**IRONMEN FOOTBALL CORE VALUES: IT ALL STARTS HERE**

1. **ACCOUNTABLE: DO YOUR JOB!**
2. **SELFLESS: FORGET ABOUT ME I LOVE YOU! (FAMILY)**
   1. **WHAT’S YOUR WHY?**
   2. **HAS TO BE GREATER THAN YOURSELF!**
3. **PREPARED: NOBODY OUTWORKS US!**
   1. **LIONS NOT GAZELLES**
   2. **FAITH NOT HOPE**
4. **INVESTED: ALL IN!**
   1. **GREAT NOT GOOD**

1. **LEADERSHIP: BE EXAMPLE, EVEN WHEN IT GETS HARD!** 
   1. **RESTORATIVE LEADERSHIP (ACCOUNTABLE & SUPPORT)**
   2. **LEAD IN YOUR OWN WAY**

**IRONMEN FOOTBALL C.C.A.R.E. CONCEPT**

1. **CARE: COMPASSION FOR PEOPLE & THEIR SITUATIONS**
2. **COMMUNICATION: ELIMINATES PROBLEMS & CONFLICT**
3. **ATTITUDE: POSITIVE OUTLOOK**
4. **RESPECT: GOLDEN RULE**
5. **EFFORT: GREAT EFFORT IN ALL WE DO**

**THIS CONCEPT APPLIES TO OUR RELATIONSHIPS & CONTACT WITH THE FOLLOWING PEOPLE: TEAMMATES, COACHES, MANAGERS, CLASSMATES, OFFICIALS, TEACHERS, ADMINISTRATORS, FANS & PUBLIC.**

1. **Safety:** 
   1. All players will be given the best possible equipment
   2. We are upgrading every year.
   3. We will supply all protective equipment (No Girdles / Visors /etc)
   4. All equipment must be worn at practice.
   5. All equipment must be taken care of.
   6. Mandatory Concussion Baseline Test before season begins.
   7. Proper Concussion Protocol followed if a concussion is sustained.
   8. We teach proper / safe tackling and blocking techniques. (Heads Up)
2. **School Athletic Code**
3. **Eligibility**: Meet IHSA & NCHS school eligibility rules.
4. **Eligibility**: Adhere to all NCHS football team rules.
5. **Behavior / Team Rules**

**A. Unexcused Absence (Missed practice or meeting)**

* 1st Violation: 3 days of extra conditioning **&** loss of playing time
* 2nd Violation: 3 days of extra conditioning **&**  Quarter game suspension
* 3rd Violation: 3 days of extra conditioning & Half game suspension
* 4th Violation: Game Suspension or Dismissal from the team

1. **Excused Absence (Family Emergency, Dr. Apt, Sick)**

* Player must contact with Head Coach of designated level (Var, Soph, Fr).
* 1 Day of extra conditioning (To keep up with the Team)

1. **In School Suspension**

* 1st Violation: Quarter game suspension **&** 2 days of extra conditioning
* 2nd Violation: Half game suspension **&** 3 days of extra conditioning
* 2nd Violation: 1 Game Suspension **&** 4 days of extra conditioning
* 3rd Violation: 2 Game Suspension or Possible Dismissal from Team

1. **Lunch Detention**

* 1st Violation: 1 day of extra conditioning
* 2nd Violation: 2 days of extra conditioning **&** loss of playing time
* 3rd Violation: 3 days of extra conditioning **&** Quarter game suspension
* 4th Violation: 4 days of extra conditioning **&** Half Game suspension
* 5th Violation: 1 Game Suspension or Dismissal from the team

**Coach Drengwitz may reduce/extend any penalty based upon classroom effort / lack thereof.**

1. **Equipment left out:**

* 1st violation - Extra conditioning for each offense

1. **Academics:**
   1. **IHSA requires passing 5 classes to be eligible to play.**
   2. **We are No Pass No Play program**
   3. **Weekly Eligibility Report = 3 F’s / Ineligible per IHSA**
      1. Full Game Suspension **&** 4 days of conditioning
      2. Grades cannot be raised by Game Day
   4. **Weekly Eligibility Report = 2 F**
      1. Half Game to Full Game Suspension & 3 days of conditioning.
      2. 2 F’s with D’s can increase the penalty
      3. Grades cannot be raised by Game Day if Ineligible per IHSA
      4. Grades can be raised by Game Day if not Inelibigle per IHSA
   5. **Weekly Eligibility Report = 1 F** 
      1. Loss of playing time / No Start / 1 Quarter & 2 days of conditioning
      2. 1 F wth D’s can increase the penalty
      3. 2 Days of Conditioning
      4. Grades cannot be raised by Game Day if ineligible per IHSA
      5. Grades can be raised by Game Day if not ineligible per IHSA

