

**OXFORD
WOLVERINE
FOOTBALL
PARENT/PLAYER
HAND BOOKS**

The following rules and guidelines have been put together for the benefit of all Oxford High School Football players and their parents or guardian. In order for the Oxford Football Program to be successful, these guidelines and rules must be strictly followed.

Oxford Football serves as a base for the development of positive self-image for all participants. It encourages individual and group excellence, dedication and commitment in working toward team goals, and contributes to the participant's growth in physical fitness and skills. It also fosters mental alertness, emotional maturity, and social interaction.

While the Football Program serves as an arena for the student-athlete to display his talents, the player must in turn be willing to assume certain responsibilities, namely:

1. Strive to achieve sound citizenship, emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintain academic and eligibility standards.
3. Show respect for both authority and property.
4. Learn to attain physical fitness through good health habits.
5. Learn the spirit of hard work, dedication, and commitment.
6. Be chemically free of any and all illegal substances, including alcohol, tobacco, drugs, and steroids!

Each player needs to understand that they will be in the public eye and their personal conduct must be above reproach. Players have an obligation to serve as positive role models and gain the respect of their teammates, student body, and the community. As an Oxford Football Player, you will be held to the highest of standards.

Always remember what you represent as a member of the Oxford Wolverine Football Program:

1. The Town of Oxford and its community.
2. The High School and the Football Team.
3. The Coaching Staff and the Faculty.
4. Your Parents, Family, and YOURSELF!!!

ELIGIBILITY RULES

CIAC RULES

In order for an individual to be eligible to play in games, they need to meet the following rules:

1. A student-athlete must pass at least 4 Carnegie units of work or the equivalent at the end of a marking period. (Rule I.B.)
2. You must turn 19 years of age (or younger) before July 1st of the upcoming season. (Rule II.B.)
3. A student-athlete's eligibility begins his freshman year of high school.
4. You may not play or practice with another team in the same sport while a member of the school team after the first scheduled game in any season. (Rule II.E.)
5. You may not play under an assumed name on an outside team. (Rule II.E.)

PHYSICAL EXAMINATIONS

All athletes must be examined by a physician and must be medically cleared to participate in the sport. Athletic physicals are good for 13 months. The physical form can be found on the OHS Athletics website or at the High School. This form **MUST BE STAMPED AND SIGNED** by the physician giving the exam.

PARENT PERMISSION FORM / EMERGENCY CARDS

Each player's parent will be required to fill out and sign both a Parent Permission Form and an Emergency Card Form. The Permission Form gives an overview of all rules that players and parents are expected to follow. The Emergency Card gives permission for the appropriate medical personnel to give treatment to your son/daughter if he is injured during a game or practice

POSSESSION/USE OF ILLEGAL SUBSTANCES

The Oxford Football Program will follow the policy that is issued by the Board of Education. Use of or Possession of illegal substances will not be tolerated.

STEALING

Theft of any personal property of another player or property of Oxford High School will not be tolerated! Any player who is found to be guilty of theft will be dealt with at that time. Repercussions may include conditioning, suspension, or expulsion from all team activities.

FIGHTING

Fighting among team members will not be tolerated. Any player found to be guilty of fighting will be dealt with by the coaching staff and administration.

Any player fighting in a game will be ejected from that game. If a player is ejected from a game, he/she will be automatically suspended for the next game. This is CIAC rule. Also, the player's name must be sent to the CIAC on an ejection form. If a player is ejected more than 1 time during the season, he/she will forfeit their eligibility for the remainder of the season!

SPORTSMANSHIP

All players will display sportsmanship at all times, regardless of wins or losses. At the end of each game, it is mandatory that all players line up and shake the hands of our opponent.

“The true athlete should have character, not be a character”

John Wooden

Former UCLA Basketball Coach

GAME ATTENDANCE and TRAVEL

All players must be in school for at least half the school day on the day of the game to be eligible to play in that game. If we are traveling to an opponent's field, all players must travel by team bus. No players will be allowed to travel to the game with their parents or friends, unless having permission from the administration and staff prior to scheduled departure.

PRACTICE

We are a six day a week program beginning in mid-August - holidays included. All players are expected to be at practice daily in the fall and in the spring. The only person who can excuse a player from practice is the Head Coach. If a player has a conflict with attending practice, he/she must contact the Head Coach and explain the situation, 24 hours or more in advance. **Doctor's and/or Dentist's appointments are expected to be made around the football schedule for practices and games whenever possible.**

ABSCENCES

If a player is absent from school, he is not allowed to practice. If a player is absent from practice twice during the week, that player will not be eligible to play in that week's game, unless medically excused by a doctor and a doctor's note. If a player is sent home from school, for medical reasons, he is not allowed to practice, but is excused and will not need a doctor's note for that absence.

3 STRIKES – YOU'RE OUT! POLICY

When a player accumulates 3 unexcused absences from team practices, a policy called "3 strikes – you're out!" will take effect. This policy will remove the player from the team until a meeting is held with the player, the player's parents, and the Head Coach to discuss the issue.

