

East Middle School Football
Rules, Regulations, Checklists And Reminders
All 7TH and 8th graders

PRACTICE

Attendance on a daily basis is mandatory. If you are in school, you are expected to be at practice. Absences must be excused prior to practice via parent phone call/note/email. Unexcused absences will result in non-participation in that week's game and/or possible exclusion from the team.

Practice Procedures

- You will wear your helmet at all times. Do NOT remove your helmet unless directed to do so by a coach.
- You will always have your mouth guard in place at all times during all phases of practice.
- Practice begins promptly at 2:30 after school.
- The Locker Room will stay CLEAN at all times. A LOCK is required for all lockers. **A locker and lock will be provided by the school.** Athletes are expected to lock up their own equipment at all times. They are also responsible to lock up their personal belongings in their football locker. All clothing/school materials must be locked up during practice. All football equipment and clothing must be locked up following practice.

Equipment Needed

Work out shirt, pair of socks and football cleats. Extra pads are optional (hand, elbow, rib, etc.) The school will provide helmet, pads (shoulder, thigh, knee), girdle, practice/game jerseys and pants, and mouth guard. (Mouth guards are available for purchase from your coach at a cost of \$1.00)

Daily Pick Up Non Academic Practice Days (Monday, Wednesday, Friday)

5:00pm. Adult supervision cannot be provided after 5:15 pm. Thank you for your cooperation on this issue.

Academics/Academic Practice Days (Tuesday and Thursday)

School comes first.

All Football Team Members are required to attend academic practice

Starting right after at **4:30-5:30pm academic will begin.** Academic failure may result in reduced playing time.

Athletic Code

You must review the athletic code with your parent(s)/guardian(s). Behavior/Discipline issues and consequences are discussed in detail in the code booklet, which is available online. Also, each EMS student receives a school planner, and the code is in that 2015/16 planner.

*****PLEASE TURN OVER*****

GAMES

Check the weather forecast on the morning news. No matter what it says... be prepared. If you are too warm you can always remove items to cool down, but if you are cold and you have nothing to put on you will be uncomfortable.

Beginning & Ending Times for Games

Each game lasts an average of two hours.

Bus Transportation

All participants are expected to ride the Bus Transportation provided to and from every away game. If you absolutely must leave after your game with your parent/guardian for family reasons, that must be PRE-ARRANGED between coach/parent. Parent/guardian must check with coach prior to leaving.

Farmington Athletics Promoting Good Sportsmanship Guidelines

Remember – this is MIDDLE SCHOOL ATHLETICS.

We thank you for: applauding good performance and effort of all individuals and teams; respecting the decisions of the officials; showing respect for the opposing team and fans; respecting all persons regardless of gender, ability, cultural background or religion; encouraging those around you to display good sportsmanship; remembering that a ticket is a privilege to observe, not a license to abuse; and CHEERING FOR YOUR TEAM.

We thank you for **not**: cheering against an opponent, team or official or using inappropriate language or cheers. If you fail to follow the above guidelines you may be approached by game management and given a warning, be directed to leave the game by game management, and/or refused admission to further games.

Athletes are expected to be “class acts” at all times, never drawing inappropriate attention to themselves.

CHECKLIST FOR PARTICIPATION

_____ PHYSICAL

_____ PAY TO PLAY \$

_____ CONTRACT

_____ CODE OF CONDUCT

_____ ATHLETIC EMERGENCY CARD

_____ THE CONCUSSION FORM

The Athletic Department Handbook/Code of Conduct is available online at the following address:

<https://www.farmington.k12.mi.us/Page/505>

This signature page is to verify that I have reviewed the Farmington Public Schools Athletic Department Handbook / Code of Conduct with my student-athlete.

Parent / Guardian

Student-Athlete

Date