful. Be positive and treat others the way you would want to be treated. If mentioning an opposing team or opposing player, only do so in a positive manner.
3. Be honest. Be transparent and always tell the truth. Don’t post anything you wouldn’t openly say in the classroom.
4. Comments or posts that include mention of drug use, profanity, fighting, off-color or sexual humor, ethnic slurs, personal insults, or other inflammatory language should not be used.
5. Remember that the Internet is permanent. Even if you delete a post, it still exists online and can be found.
6. Limit the posting of personal information. To minimize your risk for being a victim of criminal activity, do not post your home address, local address, telephone number, birthdate, or team travel arrangements.
7. Do not post information about injuries — yours or your teammates — and never engage in gossip or share information about team-related matters.
8. Every day is a job interview. Be aware that coaches, teachers, and scholarship committees often review social media sites as part of applicant evaluation.
9. Always follow Forsyth County Schools’ rules. It is your responsibility to follow FCS rules when posting content on a social media account. If you are unsure, ask.

 **Attendance**

1. It is imperative for all players to commit to being at all practices
2. Any player who is late to practice, will receive extra conditioning (running) after practice.
3. All student athletes are expected to be dressed for practice and on the field by 4:30
4. It’s an expectation of this program, that all student athletes exercise personal responsibility and inform a coach when you must be absent from a practice. Notification from a parent is welcomed, but we expect all athletes to be responsible and inform a coach of a pending absence.
5. Any absence, regardless of excused or unexcused, will require conditioning to be made up upon returning to practice. (This does not include players injured, determined by a trainer or medical professional, but are in attendance for practice).
6. The NFMS Athletic Dept. policy states that an athlete must be at school for the entirety of 4 class periods to be eligible for practice or games on that day. 12pm on block days.

**Inclement Weather**

When a practice is scheduled, we will do something as a team regardless of the weather (obviously, extreme occurrences such as a tornado provide exceptions) **so practice will always be on**. When a situation arises where we have inclement weather (i.e. lightning) we will do one of the following:

1. Move practice to the gymnasium
2. Watch film and wait out the weather for an opportunity to go back outside
3. Go to weight room and wait out the weather

**Discipline**

1. All NFMS football players are expected to represent their team in an exemplary way.
2. Any disciplinary issues that arise in school, will result in punitive action being taken at the end of practice. This can look like extra running, a suspension from football activities, or possible removal from the team if the behavior becomes habitual. These infractions will be dealt with on a case by case basis. The severity of the punishment will be up to the discretion of Coach Smith and the NFMS admin team.

**ISS Policy**

1. **1st Offense -** The student athlete will miss the first half of the subsequent game following the offense. If the infraction takes place on the day of a game, the student athlete will be forced to miss the entire game per NFMS policy.
2. **2nd Offense -** The student athlete will miss the entire subsequent game and will earn a one week suspension from practice.
3. **3rd Offense -** The student athlete will be dismissed from the team

**Locker Room Policy**

1. No food or drink is allowed in the football locker room.
2. Bullying and vandalism of any kind will not be tolerated and have no place in the NFMS program.
3. Student athletes are expected to utilize the locker and combination lock issued to them to secure personal items.
4. All items left out of issued lockers are not the responsibility of NFMS.