

CHARGER TEAM RULES 2018

- 1. OBEY THE LAW.** This includes school policies, training rules, team rules, and actual laws. Make good decisions and choices.
- 2. BE A GOOD STUDENT.** You cannot play if you are not academically eligible. Do **all** your homework, turn in **all** your assignments, pay attention in class, and maintain a good relationship with your teachers.
- 3. BE RESPECTFUL.** Give your coaches, teammates, teachers, and all school personnel the proper respect. Give respect and you're more likely to get it back.
- 4. BE ON TIME.** Never be late to any team activity or function. Being on time is a habit, so is being late. Always try to be at least 5 minutes early for all scheduled activities.
- 5. DO NOT MISS PRACTICE.** It is extremely important that you be at practice every single time. We practice like we play. If for some **very good reason** you need to miss practice, notify the Charger coaching staff. Do this in advance if possible.

Coach Klein's contact #'s are: Illini West phone# 217-357-2136. CMS Phone# 217-357-3914.

Cell Phone# 615-878-1367. E-Mail is lklein@cesd317.org

- 6. TAKE CARE OF YOUR EQUIPMENT.** The equipment you were issued is expensive and it is school property. Take good care of it and make sure it is returned in good condition. Lost or stolen items are the individual player's responsibility.
- 7. REPORT ALL INJURIES.** If you are injured or ill let the coaching staff know so it can be taken care of. Try to see the trainer or coach before going to see a doctor (obviously emergency situations are an exception). Also, make us aware of any medical information or instructions you receive from a doctor.
- 8. BE A GOOD TEAMMATE AND A TEAM PLAYER.** Strive to be a good teammate with every member of the squad. Encourage each other and be positive, leave the criticism to the coaches. Always put the team's goals first. The coaches may see you in a different role than you see for yourself. Do your best in the role you are given. Keep lines of communication open with your coaches. Understand what your role is and what you need to do to expand that role. Be coachable... you will be expected to do what the coaches ask you to do. you will be challenged. We are stern teachers, expect praise and constructive criticism.
- 9. DISPLAY CLASS AND SPORTSMANSHIP.** Win with dignity and class, be gracious and humble. Always display good sportsmanship without making excuses. Never taunt our opponents or their fans. **Social media should never be abused by a member of our team.** Respect the officials and their decisions. Make our school, and the communities we represent, proud to call us their football team.
- 10. THE STANDARD IS THE STANDARD!!!** Many players have given their time and effort to establish this program. The standard has been set... be a champion on and off the field. Strive to give your best effort every time you step on the field for practices or games. That is what we expect of you as a member of the Charger family. Implement this into your daily life and the results will be positive!

11. INJURIES

- a. injuries contact our trainer immediately, follow protocol.

b. injured players stay with position groups. Learn while you are hurt.

c. DO NOT BE A DISTRACTION TO YOUR TEAM

12. ATTEND ALL HOME GAMES, freshman, sophomore and varsity.

13. COMMUNITY SERVICE- participate in any sponsored activity

14. SIGN UP FOR WEIGHT TRAINING if possible.

15. PARENTAL INVOLVEMENT- safety night, spaghetti dinner, pep rallies, cheering on team

16. FOLLOW STUDENT ATHLETE/PARENT PROTOCOL -if a disagreement occurs-

All meetings between parents/fans and athletic department personnel will be by appointment.

Appointments will be arranged through the Athletic Director's office. Under no circumstances

will a coach meet with a disgruntled parent or fan before, during, or after a game or match.

This is unacceptable behavior. Athletes involved will always be present at meetings between parents and coaches.

SHUTTLES, PRACTICE TIMES, AND GAME SCHEDULES CAN BE VIEWED AT

WWW.ILLINIWEST.ORG