

**OXFORD
WOLVERINES
PARENT/PLAYER
HAND BOOKS**

The following rules and guidelines have been put together for the benefit of all Oxford High School Football players and their parents or guardian. In order for the Oxford Football Program to be successful, these guidelines and rules must be strictly followed.

Oxford Football serves as a base for the development of positive self-image for all participants. It encourages individual and group excellence, dedication and commitment in working toward team goals, and contributes to the participant's growth in physical fitness and skills. It also fosters mental alertness, emotional maturity, and social interaction.

While the Football Program serves as an arena for the student-athlete to display his talents, the player must in turn be willing to assume certain responsibilities, namely:

1. Strive to achieve sound citizenship, emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Maintain academic and eligibility standards.
3. Show respect for both authority and property.
4. Learn to attain physical fitness through good health habits.
5. Learn the spirit of hard work, dedication, and commitment.
6. Be chemically free of any and all illegal substances, including alcohol, tobacco, drugs, and steroids!

Each player needs to understand that they will be in the public eye and their personal conduct must be above reproach. Players have an obligation to serve as positive role models and gain the respect of their teammates, student body, and the community. As an Oxford Football Player, you will be held to the highest of standards.

Always remember what you represent as a member of the Oxford Wolverine Football Program:

1. The Town of Oxford and its community.
2. The High School and the Football Team.
3. The Coaching Staff and the Faculty.
4. Your Parents, Family, and YOURSELF!!!

ELIGIBILITY RULES

CIAC RULES

1. A student-athlete must pass at least 4 units of work or the equivalent at the end of the last regular marking period. (Rule I.B.)
2. You must turn 19 years of age (or younger) before July 1st of the upcoming season. (Rule II.B.)
3. A student-athlete can only play 3 seasons of the same sport beginning his 10th grade year. (Rule II.B.)
4. You may not play or practice with another team in the same sport while a member of the school team after the first scheduled game in any season. (Rule II.E.)
5. You may not play under an assumed name on an outside team. (Rule II.E.)

PHYSICAL EXAMINATIONS

All candidates for the Oxford High School Football Team are required to be examined by a physician and must be medically cleared to participate in the sport. Athletic physicals are good for 13 months. Due by August 1st.

EMERGENCY CARDS

Each player's parent will be required to fill out and sign an emergency card. This card gives permission for the appropriate medical personnel to give treatment to your son/daughter if he is injured during a game or practice.

POSSESSION/USE OF ILLEGAL SUBSTANCES

The Oxford Football Program will follow the policy that is issued by the Board of Education.

STEALING

Theft of any personal property of another player or property of Oxford High School will not be tolerated! Any player who is found to be guilty of theft will be dealt with at that time. Repercussions may include conditioning, suspension, or expulsion from all team activities.

FIGHTING

Fighting among team members will not be tolerated. Any player found to be guilty of fighting will be dealt with by the coaching staff and administration.

Any player fighting in a game will be ejected from that game. If a player is ejected from a game, he/she will be automatically suspended for the next game. This is CIAC rule. Also, the player's name must be sent to the CIAC on an ejection form. If a player is ejected more than 1 time during the season, he/she will forfeit their eligibility for the remainder of the season!

LANGUAGE

Inappropriate language such as swearing will not be tolerated. This holds true for both players and coaches. Swearing on the game or practice field is an obvious breakdown in individual or team discipline.

SPORTSMANSHIP

All players will display sportsmanship at all times, regardless of wins or losses. At the end of each game, it is mandatory that all players line up and shake the hands of our opponent.

“The true athlete should have character, not be a character”

**John Wooden
Former UCLA Basketball Coach**

ATTENDANCE and TRAVEL

All players must be in school on the day of the game to be eligible to play in that game. If we are traveling to an opponent's field, all players must travel by team bus. No players will be allowed to travel to the game with their parents or friends, unless having permission from the administration and staff prior to scheduled departure.

PRACTICE

We are a six day a week program once we get started in mid-August - holidays included. All players are expected to be at practice daily in the fall and in the spring. The only person who can excuse a player from practice is the Head Coach. If a player has a conflict with attending practice, he/she must contact the Head Coach and explain the situation. **Doctor's and/or Dentist's appointments are not considered an excuse for missing practice!!** Excuses will be granted for emergency situations only!

3 STRIKES – YOU'RE OUT! POLICY

When a player accumulates 3 unexcused absences from team practices, a policy called “3 strikes – you’re out!” will take effect. This policy will remove the player from the team indefinitely. A meeting will be held with the player, the player’s parents, and the Head Coach to discuss the issue.