Any player late to practice, without prior notice to the coaching staff, will be placed on the "Opp's Squad". This squad will have the 'opportunity' to become better conditioned athletes through the process of a cardiovascular workout.

Any unexcused absence from practice will be considered insubordination, and subject to punishment in the form of loss of playing time. It will be up to the discretion of the Head coach as to when the player will be reinstated.

DETENTIONS/SUSPENSIONS

Any player issued a Detention in school will be placed on the Opp Squad. If a player is suspended from school (ISS or OSS), he will not be allowed to participate the day of the suspension. The suspension may include more severe punishment, depending on each individual case.

WEIGHT LIFTING AND CONDITONING

All successful Football Programs are built in the off-season. Weightlifting and Conditioning are necessary requirements for all Football players. If a player plays another sport, they are excused from all off-season activities, but are encouraged to find the time to workout. Each player will receive a calendar each month with the times and locations of each scheduled activity.

4 PHASES OF WEIGHTLIFTING

1. Post Season - Build muscle mass (Jan - March)
2. Off Season- Build fast-twitch muscle fiber & Speed Train (March - June)
3. Pre-Season - Build individual muscle strength and speed (June-Aug)
4. In-Season - Retain muscle strength (Aug - Dec)

EQUIPMENT

All players will be issued the appropriate football equipment required to participate, with the exception of cleats. All equipment is the property of Oxford High School and the Football Program. Each player is responsible for any issued equipment and will be charged for anything that is lost or stolen. Players will be issued a locker and are expected to store their equipment in that locker and to lock it when unattended. Sharing of lockers due to lack of enough for each individual may be a possibility. All players will need to provide their own COMBINATION LOCK!

LOCKER ROOM

All players will be given a locker. Each player is responsible to bring in a lock for their locker. Each player is advised to keep all valuables in their locker and to lock their locker each day. Due to the lack of lockers, occasionally lockers may be shared.

Locker's and the Locker room should be kept clean at all times. This includes taking home and washing all clothing items regularly, as well as

discarding of bottles, wrappers, food, etc...Any items left out will be collected and held in the coach's office. If equipment is left out, the player will be placed on the Opps Squad. Damage to lockers or any other school property will be the responsibility of the player and parents.

SHOWERS

Each player is expected to take a shower after each workout, practice, and game. It is a matter of good hygiene, and any scratches or cuts should be cleaned out before leaving the High School. If not taken care of, they can become infected and sickness can occur. Impetigo and other bacterial and/or viral conditions can easily spread due to the lack of following good hygiene practices. Showering with soap reduces the chance of this becoming an issue. DO NOT share towels or leave them in your locker for more than 2 days.

INJURIES

Any player who is injured during practice or a game must let the coaching staff and Athletic Trainer know before going home. Injuries will be cared for in the training room prior to and immediately practice times. Treatment in the training room is not an excuse for being late for practice. All injured players are expected to attend practices and games, unless excused by the Head Coach or Trainer. In case of severe injury, an accident report must be filled out and brought to the hospital or doctor's office. All members of the coaching staff are certified in CPR and First Aide.

TUTORIAL

All players will be involved in a supervised tutorial program. During the season, players will meet in the library 2 days a week prior to practice. Any players dealing with poor academic grades are to use study hall as a time to meet with teachers and/or begin their homework.

CAMPS

SCSU Camp-is held the first week after July 4th. All players are expected to attend. It is from 5:30 to 8:00pm at SCSU.

**OXFORD
WOLVERINES
FOOTBALL
PHILOSOPHIES**

OXFORD WOLVERINE FOOTBALL **PHILOSOPHIES**

PROGRAM GOALS

1. TO PROMOTE A POSITIVE ATHLETIC ENVIRONMENT AS PART OF THE TOTAL EDUCATIONAL PROGRAM IN THE DEVELOPMENT OF EACH INDIVIDUAL ATHLETE.
2. TO PROVIDE A POSITIVE IMAGE OF OXFORD HIGH SCHOOL.
3. TO TEACH SPORTSMANSHIP AND FAIR PLAY WITHIN A COMPETITIVE ENVIRONMENT.
4. TO GENERATE POSITIVE SCHOOL AND DISTRICT SPIRIT.
5. TO CREATE A DESIRE IN STUDENT-ATHLETES TO SUCCEED THROUGH HARD WORK AND DEDICATION.
6. TO PRACTICE SELF-DISCIPLINE AND EMOTIONAL MATURITY IN LEARNING TO MAKE DECISIONS UNDER PRESSURE.

OFFENSIVE TEAM GOALS

1. WIN!
2. SCORE POINTS!
3. PROTECT THE BALL!
4. USE MULTIPLE FORMATIONS AND MOTIONS!
5. DICTATE TEMPO!
6. 60% TO 40%, RUN-TO-PASS RATIO!

