

POLICIES AND PROCEDURES

TEAM POLICIES:

Players will be expected to abide by the following policies and team rules:

1. Do nothing that would embarrass the team or one's teammates.
2. Adhere to all Bloomington Public School policies as well as the specific standards of the football program.
3. Attend class.
4. Be on time (early) for practices and games.
5. Communicate directly with coaches regarding practice or game conflicts.
6. Consequences not related to MHS or MSHSL policies will be dealt with on a one on one basis.

SCHOOL ATTENDANCE:

Players must attend three classes in order to practice or play. This policy does not pertain to field trip situations.

INJURY PROCEDURE:

If an injury occurs during practice or during a game, a coach will make an effort to contact the parent(s) or guardian. If it is an emergency and we cannot contact you, we will get your son to a doctor if you consent. A trainer is present at varsity games and practices as well as most lower level games. The trainer will treat non-emergency situations.

All injured players will dress for practice and games unless the trainer and head coach decide it is not practical.

IN CASE OF ILLNESS:

Please contact your head coach if you cannot attend school because of illness.

UNIFORM CARE:

1. If possible, clean immediately after wearing or soak in cold water overnight.
2. Shake off dried mud or rinse off wet mud before cleaning.
3. Avoid excessive heat while washing and drying.
4. Please mend snags and rips after cleaning.
5. Use regular detergent.
6. Avoid bleach!!!

FOOTBALL EQUIPMENT:

The football equipment your son wears is fitted individually to suit each player by our coaching staff. The use and security of this equipment is the player's responsibility. We teach the most up-to-date techniques in the game of football. Your son is taught safe blocking and tackling techniques. He is constantly reminded to avoid leading with the head.

EQUIPMENT POLICY:

Your son is responsible for the equipment issued to him. Players must pay for any unreturned or damaged equipment. Players should double check that all their equipment is locked up each time they leave the locker room.

Lost Equipment - You will be charged for any unreturned equipment. Lock your equipment at all times. If you lose a piece of equipment, check out a new piece through the managers by filling out the Lost Equipment Sheet. Equipment left in lockers the first week after the end of the season will be removed and stored in the equipment room. Equipment sign-out sheets will be used to match up numbers to determine which player is responsible for the items. All missing items after this will result in a fine to the student who checked it out.

REFUND POLICY:

School equipment must be returned before a refund is issued.

1. Injury or Transfer – Refund is pro-rated.
2. Ineligibility – No refund as student may continue to practice.
3. Dropout – If the Activities Office is notified before the first scheduled game, then a 75% refund of the uniform/equipment fee will be refunded. No refund will be given after the first scheduled game.

NUTRITION:

Pre-game: A good pre-game meal consists of carbohydrates and should be consumed 3 to 4 hours before game time. Avoid proteins and sugars, as they are hard to digest. Pancakes, pasta, and breads are examples of good pregame foods. Pre-game meals should NOT be consumed in pre-game meetings.

Game Week: A good diet and plenty of rest are essential. The meal consumed the night before the game is also very important. The drinking of fluids during the week and the night before the game is very important. It is important to hydrate!

PRACTICE POLICIES

1. A player must be at practice unless he is sick and not in school or if excused by the Head Coach.
2. A player must attend three classes in order to practice or to participate in a game. A player is allowed to practice or play in a game if he is absent from school due to a school field trip or school function.
3. An injured player must be at practice and dressed in practice uniform unless the Head Coach excuses him.
4. A player must be at Saturday practice/meetings unless the Head Coach has excused him.
5. A player with an unexcused absence from practice will not start for that particular game. A second unexcused absence could lead to squad dismissal.

Bus Riding Policy

All players will travel with the team from the departure site to the location of the event and back to school. No headphones, food or cell phones on the buses. Exceptions will be made only if prior approval is given through the Athletic office.

Inclement Weather

We will practice outside unless lightning is present. If so, please have tennis shoes available to practice in the gym, lift weights, or participate in conditioning.

MSHSL POLICY

Minnesota State High School League Policy will be enforced at all times during the season and during the off-season. Policies are included in the State High School League brochure. A player who is serving a penalty practices with the team but does not participate in any games until the penalty time is over.

LETTERING POLICY

A letter will be awarded to every varsity player who ends the season in good standing and contributes in a varsity game.