



# KOFA FOOTBALL

## Student-Athletes Handbook

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“Dictionary is the only place that success comes before work. Hard work is the price we must pay for success. I think you can accomplish anything if you’re willing to pay the price.”

— Vince Lombardi



## **KOFA KINGS FOOTBALL**

### **What We Believe In...**

1. The TEAM, The TEAM, The TEAM
2. We DRESS the SAME, that makes us SPECIAL and UNIQUE
3. We wear SCHOOL COLORS, earn HIGH GRADES, and CARE about our school
4. We RESPECT our TEAMMATES and our OPPONENTS
5. We BLOCK as one, we TACKLE as one, we SCORE as one
6. We play fast, explosive, and controlled football
7. We DO NOT MISS TACKLES
8. We hit HARD, we play TOUGH, and we are FURIOUS when we give up yards
9. We WIN CHAMPIONSHIPS in the OFFSEASON
10. We come EVERYDAY with EFFORT, FOCUS, ENTHUSIASM, and INTENSITY



## **ATTRIBUTES OF A SUCCESSFUL STUDENT-ATHLETE**

The importance of being a successful student-athlete should be emphasized in all communications directed to student-athletes and their parents. Along with the six core principles of “The Arizona Accord”; trustworthiness, responsibility, fairness, caring, and good citizenship, there are five key areas that help to define what it means to be a successful student-athlete: Character, Discipline, Commitment, Leadership, and Teamwork. Each of these attributes is defined below.

### **CHARACTER**

A student-athlete’s character is defined by what they do when no one is watching.

### **DISCIPLINE**

A student-athlete represents his family, coaches, teammates, school, and community on and off of the playing field. Every action a player takes is a reflection of these groups. Every aspect of a student-athlete’s life should reflect their goal to be the best student-athlete that they can be.

### **COMMITMENT**

A student-athlete puts forth a commitment to his/her family, academics, teammates, and coaches. A student-athlete shows commitment by being a good son/daughter to their parents; attending school by being on time and completing assignments; and attending team practices, meetings, and fund raisers.

### **LEADERSHIP**

All student-athletes must maintain the responsibility of being a leader among their peers. Student-athletes will show leadership through their commitment, discipline and character. Some student-athletes will lead by their actions while others may be more vocal.

### **TEAMWORK**

A student-athlete must take advantage of the opportunity and privilege to be part of a team. The team must always come first. In a team sport, there is no room for acts of selfishness. A team is successful when they are able to do more together than all of its players working separately.



## **ACADEMIC RESPONSIBILITIES AND GRADES**

All football players at Kofa High School are student-athletes first. Academics comes far before any thing that takes place on the athletic field. The **ACADEMIC RESPONSIBILITIES AND GRADES** are detailed below.

### **ACADEMIC RESPONSIBILITIES**

**A STUDENT-ATHLETE:** All football players are students first. If football players don't want to be students first, they do not want to be football players.

- On the first day of school, all student-athletes must report to each of their teachers, introduce themselves, inform the teacher that they are a football player and ask to sit in the front of the class.
- All student-athletes must have a backpack (or some type of school bag) that they have with them throughout the school day, which can carry their books for class, paper and a writing utensil.
- All student-athletes must report to each class on time, each day and be in class prepared with the appropriate books, paper, writing utensils at all times.
- See **TEAM REGULATIONS** on the next page.

### **ACADEMIC GRADES**

Beginning with the second week of the school year (August 16-20), all student-athletes will be required to turn in a "Grade Check" sheet to their coach each week.

- "Grade Check" sheets will be issued to each student-athlete on Monday at practice each week. "Grade Check" sheets are due to coaches before a student-athlete can practice on Wednesday each week. (Freshman will be required to turn in "Grade Check" sheets on Thursday.)
- A simple equation  
NO "Grade Check" on Wednesday = NO practice on Wednesday  
NO "Grade Check" by Thursday = NO game on Thursday or Friday
- Any student-athlete with a grade of "D" or lower in any class will be subject to extra conditioning following practice that week.
- At the end of the first six-week grading period, any student-athlete with a failing grade in any class is ineligible for the next week's game.
- Student-Athletes then have ONE week to bring that grade up to passing in that class to regain eligibility. If that grade is not back to passing after ONE week, the student-athlete will be dismissed from the football team.

### **STUDY HALL**

It is mandatory that all student-athletes, as members of the Kofa Football Program, bring materials from their classes to all study hall sessions and at any other specified time set by the coaching staff. There is **NO SLEEPING** during study hall sessions.



