

THE FOOTHILL WAY

1. DO NOT MISS PRACTICE
 2. BE ON TIME
 3. CALL COACH BOYETT--UNABLE TO ATTEND
 4. BE RESPECTFUL TO COACHES / TEAMMATES / STAFF
 5. CLEAN UP AFTER YOURSELF--TAPE, FOOD, ETC.
 6. BE COACHABLE
 7. GIVE 100% EFFORT AS A STUDENT / ATHLETE
 8. HAVE GOOD CHARACTER ON / OFF THE FIELD
 9. MAKE THE RIGHT CHOICE
 10. NO NEGATIVE TALK TO EACH OTHER
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COMMON SENSE

1. NO INTERNET TALKING
2. NO PHYSICAL OUTBURSTS ON FIELD
3. TAKE A KNEE--NEVER LAY DOWN ON FIELD
4. WHEN PRACTICE BEGINS ALL GEAR IS FULLY ASSEMBLED
5. DO NOT TAKE ANYTHING HOME THAT IS NOT YOURS
6. CELL PHONE OFF IN MEETINGS

LOCKER ROOM

1. NO CHEW OR FOOD IN LOCKER ROOM
2. TURN OFF CELL PHONES IN LOCKER ROOM
3. BAG BLOW OUT
4. ALL GEAR GOES IN LOCKER--DO NOT TAKE HOME
5. KEEP CLEAN AND TIDY--ROTATE CLEANING PATROL

UNIFORM POLICY

1. WEAR WHAT IS ISSUED
2. DON'T ALTER EQUIPMENT--SEE COACH KELLY
3. NOTHING HANGING OUT OF HELMET OR UNIFORM
4. NO TOWELS--RAIN GAME ONLY--CENTER / QB
5. WRIST BANDS ONLY
6. NO SPATS--ANKLE INJURY SITUATION--SEE WARREN
7. BALCK NIKE SHOE
8. UNDER GARMET MATCHES UNIFORM COLOR TOP
(PRACTICE OK) (MUST BE SUMETRICAL)