OXFORD WOLVERINE FOOTBALL PARENT/PLAYER HAND BOOKS
The following rules and guidelines are for the benefit of all Oxford High School Football players, parents and/or guardians. In order for the Oxford Football Program to be successful, these guidelines and rules are to be 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, social interaction, and community involvement.

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 be loyal, honest, cooperative, dependable, and respectful of others and their abilities.
2. Maintain academic and eligibility standards.
3. Learn to attain physical fitness through good health habits.
4. Learn the spirit of hard work, dedication, and commitment.
5. Be chemically free of all illegal substances.

As a member of the Oxford Wolverine Football Program, you represent the following:

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, your 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.

FAMILY ID

Before a student can participate in athletics at OHS, the player’s parent will be required to sign up on Family ID. This can be found on the OHS Website under the heading Athletics, and drop down titled: OHS Online Athletic Registration

EQUIPMENT

All players are issued equipment and are responsible for returning it at the end of the season. Equipment is to be stored and locked in their issued locker. Any lost or unreturned equipment will be the responsibility of the player and/or parent to replace, and will be charged accordingly.
LOCKER ROOM

Each player is issued a locker. Due to the lack of lockers, players may need to share a locker. Players are responsible for supplying a combination lock for their locker. Players are advised to leave all valuables at home or to lock them in their locker during practice and games.

Lockers and the Locker room are to be cleaned regularly. Every Saturday players are to take home all washable items, including practice pants, practice jersey, girdles, socks, underwear, towels, and game jersey’s and pants. Any bottles, wrappers, food, etc… are to be thrown away daily. Equipment left out will be turned into the coach’s office. If equipment is left out, the player is placed on the Opps Squad. Damage to lockers or any other school property will be the responsibility of the player and parents.

PRACTICE & ABSENCES

Parents and players must be committed to player attendance during the season. Starting in mid-August, players (healthy or hurt) are expected to attend practice/games from Monday to Saturday. No vacations or unexcused absences are acceptable.

We are a 6-day/week program, including Saturday and Holidays. Doctors/Dentists appointments are expected to be scheduled around any practices and games when possible. Drivers Ed appointments should also be scheduled not to interfere with all practice/game schedules.

Birthday parties are not excusable. Being late for practice or leaving early from practice is not excusable, unless approved by the Head Coach.

If a player has a conflict with attending practice, that player must contact the Head Coach in advance to explain the reason.

If a player is absent-excused from school, he is not allowed to practice. If the nurse sends a player home from school, he is excused from practice. If the nurse does NOT dismiss a player from school, and the player goes home, it is an unexcused absence.

IF A PLAYER IS, ABSENT AND UNEXCUSED FROM PRACTICE TWICE DURING THE WEEK, THAT PLAYER WILL NOT PLAY IN THAT WEEK’S GAME.

If a player is absent from practice for an egregious reason (Big E visit, going to a show, etc…) that player will be suspended for that week’s game and placed on Opp’s.
**3 STRIKES – YOU’RE OUT! POLICY**

When a player accumulates three unexcused absences, a policy called “3 strikes – you’re out!” will take effect. This policy will suspend the player from the team until the Head coach speaks with the player and the player’s parents.

**WEIGHT LIFTING AND CONDITIONING**

We have 4 seasons of Weightlifting and Conditioning. Phase 1 (Jan-March), Phase 2 (April-June), Phase 3 (July-Aug), Phase 4 (Sept-Nov). Weight training and conditioning are important for the following reasons:
1. Prevention of injuries during the season.
2. Build muscle strength and endurance.
3. Build camaraderie and trust between teammates.

**SHOWERS**

Each player is expected to shower after each workout, practice, and game. It is a matter of good hygiene. Scratches/cuts need to be cleaned out with soap, to prevent any infection. Impetigo, Mersa and other bacterial and/or viral conditions can easily spread due to the lack of good hygiene. DO NOT share towels or leave them in your locker.

**INJURIES**

Any player injured during a practice/game, must inform the coaching staff and Athletic Trainer before going home. Treatment is prior to and immediately after practices/games in the training room and is not an excuse for being late to practice. The coaching staff is certified in CPR and 1st Aide. If a player goes to a Hospital or a Doctor’s office, that player MUST obtain a doctor’s note explaining the reason for being seen as well as a date for returning to participate. If the player has no note, he will not be able to participate, but is still expected to attend practices/games.

**TUTORIAL**

Players will attend a supervised tutorial program in the LMC 2 days/week. Any players dealing with poor academic grades are to use study hall as a time to meet with teachers and/or begin their homework.
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. Players are not permitted to travel to the game with their parents, unless approved by Administration prior to scheduled departure.

ILLEGAL SUBSTANCES/VAPING

The Oxford Football Program will follow the policy issued by the Board of Education. Use of or possession of illegal substances is not tolerated. Any player found to have violated any BOE policies will be referred to the Administration. E-Cigarettes, Cigarettes, and Chewing Tobacco fall under the same guise as any illegal substance and will be dealt with in the same manner.

Any player found in possession or using E-Cigarettes/Vapes will be suspended from the team immediately. All players and parents are asked to read, sign, and agree with the consequences of the player-developed vaping contract.

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. If a suspension occurs, it will be treated as an absence from practice. The suspension may include more severe punishment, depending on each individual case.

STEALING

Theft of any personal property of another player or property of Oxford High School will not be tolerated! Any player found to be involved with stealing will be dealt with strictly, including punishments such as repayment of stolen items, conditioning, suspension, or expulsion from the team.
**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. This includes the opponent and their coaching staff, the officials, and the workers of the game. At the end of each game, it is mandatory that all players line up and shake the hands of our opponent.

**CAMPS**

Moving The Chains Camp begins the Monday after July 4th, until that Thursday. All players are expected to attend. Please plan any summer vacations around this camp. 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 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 – all the time
4. No excuses – any time
5. Be at practice – on 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
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