* 1. **Weekly Eligibility Report = 1 D**
     1. 1 D = 1 day of conditioning
     2. 2 D = 2 days of conditioning
     3. 3 D’s = 3 Days of conditioning
     4. 4 D’s = 4 Days of conditioning
     5. Grades can be raised

**Coach Drengwitz may reduce/extend any penalty based upon classroom effort / lack thereof /circumstances**

1. **Practice and Competition Guidelines:**
   1. Be prepared for any meeting or practice 5 minutes ahead of schedule.
   2. You are required to attend every practice. Don’t be late or leave early.
   3. If absent from school, contact your head coach/position coach.
   4. If injured & excused from participation, you are required to attend practice/competition.
   5. Communicate your injury / illness to your Head Coach/Position Coach before practice
   6. You will work with our team trainer to maintain conditioning or rehabilitate an injury.
   7. Attend all workouts, practices, & games wearing the proper attire.
   8. No jewelry at workouts, practice, & games. (IHSA Rule)
   9. Attend all strength training & conditioning workouts.
   10. 8 hours of sleep per night – Give your body time to repair
   11. Drink Plenty of Water – Day before is key
   12. Maintain a healthy diet – Fuel your body to repair & perform.
   13. Thursday Practices: Players will wear jersey to practice (Tucked In)
   14. On game days, all players will wear their jersey to school (Tucked In).
   15. We have a team huddle before and after each game. Only team personnel will be allowed on our sideline. Inform your family & friends of this rule and ask them to respect it.
   16. During games everyone will remain on the sideline in full dress uniform, unless injured, until the conclusion of the game. Cheer and support your teammates who are on the field.
   17. If an injury occurs during a game, allow our trainers to treat the injury. If your presence as a parent is needed, wait until you are summoned to the sideline area. In case of an emergency we will have Doctors, Trainers, and EMT available.
   18. At the conclusion of each game we will line up & congratulate the other team on their performance. We will act the same way win or lose. Immediately after we meet as a team on the field prior to locker room.
   19. Whenever we travel the team will ride the bus to and from the site.
   20. Respect all property & equipment belonging to NCHS and our opponents.
   21. Media: Never do interviews unless prearranged by the coaching staff. Always talk about the team & academics. Compliment your opponent when asked (no bulletin board material). Always be positive in all your comments. (Radio/TV/Newspaper) Always thank the reporter.
   22. Social Media: Only Positive Comments will be accepted (Facebook/Twitter/Instagram/Snap Chat
   23. Recruiting: Any player interested in playing college football should let Coach Drengwitz know after their first season of varsity football. Up until that point, it is mainly important to focus on academics, school involvement, consistently working out, community service, and learning the scheme of Our Program.
2. Players who represent the school and football team in an unsportsmanlike manner or bring negative attention to our school and football team and or display including but not limited to: Disrespect towards parents, teachers, coaches, teammates, officials, opponents, spectators, equipment and property of others shall receive:  
   1. A student athlete will receive a suspension or may be dismissed

From the team. Coach Drengwitz will determine the outcome due to the severity of the action.

1. **End of Season:**
   1. The student/athletes are responsible for returning all equipment issued to them during the sports season.
   2. The student/athlete will be financially responsible for any lost equipment
   3. All financial obligations of the student/athlete must be taken care of within one week of the end of the sports season.
   4. No student/athlete will receive an athletic award until all equipment is returned and all financial obligations have been paid.
   5. No further equipment will be issued until this equipment has been returned.
   6. Any student/athlete having in his possession stolen athletic equipment (Jersey, etc…) which is the property of NCHS, must return these items immediately.
   7. End of Season Evaluation – All Players
   8. End of Season Exit Meetings – All Players
   9. Attend Football Banquet to Celebrate