

Team Rules and Expectations

What You can expect from the Russell Christian Football Staff

1. To be loyal to you in all areas.
2. To be totally honest.
3. To assist you any way possible now and after graduation.
4. To provide the leadership and training necessary to achieve our goals.
5. To treat you fairly and with respect as an important member of the team.
6. To work harder than you have ever worked before.
7. To make all decisions in the best interest of the team first, and the individual second.
8. To help you mature and grow as a man.
9. Last but not least, to give you a biblical example of a Christian role model and a Godly man.

What The Russell Christian Program Expects From You

1. To go to class and get an education.
2. To have the ability to set priorities for family, school, and football.
3. To be totally honest in all of your dealings.
4. To be loyal to your family, school, teachers, coaches, teammates, and friends.
5. To be prompt, courteous, emotional, and dedicated to the football program.
6. To be unselfish and respectful towards your coaches and teammates.
7. To practice to the best of your ability.
8. To give your total effort and make the most of what you have.

Special Emphasis: Safety and Conduct

The Russell Christian Coaching Staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. The techniques taught to you by the coaching staff are designed to minimize risk of injury to you and your opponent. The following are some specific rules relating to the conduct and safety of our game.

1. Do not abuse your protective equipment! It is for your protection! Fatalities or permanent paralysis could result from playing football even though you wear this equipment.
2. It is important for you to know these rules and to adhere strictly to them.
3. The coaching staff will not tolerate unethical conduct and acts of unsportsmanship.
4. Play the game hard, win with enthusiasm and intensity, but play within the spirit and letter of these rules.

Five Major Ingredients for Squad Development

1. **HUSTLE** - Not every man can be an All-American, but everyone can hustle 100% of the time
2. **SHOW COURAGE** - Football is like life: you get knocked down often. You have to keep getting up with a more determined effort to be successful.
3. **KNOW ASSIGNMENTS** - There have been good players who have been deaf, but never one who was dumb. You cannot be a successful player if you blow assignments.
4. **CARE ABOUT WINNING** - All great organizations are marked by the desire to achieve. Nothing can compare with the thrill of a team pulling together for the goal of winning. Winning as a team is what makes football worthwhile.
5. **LOYALTY** - If we remain strong from within, nothing from the outside can divide us. Loyalty is something that must be practiced and preached if you want a sound program.

Rules and General Policy

The following general rules are for your benefit. Since it is impossible to cover every point in a statement of team policy, you are expected to conduct yourself at all times in a manner that will reflect positively upon you, your teammates, Jesus,

this football program, and Russell Christian Academy. Failure to conduct yourself in this manner will result in disciplinary action.

1. General

A. Work to improve language, temper, attitude and tardiness.

2. Training Rules:

A. MAIS Rules

B. Avoid conduct detrimental to the team

C. Treat staff personnel with respect

D. Respect each other

3. Locker Room Equipment

A. Tardiness because of equipment is never tolerated. Equipment problems should be handled before or after practice, not during drills

B. Don't cut or alter equipment in any way.

C. Wash all gear regularly. You are expected to wash all gear and return it immediately after the season; failure to do so will result in a fee you will be charged.

D. Only White, Navy or Vegas Gold undergarments are to be worn under gear at games, no one else should ever wear your jersey or equipment.

4. Practice

A. Be on time; class conflicts are the only excuse for tardiness; Practice attendance will be taken daily

B. Classroom attendance and tardiness will be monitored and addressed daily at football practice

C. Every player will wear prescribed practice uniform

D. Helmet will be worn or in your hand at all times when on the practice field

E. We will run when changing locations

- F. If practice must be missed, you must personally tell a coach or call the Athletic office. There will be make-up running for any reason.

5. Injuries and Treatment

- A. Players injured and not able to dress in full gear will still be required to attend practice and observe their group. Trainer/Coach will determine the uniform of an injured player
- B. Be honest about injuries with both the Coach and Trainer.

6. You are subject to suspension or dismissal from the team if:

- A. You are not academically eligible
- B. You are involved in misconduct on campus or in the community
- C. You fail to comply with the rules and regulations of Russell Christian or the football program.
- D. You miss practice without the approval of the Head Coach
- E. You steal
- F. You fail to comply with the normal and reasonable request of your coach on the practice field.
- G. You do not show proper respect to coaches, trainers, or school officials
- H. You are involved in drug related activities or violate tobacco or alcohol policies