OFFENSIVE PLAN

1. PLAY FAST – AMF (ADIOS MY FRIEND)
2. PLAY SMART – SIW (SELF-INFLICTED WOUNDS) NO PENALTIES!!!
3. PLAY HARD – STW (SNAP TO WHISTLE)

SUCCESS FORMULA

1. BALL SECURITY – LESS TURNOVERS THAN OUR OPPONENTS
2. PASS OPPORTUNITIES – WE MUST THROW (60%) AND CATCH (100%)
3. PROTECT THE QB – NO SACKS ALLOWED!!
4. PENALTIES – NONE ACCEPTABLE!!

WE WILL WIN, IF WE ACHIEVE 75% OR BETTER!

DEFENSIVE TEAM GOALS

1. WIN!
2. SHUT-OUTS!
3. BE AGGRESSIVE!
4. CAUSE TURNOVERS!
5. USE MULTIPLE FRONTS AND COVERAGES!
6. DICTATE TEMPO!

DEFENSIVE PLAN

1. PLAY FAST – AMF (ADIOS MY FRIEND)
2. PLAY SMART – SIW (SELF-INFLICTED WOUNDS) NO PENALTIES!!!
3. PLAY HARD – STW (SNAP-TO-WHISTLE)

SUCCESS FORMULA

1. PICKS AND LICKS – MORE TURNOVER’S THAN OUR OPPONENTS
2. TACKLE OPPORTUNITIES – WE MUST TAKE EACH BALL CARRIER TO THE GROUND, ON 1ST CONTACT
3. SACK THE QB – 3 OR MORE EACH GAME
4. PENALTIES – NONE ACCEPTABLE

WE WILL WIN, IF WE ACHIEVE 75% OR BETTER!

**OXFORD
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FOOTBALL
HAZING POLICY**

OXFORD WOLVERINE FOOTBALL

HAZING POLICY

WHAT IS HAZING?

The definition of Hazing is to persecute or harass with meaningless, difficult, or humiliating tasks; to initiate, as into a team or club or fraternity, by exacting humiliating performances from or playing rough practical jokes upon.

CONSEQUENCES OF HAZING

Hazing is an on-going problem in our state and country. Each year, hazing incidents have led to emotional harm, permanent disabling injuries, and in some cases death. Hazing has also led to suspensions, expulsions, fines, community service and even jail time, for those who participate in such activities.

OXFORD HIGH SCHOOL POLICY

Hazing of any teammate or student by any Oxford High School Football player will not be tolerated. Any player suspected of involvement, will be referred to the Administration for an investigation in accordance with the law and procedures set forth by the Oxford Board of Education. Any player found guilty of hazing will be placed on immediate suspension from all activities involving Oxford High School Football.

If the student of the alleged incident is cleared of wrong-doing, the suspension shall be lifted and the student will be allowed to return to the team.

I _____, have read and understand the definition of this Hazing Policy and its consequences. I will hereby abide by the rules of this policy or be subjected to its consequences.

Player's Signature

Date

Parent or Guardian Signature

Date

OXFORD WOLVERINES FOOTBALL

TEAM GOALS

OXFORD WOLVERINE FOOTBALL

FOOTBALL GOALS

1. Win
2. Win the Division
3. Win the NVL Championship
4. Win the State Championship
5. Undefeated Season

PROCESS

1. Listen
2. Learn
3. Lead
4. No excuses –any time
5. Be at practice – on time, every time
6. Hustle and Hard Work – every time

ACADEMIC GOALS

1. No failing grades
2. Improve each Marking Period
3. Honor Roll
4. SAT/ACT – Qualifying Scores
5. Attend College

PROCESS

1. Listen
2. Learn
3. Lead– all the time
4. No excuses – any time
5. Be in school – on time, every day
6. Class work and Homework – every time

OXFORD HIGH SCHOOL FOOTBALL
HANDBOOK CONSENT FORM

I hereby acknowledge that I (student and parent) have read the attached rules and regulations concerning the Oxford High School Football Handbook, and agree to adhere to the terms while participating in the Football Program at Oxford High School.

I give my child consent to engage in approved football activities and receive transportation to and from athletic events. By its nature, I understand that participation in interscholastic football includes risk of injury, ranging in severity from minor to disabling to even death. Although serious injuries are not common in supervised high school football, it is impossible to eliminate the risk.

Participants can and have the responsibility to help reduce the chance of injury by obeying all safety rules, reporting all physical problems to their coach and Athletic Trainer, following the proper conditioning program, and inspecting their own equipment daily.

By signing this consent form, we acknowledge that we have read the above information. Parents or students who do not wish to accept the risks described in this warning should not sign this permission form.

Students and parents who can not abide by the rules and regulations should not sign this form. However, failure to sign this form will exclude your son/daughter from being a member of the Oxford High School Football Team.

Student's name

Student's signature

Parent's name

Parent's signature