

West Chester Rustin Football 2023 Season

1. **Physicals**- all players must get a physical for the 2023/24 school year. The 1st day for physicals is June 1. I would like all players to have their physicals completed before the end of the school year. Forms may be downloaded at

<http://schools.wcasd.net/Rustin/pages/athletics/athletics.htm>

Once physicals are complete they may be downloaded [Family ID Registration](#)

[Instructions](#) Located on the Rustin Athletic Website

2. **Mini Camp**- We will be starting our 17th annual spring mini camp on the following:

Dates will be 5/30, 5/31, 6/1 , 6/6, 6/7 – practice will run from 3:00 – 4:45 (high school only)

3. **August Camp**- football practice begins Monday August 7th. Please do **not schedule any vacations, trips, ect from this date on.** This is mandatory for any player who wants to participate on the Rustin Varsity/JV Football team. We have a game on Labor Day weekend and we will also be practicing Monday morning.

9th Grade Football- practice begins on Monday August 21 at 3:00pm. Equipment will be distributed on 8/18 between the hours of 11:00am- 12:00pm. Any player who cannot make these dates may pick up their equipment after practice on 8/21.

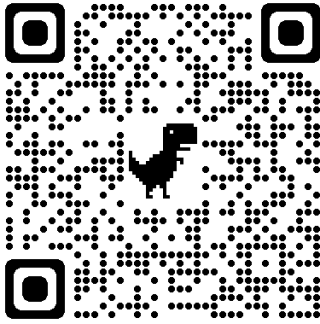
***Any freshmen that would like to try out for JV/Varsity** must report to practice on 8/8. 9th graders are highly encouraged to attend. Only those players the coaching staff feels will get significant playing time will play up. Players will be notified by 8/18 on their level.

4. **Off-Season Conditioning Program**- All players are expected to participate in our strength training program.

a. (Jan-May)- any athlete who is not participating in a spring sport should report to the weight room on Mon and Wed from 6:15-7:30 pm and Sat from 10:00-11:30 am.

b. (June-August)- Players are expected to commit to the weight room a minimum of 4 days per week. The room will be staffed by our coach's on Monday, Tuesday , Thursday, and Friday from 9 to 11 am. A speed and conditioning camp will also run simultaneously, conducted by our strength and conditioning coaches Steve Walsh and Mitch Hoffman

Contact Information form
for 9th grade football



Attendance Policy:

Football teaches many life lessons. Hard work, dedication, and discipline are 3 of the top lessons to be learned. It is crucial for Players to understand the importance of being at practice on time everyday.

All players will be at every practice rain or shine.

If a player is at school, the player will be at practice.

If a player gets sick at school or a problem arises, the player must see or call the Head Coach before they go home. Otherwise, it will be an unexcused absence.

All players will be on time and prepared to practice everyday.

All excused absences from practice must be pre approved (at least a day ahead of time) by the Head Coach.

Any team member, who needs extra academic assistance after school, must have prior approval before being excused from any practice. Approval will be granted only after a signed note from the assisting teacher is presented to the Head Coach. Upon return to practice, the athlete requires a signed & timed note.

Players who miss practice (for any reason) will need to stay after

practice to make up for missed conditioning. This is not punishment! We have to stay in shape. Players who are late for practice for any reason also need to stay after practice to make up for missed conditioning.

Unexcused Late for Practice: (remember all excuses must be pre approved)

1st offense = Won't Start
2nd offense= Sit out 1 Quarter
3rd offense= Sit out 1 half
4th offense= Subject to Head Coach Decision
5th offense= Cut from team

Unexcused Absence: (remember, all excuses must be pre approved)

1st offense= Sit out 1st Quarter
2nd offense= Sit Game
3rd offense= Subject to Head Coach Decision
4th offense= Cut From Team
Examples of last minute excused absences:
Death in the family, ect.