Any player late to practice, without prior notice to the coaching staff, will be placed on the “Opp’s Squad”. This squad will have the ‘opportunity’ to become better conditioned athletes through the process of a cardiovascular workout.

Any unexcused absence from practice will be considered insubordination, and subject to punishment in the form of loss of playing time. It will be up to the discretion of the Head coach as to when the player will be reinstated.

WEIGHT LIFTING AND CONDITONING

All successful Football Programs are built in the off-season. Weightlifting and Conditioning are mandatory for all Football players. If a player plays another sport, they are excused from all off-season activities, but are encouraged to find the time to workout. Each player will receive a calendar each month with the times and locations of each scheduled activity.

There are four phases of weight training:

1. Post Season - Build muscle mass (Heavy weight--Jan - March)
2. Off Season- Build fast-twitch muscle fiber & Speed Train (Moderate weight--March - June)
3. Pre-Season - Build individual muscle strength and speed (Moderate weight--June-Aug)
4. In-Season - Retain muscle strength (Circuit Train & Core Lift--Aug - Dec)

EQUIPMENT

All players will be issued the appropriate football equipment required to participate, with the exception of cleats. All equipment is the property of Oxford High School and the Football Program. Each player is responsible for any issued equipment and will be charged for anything that is lost or stolen. Players will be issued a locker and are expected to store their equipment in that locker and to lock it when unattended.

LOCKER ROOM

The locker room is to be kept clean at all times. Any items left out will be collected and held in the coach's office. If equipment is left out, the player will be placed on the Opps Squad.

SHOWERS

Each player is expected to take a shower after each workout, practice, and game. It is a matter of good hygiene, and any scratches or cuts should be cleaned out before leaving the High School. If not taken care of, they can become infected and sickness can occur. Showering with soap reduces the chance of this becoming an issue.

INJURIES

Any player who is injured during practice or a game must let the coaching staff know before going home. In case of severe injury, an accident report must be filled out and brought to the hospital or doctor's office. All members of the coaching staff are certified in CPR and First Aide.

TUTORIAL

All players will be involved in a tutorial program. During the season, Varsity players will attend on M, T, & W for 45 minutes. The freshmen will meet once a week the day after their game. Any player who achieves all passing grades and an overall average of 70 or better will be excused from tutorial.

CAMPS

HSPD (High School Player Development) - is the 4th week in June. It is held in the late afternoon for approximately 2 1/2hrs in New Haven

Southern Connecticut Football Clinic-is held the first week after July 4th. All players are expected to attend. It is from 5:30 to 8:00pm, M thru R at SCSU.

Note: The SC Football Clinic places its emphasis on individual instruction. Their experienced staff of high school and college coaches will give each participant a thorough exposure to the basic fundamentals and finest up-to-date techniques of the game. Their goal is to assist in the overall development of each young man as he prepares to play the game that consistently provides team spirit, loyalty, and a desire to compete.

**OXFORD
WOLVERINES
FOOTBALL
PHILOSOPHIES**

OXFORD WOLVERINE FOOTBALL **PHILOSOPHIES**

PROGRAM GOALS

1. TO PROMOTE A POSITIVE ATHLETIC ENVIRONMENT AS PART OF THE TOTAL EDUCATIONAL PROGRAM IN THE DEVELOPMENT OF EACH INDIVIDUAL ATHLETE.
2. TO PROVIDE A POSITIVE IMAGE OF OXFORD HIGH SCHOOL.
3. TO TEACH SPORTSMANSHIP AND FAIR PLAY WITHIN A COMPETITIVE ENVIRONMENT.
4. TO GENERATE POSITIVE SCHOOL AND DISTRICT SPIRIT.
5. TO CREATE A DESIRE IN STUDENT-ATHLETES TO SUCCEED THROUGH HARD WORK AND DEDICATION.
6. TO PRACTICE SELF-DISCIPLINE AND EMOTIONAL MATURITY IN LEARNING TO MAKE DECISIONS UNDER PRESSURE.

OFFENSIVE TEAM GOALS

1. WIN!
2. SCORE POINTS!
3. PROTECT THE BALL!
4. USE MULTIPLE FORMATIONS AND MOTIONS!
5. DICTATE TEMPO!
6. 60% TO 40%, RUN-TO-PASS RATIO!

