



1. **HAVE FUN!**

2. BE LOYAL & RESPECTFUL to your coaches, teammates, and the football program. Believe in our system.

3. Accept your role on this team. Everyone has an important role and everyone on this team is important. **HAVE FUN!**

4. Be coachable (accept criticism). Learn your assignments. Learn from your mistakes. Excuses are a sign of weakness and are not acceptable. **HAVE FUN!**

5. Prepare yourself mentally and physically. A physically superior athlete is no good if he/she doesn't know what to do. Athletes should practice good nutritional, hydration, sleep habits all the time to give their bodies the best opportunity to perform at a high level. **HAVE FUN!**

6. Be a good role model. Whether you believe it or not, you have peers and young people who are watching and listening to you. **HAVE FUN!**

7. Be willing to put in the time to be successful. Sports requires a commitment from everyone (coaches, players, and parents) if we are to be successful. **HAVE FUN!**

- All athletes understand they are students first, athletes second. **NO PASS NO PLAY**

- All athletes are to be at their respective practices and on time.
- All athletes are to display sportsmanship at all times.
- All athletes are to show respect and support for their fellow athletes and coach.
- All athletes must show respect to all opposing players.
- All athletes must show respect to officials, no matter what.
- **BE A GOOD PERSON!**