Communication: Players, Coaches and Parents

No discussions will take place after a game or practice. If there is an issue or concern, players must first talk with their position coach. If the issue was not resolved, the player must talk with the head coach. If the issue was not resolved after the player spoke with his position coach and head coach, parents can call the head coach at school and set up a conference. All conferences will take place at Rustin High School.

Topics that will not be discussed at conferences:

Scheme or play calling/ other players/ coaching decisions

Playing Time (PT)

Playing time is determined by a combination of 2 factors:

1. ability
2. hard work.

A player that is always lazy and misses practice will not play. A player who always works hard but can not get the job done will not play. Not all players automatically play in a game. Players have to be able to get the job done. At the varsity level we play to win the game. No player will receive playing time based on anything other than ability and hard work. No player will receive preferential treatment. Our goal is to try to get as many players on the field as possible.

Travel

All athletes must travel and return with the team. Exceptions will be made if the player receives prior approval from the head coach. Players with prior approval must be seen leaving with their parent by the head coach/asst coach. No player is permitted to leave with another players parents. This is a district policy that is a liability issue.

Conduct

All team members are expected to act as perfect role models and citizens. Inappropriate language or social media, swearing, obscene gestures, and fighting will not be permitted at any time. Athletes who break team rules of conduct will be subject to suspension and/or dismissal from the team at the head coach along with athletic directors' discretion.

Locker Room

Only Rustin football players are permitted in the locker room. All team members are responsible for keeping their lockers and the locker room clean. All equipment issued should be stored and hung up properly in the players locker. NO fighting, horseplay, inappropriate behavior, etc. will be permitted in the locker room.

Hazing- will not be tolerated. WCASD policy will be enforced.

Social Media- school district policy will be enforced

Golden Knight Football Pledge

This agreement's purpose is to inform you of what you can expect from Rustin Football, and what will be expected from you. Read this agreement carefully. Your understanding could make a difference. Enlisting a total commitment requires a thorough understanding of our objectives, for no one can fully extend himself without knowing exactly what is expected and why. Rustin Football is designed as a phase of your education and is compatible with your studies. Rustin Football is not a business or a way of life, but hopefully you recognize that football can add an important dimension to your high school experience in addition to being highly rewarding and a great deal of fun. The course content of our program includes loyalty, discipline, a physical test of your strength, endurance, and courage. It is an experience in sacrifice where you will be asked to sublimate personal goals for team objectives. Rustin Football represents a special opportunity for young men of your age. The nature of Rustin Football requires one person's success to depend upon the effort of many. When you work with someone and depend on him, loyalty becomes a necessity. This means that coaches see that your best interests are served and that you, in turn, exhibit a concern for your teammates and coaches as well. No group effort can be successful without loyalty; disloyalty demeans the individual more than it hurts the group. Our

concept of loyalty extends beyond individuals and encompasses principals such as accepting discipline rules. No team will become great with even a single dissident. Only complete loyalty will enable you to extend your effort beyond your limits and if we are going to start a great tradition, this will be necessary. Team rules are a very important part of our program. Commitment to follow our team rules is mandatory for all players. Rustin Football players must also conform to all school rules and do their best in all classes. As a player you represent the Rustin Football Program and your actions reflect on our program, good or bad. All players are expected to attend all practices and meetings. Any player that cannot attend a practice must inform the HEAD COACH prior to missing practice. When a player misses practice it hurts the entire team and impedes coach's ability to have an effective team practice. When you accept the responsibility of Rustin Football, you will recognize that rules are necessary for the discipline of a well-trained team. Remember, the best prepared, most committed team has the best chance of winning. It is required that you accept the many meanings of the word discipline as applied to football. You must recognize the discipline of individual assignments which makes the team concept of football possible and enables you to continue to play successfully even though things may not be going well for you personally. It is only through this approach that we can stay together when things become difficult and build a program with great tradition.

I understand the expectations of the Rustin Football Program outlined in this letter and agree to follow all team rules.

Player Signature_____ Date_____

Parent Signature_____ Date_____