

Code of Conduct
Jr. Lancer Player Expectations
"Play, Study, and Practice Like a Champion"

1. As a Jr. Lancer football player you are representing yourself, your family, the Jr. Lancer program, your teammates, and coaches. This includes non-school hours. You are expected to behave and act in a responsible manner.

- Discipline - We expect our players to have discipline with their academics, athletics, and off field behavior.
- Effort - As a player, you can control the amount of effort you give in the classroom and playing field. Ability and athleticism have no influence on the amount of effort you give.
- Attitude -You control what outlook you have on any situation in your life. Learn from experiences and make them positive.
- Character/Class - Be a strong, moral, and ethical person. Always do what is right no matter who is watching. "You are what you are when no one is watching" author unknown
- Respect - Respect yourself; respect this place, respect each other
- Sacrifice - The team always comes before the individual. The only effort that is acceptable in our program is 100% all the time.
- EVERY PLAYER COUNTS. NO ONE PERSON IS MORE IMPORTANT IN OUR PROGRAM THAN ANY OTHER.

2. Personal Conduct/ Appearance

- Players will refrain from taking alcohol, tobacco, and controlled substances.
- Look at an official, coach, or teammate when they are speaking with you. It is courteous and respectful. Always treat everyone with respect and courtesy.
- No cursing
- No earrings or jewelry will be worn on the practice field or game field.

3. Classroom

- Conduct yourself as a gentleman and show respect to your teachers, classmates, administrators, and family at all times. Be on time to school and class. Do not be a discipline problem; remember that your behavior reflects on the entire program. Take your studies seriously, remember that education is the number one reason you are in school.

4. Practices/Game Behavior

- Be on time and attend practice regularly. Remember, if you miss practice a teammate is working and getting better that day and you may lose your position or playing time. Upon returning, the player is responsible for making up missed conditioning.
- If you are going to miss practice or you are going to be late, you need to call a coach.
- Unexcused absences from practice will result in loss of playing time during games. The amount of time lost or not playing in the game that week will be the decision of the head coach at the respective level.
- Come to practice prepared: helmet, pads, pants, jersey, shoes, etc.
- Games - do not do anything that draws negative attention to yourself or embarrasses our team. Always address officials as "sir".

5. Miscellaneous

- Report any injuries to a coach or trainer immediately.
- We expect you to ask questions if you do not understand something.
- WE DO NOT ALLOW HAZING OR MISTREATMENT OF ANY PLAYER OR STUDENT.