OFFENSIVE PLAN

1. PLAY FAST – AMF (ADIOS MY FRIEND)
2. PLAY SMART – SIW (SELF-INFLICTED WOUNDS) NO PENALTIES!!!
3. PLAY HARD – STW (SNAP TO WHISTLE)

SUCCESS FORMULA

1. BALL SECURITY – LESS TURNOVERS THAN OUR OPPONENTS
2. PASS OPPORTUNITIES – WE MUST THROW (60%) AND CATCH (100%)
3. PROTECT THE QB – NO SACKS ALLOWED!!
4. PENALTIES – NONE ACCEPTABLE!!

WE WILL WIN, IF WE ACHIEVE 75% OR BETTER!

DEFENSIVE TEAM GOALS

1. WIN!
2. SHUT-OUTS!
3. BE AGGRESSIVE!
4. CAUSE TURNOVERS!
5. USE MULTIPLE FRONTS AND COVERAGES!
6. DICTATE TEMPO!

DEFENSIVE PLAN

1. PLAY FAST – AMF (ADIOS MY FRIEND)
2. PLAY SMART – SIW (SELF-INFLICTED WOUNDS) NO PENALTIES!!!
3. PLAY HARD – STW (SNAP-TO-WHISTLE)

SUCCESS FORMULA

1. PICKS AND LICKS – MORE TURNOVER'S THAN OUR OPPONENTS
2. TACKLE OPPORTUNITIES – WE MUST TAKE EACH BALL CARRIER TO THE GROUND, ON 1ST CONTACT
3. SACK THE QB – 3 OR MORE EACH GAME
4. PENALTIES – NONE ACCEPTABLE

WE WILL WIN, IF WE ACHIEVE 75% OR BETTER!

**OXFORD
WOLVERINES
FOOTBALL
HAZING POLICY**

OXFORD WOLVERINE FOOTBALL

HAZING POLICY

WHAT IS HAZING?

The definition of Hazing is to persecute or harass with meaningless, difficult, or humiliating tasks; to initiate, as into a team or club or fraternity, by exacting humiliating performances from or playing rough practical jokes upon.

CONSEQUENCES OF HAZING

Hazing is an on-going problem in our state and country. Each year, hazing incidents have led to emotional harm, permanent disabling injuries, and in some cases death. Hazing has also led to suspensions, expulsions, fines, community service and even jail time, for those who participate in such activities.

OXFORD HIGH SCHOOL POLICY

Hazing of any teammate or student by any Oxford High School Football player will not be tolerated. Any player suspected of involvement, will be referred to the Administration for an investigation in accordance with the law and procedures set forth by the Oxford Board of Education. Any player found guilty of hazing will be placed on immediate suspension from all activities involving Oxford High School Football.

If the student of the alleged incident is cleared of wrong-doing, the suspension shall be lifted and the student will be allowed to return to the team.

I _____, have read and understand the definition of this Hazing Policy and its consequences. I will hereby abide by the rules of this policy or be subjected to its consequences.

Player's Signature

Date

Parent or Guardian Signature

Date

**OXFORD
WOLVERINES
FOOTBALL**

TEAM GOALS

OXFORD WOLVERINE FOOTBALL

FOOTBALL GOALS

1. Win
2. Win the Division
3. Win the League Championship
4. Win the State Championship
5. Undefeated Season

PROCESS

1. Listen
2. Learn
3. Lead
4. No excuses –any time
5. Be at practice – on time, every time
6. Hustle and Hard Work – every time

ACADEMIC GOALS

1. No failing grades
2. Improve each Marking Period
3. Honor Roll
4. SAT/ACT – Qualifying Scores
5. Attend College

PROCESS

1. Listen
2. Learn
3. Lead– all the time
4. No excuses – any time
5. Be in school – on time, every day
6. Class work and Homework – every time

OXFORD HIGH SCHOOL FOOTBALL
HANDBOOK CONSENT FORM

I hereby acknowledge that I (student and parent) have read the attached rules and regulations concerning the Oxford High School Football Handbook, and agree to adhere to the terms while participating in the Football Program at Oxford High School.

I give my child consent to engage in approved football activities and receive transportation to and from athletic events. By its nature, I understand that participation in interscholastic football includes risk of injury, ranging in severity from minor to disabling to even death. Although serious injuries are not common in supervised high school football, it is impossible to eliminate the risk.

Participants can and have the responsibility to help reduce the chance of injury, by obeying all safety rules, reporting all physical problems to their coach, follow the proper conditioning program, and inspect their own equipment daily.

By signing this consent form, we acknowledge that we have read the above information. Parents or students who do not wish to accept the risks described in this warning should not sign this permission form.

Students and parents who can not abide by the rules and regulations should not sign this form. However, failure to sign this form will exclude your son/daughter from being a member of the Oxford High School Football Team.

Student's name

Student's signature

Parent's name

Parent's signature