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## TEAM REGULATIONS

### **Pride** in being a student-athlete

- Student-Athletes will respect authority and their opponents on and off of the playing field at all times
- Student-Athletes will give their best effort in the classroom. They must report to class on time, prepared to learn.
- Student-Athletes receiving an Administrative Referral will face disciplinary action on the field. A student-athlete receiving a suspension will be subject to disciplinary actions.
  - First Administrative Referral resulting in Suspension
    - Extra Conditioning Following FIVE CONSECUTIVE Practice
    - Non-Dress For Next Football Game
  - Second Administrative Referral resulting in Suspension
    - Removal From Team
- Student-Athletes will not receive detentions for any reason. A student-athlete receiving a detention will be subject to disciplinary actions.
- Student-Athletes will project a positive image in their personal appearances. Clothing should not advertise:
  - Tobacco
  - Drugs
  - Alcohol
  - Obscenities
  - Any thing of a Sexual Nature
  - Gang-related activities
- Student-Athletes may not wear jewelry of any kind during practice, games, in team meetings, or on the bus traveling to road games. This is non-negotiable.
- Any use of drugs or alcohol is not permitted. Student-Athletes should not harm their bodies by using drugs or alcohol. This includes performance-enhancing drugs. Any student-athlete caught using drugs or alcohol will face removal from the team.
- Student-Athletes must participate in all fundraising activities throughout the season and offseason.
- Student-Athletes must report to practice and meetings on time.
- Student-Athletes must behave responsibly in the locker room at all times. All student-athletes are responsible for picking up their own gear and placing their gear in their own locker. Student-Athletes will not share lockers.
- Student-Athletes must attend practice on a daily basis. If a family emergency (death), medical emergency (this is not a dentist appointment or a doctor's check-up) occur, the coach needs to be contacted. **Student-Athletes will write a note that includes their name, date, reason for missing practice, and their signature.** Do not ask another player to inform the coach. It is your responsibility as a student-athlete to make sure that the coach is aware of the situation. Players who miss practice for any reason will be subjected to extra conditioning work. Student-athletes who frequently miss practice or are unexcused to miss practice will face removal from the team.
  - First missed practice (without written note)
    - Extra Conditioning Following Practice
  - Second missed practice (without written note)
    - Extra Conditioning Following Practice
    - Non-Dress For Next Football Game
  - Third missed practice (without written note)
    - Removal From Team



## Kofa Kings Football 2010 Student-Athletes Handbook

### **DEFINING KINGS' PRIDE**

The football program will work endlessly to promote **Kings' Pride** in everything that it does.

For the football program **Kings' Pride** will exemplified by its **Pride** in being a student-athlete, **Pride** in the school.

**Pride** in being part of a team, and **Pride** on and off of the playing field.

### **PROGRAM'S GOALS**

If the program is successful in reaching the four goals listed below, it will be rewarded with victories on the playing fields.

- To follow the standards set in the What We Believe In crede set by the Senior Council in March of 2010.
- To be competitive in everything we do
- To develop motivated, positive, and disciplined student-athletes who serve as role models on and off of the playing field
- To develop fellowship and have fun while working with teammates and coaches in a positive atmosphere for learning the game
- Be winners at everything the program does

### **PROGRAM'S VISION**

Working together with student-athletes, students, parents, teachers, administrators and the Kofa High School community, the football program will serve as an extension of the classroom. The program will develop role models, teach life skills, promote discipline on and off of the field while working as a team toward success on the field.

The development of each student-athlete is not only essential for individual and team success, it is a reality in the level in which we compete with schools from Phoenix, Tucson, and within our region.



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**Student-Athlete's Printed Name**

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**Grade**

### **STUDENT-ATHLETE AND PARENT CONTRACT**

Along with being a member of the football program at Kofa High School comes great responsibility. All student-athletes in the football program must be held to higher standard than their peers at Kofa. This "Student-Athlete's Manual" will serve as a handbook. Within, all rules, regulations, and procedures must be followed at all times.

By signing this contract, the student-athlete and their parent(s) agree to follow the rules, regulations, and procedures explained throughout.

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**Student-Athlete's Signature**

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**Date**

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**Parent's Signature**

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**Date**



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**Estudiante-Athleta's printed name**

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**Grade**

### **STUDENT-ATHLETE AND PARENT CONTRACT**

Al ser miembro del equipo de fútbol de Kofa High School viene una gran responsabilidad. Todo estudiante atleta en el programa de fútbol tendrá expectativas altas que sus compañeros en Kofa.

Este manual contiene todas las reglas y procedimientos que tendrán que ser seguidas siempre.

Al firmar este contrato, el estudiante-atleta y su(s) padre(s) acuerdan a seguir todas las reglas, regulaciones y procedimientos explicados en este manual.

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**Estudiante-Athleta's firmar**

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**Date**

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**Padre firmar**

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**Date**