



LAMBKIN FOOTBALL CODE OF ETHICS and CONDUCT

As a member of the Fort Collins High School football program, I am sincerely interested in contributing my best to the success of our program. I therefore agree to conduct myself according to the following code of ethical behavior. To show my total commitment to my teammates and coaches, I will obey these rules 12 months of the year. I also realize that in case I do not live up to this agreement, I am willing to be removed from the football program.

(Please read carefully as you will be expected to fulfill this contract.)

*BASIC TEAM RULE: Whatever I do that is detrimental to the good of the team or myself will be handled as my coaches, FCHS administration and teammates see fit.

*If I disregard any of the following, I agree to the penalties set up by the staff and/or my teammates. If I continue to disregard these standards, I understand I will be dropped from the team.

1. Any player who is guilty of smoking or using tobacco in any form; drinking or being in possession of alcoholic beverages; or misusing, possessing, selling or distributing drugs, depressants, or stimulants, **will** be suspended for 30% of the sports season for their first offense, 50% of the season for a second offense and on a third offense will not be allowed to participate in any sports for the remainder of their high school career in Poudre School District.
2. Game and Travel Dress: I will wear clothing that shows I am proud of our team and myself. My team and coaches will set specific guidelines that I will follow.
3. The number one quality I must possess is a **positive attitude** no matter what the situation might be.
4. I will be on time (being on time means being at least 5 minutes early) for all football related functions, including practices, meetings, and games. The time a practice or weight lifting session is scheduled means I am expected to be on the field or in the weight room and ready to practice/lift.
5. SCHOLASTIC RESPONSIBILITIES: I understand that my main obligations are to my academic work. I will discuss any classroom problems I may have with my teachers or coaches. **Any players with “D’s” or “F’s” in any of their classes will not be allowed to play in games.** A player that is ineligible multiple times may be dropped from the team. Unexcused absences from classes will not be tolerated.
6. I recognize the fact that while on or off the field my actions, performance, and speech are a reflection on the team, the student body, my family, and community. Therefore I will act accordingly and if I do not act accordingly I will accept the consequences of my misbehavior(s) the FCHS coaches and administration see fit. Repeated offenses could result in me being dismissed from the team. **If I get into any legal trouble with the law inside or outside the school, I may also be suspended from any number of football games the football coaching staff and FCHS administrations feels necessary or I could be entirely dismissed from the football team.**
7. I will be honest, loyal and unselfish at all times to my coach, my teammates, and my school. I am part of a TEAM and I understand that many other people are depending on me to do my part.
8. I will cooperate with all of my coaches and respect the authority they represent. If I have a problem regarding my coach and/or the program, I will see him personally to discuss the matter knowing full well that the coach is there to listen and help, not to retaliate in any way.

9. I will report any incidents or dissension that might hinder the success of the team. I will report any necessary news that in any way affects our team to either the head coach or one of the assistant coaches so any potential situations may be dealt with by the FCHS Football Coaching Staff. I realize this is OUR TEAM and I will sincerely try to contribute more than my ability indicates. I realize as a part of a TEAM I will be asked to play a necessary role and help our team to be the best it can possibly be.
10. It is extremely important I am at every practice and team function. Many people are depending on me; I can't let them down. An unexcused absence may get me dropped from the team or suspended. If I need to miss a practice, I will let my coach know ahead of time if possible, but will let a coach know in some fashion (Phone Call or E-mail). I understand that just skipping team functions and not letting any coach know a reason for my absence is not permissible in the FCHS football program. I also understand that if I miss a practice I will not be allowed to start in the game that week. Not starting doesn't mean I won't play at all, but if the person that is rewarded for being at practice is playing well, then I may not play in that game.
11. I will not nag a coach for playing time during a game. I understand that the coaches know that all the players on the team want to play and to contribute in the game. I will trust my coach's decision making process and should my playing time become a concern I will schedule a meeting at an appropriate time to discuss things with my coaches. If I nag a coach for playing time during the game, I understand that a coach will most likely not discuss it at that time and will ignore my requests to get into the game.
12. During a football game, I will not talk to anyone but my teammates, training staff and my coaches unless some emergency should arise. If I violate this, I could possibly be benched for the remainder of the game. I realize it is highly important to be one with the team during the course of a football game and not to be distracted by outside influences while the game is in progress (this includes halftime).
13. All equipment and uniforms that are checked out to me are my responsibility to care for and turn in at the end of the football season. Any lost or stolen items are my financial responsibility not the coaches, Fort Collins HS or PSD. I will be expected to pay for any items that I do not turn in at the end of the season that were checked out to me at any point in time during the season. I also understand that I will be fined \$20.00 if I do not clean out my locker at the end of the football season and force the coaches to do so for me. I also understand that I will be fined \$10.00 if I turn in any of my uniforms (practice or game) and they are still dirty or soiled in any way. I understand that when I do this, I force the FCHS coaching staff to do all of my uniform laundry for me and that takes a considerable amount of time. Finally, any items that are not returned by February 2018 I will owe the team for those items.....whether I turn in the items or not. I understand that uniforms and equipment must be re-ordered by the first of February 2018.
14. I understand that it is highly recommended, as a member of the football team that is a student that attends FCHS, to be in a weights class during the school year, preferably Coach Rice's 8th hour weights class. I also understand that lifting weights and conditioning is one of the most important aspects of the FCHS football program. First of all to prepare the boys physically for the demands on the body that football places on it and to assist in injury prevention. Secondly, to build team camaraderie.
15. All players and parents are being asked to sign up for our Twitter account. This will help us in our efforts to be able to communicate with all of the players and parents as effectively as possible.

THIS CODE OF ETHICS HAS BEEN SET FORTH WITH THE PURPOSE TO ALLOW ME THE PRIVILEGE AND HONOR OF BEING A PART OF A FIRST CLASS PROGRAM. IT ALSO GIVES ME THE FULL OPPORTUNITY OF BECOMING A BETTER TEAMMATE, A BETTER PLAYER AND MOST OF ALL A BETTER PERSON.

Player name (print) _____

Player Signature _____

Parent name (print) _____

Parent Signature _____

Date _____