

2009 Baldwinsville Football Team Rules & Guidelines

AA Varsity Football is a commitment.

Every single player is expected to be present at every team obligation. There will be no exceptions to this rule.

**Pre-Season Practice Schedule Will Be
Released By the End of The School Year.**

**Season Practice Schedule:
Monday to Thursday:**

Study Hall 2:45 pm to 3:25 pm

- You must check into study hall by 2:45pm.
- You may leave to obtain extra help at that time. You must return to study hall with a signed pass from the teacher you were with, this pass must include date and time.
- The trainer will give the coaching staff a list of players that need to be taped or rehab. Once you sign in at study hall you will be released to the training room and Mrs. Cardi.
- If you park in the church parking lot your car should stay there until after practice. Trying to move your car will cause you to be late, it is also against school policy to park in the Quad until after 4:00pm.

On the field 4:00 pm to 6:15 pm

Players can be picked up @ 6:30pm

If we run over we apologize in advanced.

Friday; Game Day

Report to Gym by 2:55pm

Attendance:

- Players are required to be at every practice on time and for the duration of the practice. There will be no exceptions.
- Missed Practices:
 - A. If a player misses one practice he will be suspended for one game.
 - B. On a players 2nd missed (unexcused) practice he will be removed from the team.
 - C. Missed practice is not being at a practice for a reason other than medical or illness (in both cases the **coaches** must be notified by 8:30am the day of the absence).
 - D. If a player is absent from school the Coaching staff must be called by 8:30am the day of the absence by a parent; not the player.
 - E. Injured players are required to be on the practice field, if the trainer needs the athlete to rehab with her the player should return to the practice field after rehab is done. There are injuries that do not allow the player to be on the field, they must be cleared through the trainer.
 - F. A players 1st late to practice, study hall or, team meetings it will carry a ½ game suspension.
 - G. On the players 2nd late it will carry a 1 game suspension.
 - H. On the players 3rd late they will be removed from the team.
 - I. Players must be at every Saturday am practice, Saturdays are mandatory for all varsity football players. Missing or being late on Saturday will carry the same consequences as the above scenarios for a player being late.
 - J. If a player is excused by the Coaching Staff for any reason, a note with date and time must be brought to the coaching staff to verify the excuse. If this is not done the absence will be logged as a late or miss.

Saturday Practice

- Saturday practices are mandatory. Saturday practice will consist of film, weight room, injury check, and pre scouting report for the upcoming opponent. Practice is from 8:30 am to 11:30 am.

College Visits & Doctor Appointments:

- All college visits should be made in the summer or after the season. You will be done on Saturday by 11:30am. This gives you Saturday afternoon and Sunday if you need to make a college visit.
- All Dr's appointments should be done prior to the season (Dentist, Orthodontist, etc.). This includes driver's tests.
- Dr's appointments for injuries in football are a legal excuse; the player should however return to practice after the Dr's appointment with a note.
- Players are expected to be at practice for the entire practice. There will be no exceptions.

Serious Family issues will be dealt on an individual basis. As a coaching staff we fully understand that in life there are unique situations that arise. These situations will be dealt with on an individual basis.

Player Signature _____

Parent Signature _____

When you are given a time to be here you are to be here unless you hear from a Coach to the contrary!!

Phone #'s

For Varsity and JV Players

	<u>e-mail</u>	<u>office</u>
Coach Sanfilippo	csanfilippo@bville.org	638-6014
Coach Cuyler	jcuyler@bville.org	638-6001 ext 3419
Coach Bader	mbader@bville.org	638-6130 ext 8509
Coach Quackenbush	quack0711@verizon.net	638-6930
Coach Schrader	dschrader@bville.org	638-6001 ext 3704
Coach Hysick	rhysick@bville.org	638-6001 ext 3701
Coach Manning	tmanning@bville.org	638-6086 ext 4130
Coach Porillo	nporillo@bville.org	638-6112
Coach Lumpkin	lumpkin797@hotmail.com	635-5475
Coach Bick	jbick@bville.org	638-6086 ext 4404
Coach Hillman (trainer)	shillman@bville.org	638-6040

On the first day of practice your son will get a full list of all coaches and their contact information.

The coaches listed are in the school system.

Varsity Team Needs 2008

Players and Parents,

As a Varsity Football team we have been adding items over the winter for the players to purchase that will be needed in the summer and the up coming season.

Please view the list of items;

Baldwinsville Football **Travel Bag**, this will be used for camp and away games..

Baldwinsville Football **Black Mesh Short**, this will be used for the season.

Baldwinsville Football **Practice Tee Shirts**, this will be used for pre-season and in season practices.

Baldwinsville Football **Red Mesh Practice Jersey**.

Shoes for the Varsity Level are decided by the players.

Shoes for the JV Level should be Black screw in cleats..

Shoes for the Modified level should be molded football shoes.

All tee-shirts worn on the field must be “Baldwinsville Football Tee-shirts”.

We will all look the same.....

Thank you,

Baldwinsville Football Staff

Please Note:

You cannot miss a practice and play in the scrimmage or the first game and possibly the second game. We are governed by NYS and the National High School Football Federation on the number of practices that a player and team must have to be eligible to compete in a contest...

Varsity and JV Football 2009 Pre Season Schedule

Monday August 17th thru Friday August 21st

Doors Open @ 7:30am
Attendance @ 7:45am
Team Meeting @ 8:00am
AM practice @ 8:35am
Lunch @ 11:05am
Team Meeting @ 11:50am
PM practice @ 12:30pm
Parent pick up @ 3:00pm

Saturday August 22nd

Doors Open @ 7:30am
Attendance @ 7:45am
Team Meeting @ 8:00am
Practice @ 8:35am
Parent pick up @ 12:00pm

Note:

- All forms must be turned in on August 17th.
 - a. Walk thru form from the nurse
 - b. Parent / Player contract
 - c. Information Card, needed for the Athletic Office
 - d. Emergency Release Card
 - e. Code of conduct

You must wear Black **Baldwinsville Football Shorts, Baldwinsville Football Grey tee-shirt, white below the calf socks (no short socks), on the practice field.**

Varsity players must also have the Black Shorts, and Red B'ville Practice Jersey

Varsity Players should have the cleats you chose. JV players should have screw in cleats, Black as the primary color. JV players will wear a White B'ville Practice Jersey.

Please have clean clothes to change into for the afternoon practice.

Please Note:

- 1. You will not be allowed to leave campus once you arrive in the morning.**
- 2. Pack a lunch, no glass containers.**
- 3. You will have a designated area to eat.**