TOMBALL CHRISTIAN WARRIORS (TCW)

HANDBOOK



2019

Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come."

1 Timothy 4:7-8



TCW Football and Cheer Calendar 2019

Date	Event
January 31	Information meeting for NEW
	players
February 12	Information meeting for NEW
	players
February 21	Cheer Registration Meeting
February 26	Football Registration Meeting
March 15	Registration Closes
April / May	Spring Ball & Cheer
	Fundraiser
April 22	Warrior Parent Volunteer Meeting
June	Summer training
June/July	7 on 7
August 5	First Day of Practice
	Warrior Parent Meeting
August 10 or 11 TBD	Kick Off Party
November 20-24	National Football Championship
	Tournament – in Florida
December	Varsity Football Banquet

Fees due for Returning Warrior

1 or and for Househing Warrior					
Fee	Amount	Due			
Registration Fee	\$250	Registration			
Uniform Fee	\$50	May 14			
Operating Expense Fee	\$350	May 14			
Volunteer Opt-out Fee	\$500	Registration			
Water Duty Opt-out Fee	\$200	Registration			

Fees due for New Warrior

Fee	Amount	Due
Registration Fee	\$300	Registration
Operating Expense Fee	\$350	May 14
Uniform Fee	\$350	May 14
Equipment Fee	\$400	May 14
Volunteer Opt-out Fee	\$500	Registration
Water Duty Opt-out Fee	\$200	Registration



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1. Mission and Statement of Faith

1.1. Mission Statement

The Tomball Christian Warriors is a Christian-based, homeschool support organization that focuses on developing Godly men and women through competitive sports, striving for excellence in competition, character and ministry as to be an example of Christ throughout our community and around the world.

1.2. Statement of Faith

- 1. The Bible to be the inspired, infallible, divinely preserved Word of God, the supreme and final authority for all faith and life.
- 2. That there is one living and true God; an infinite, intelligent Spirit, perfect in all His attributes, one in essence but eternally subsistent in three Persons: Father, Son and Holy Spirit.
- 3. In the deity of our Lord Jesus Christ, His virgin birth, His sinless life, His miracles, His vicarious and atoning death through His shed blood on the cross, His bodily resurrection, His ascension, and His imminent bodily return in power and glory.
- 4. That man was created in the image of God, but fell into sin and is therefore lost, and only those who put their faith in Jesus Christ alone, not trusting in any personal works whatsoever, can be saved.
- 5. That salvation is the free gift of God brought to the sinner by grace and received by personal faith in the Lord Jesus Christ, whose substitutionary death on the cross paid the penalty for man's sin.
- 6. That the ministry of the Holy Spirit is to convict mankind, indwell, guide, instruct and empower the believer for godly living and service.



2. Positions

2.1. Executive Board Members

- 1. President
- 2. Vice President
- 3. Executive Director
- 4. Treasurer
- 5. Secretary
- 6. Athletic Director
- 7. Cheer Director
- 8. Volunteer Director

2.2. Additional Positions

- 1. Fundraising Coordinator
- 2. Publicity Coordinator
- 3. Sponsorship Coordinator
- 4. Webmaster
- 5. Volunteer Director
- 6. Assistant Athletic Director
- 7. Assistant Cheer Director
- 8. Social Events Coordinator
- 9. Registration Coordinator

2.3. Terms of Office for Executive Board

2.3.1. Length of Term: 2 Years

- During the September Board meeting members will declare their intentions regarding staying on the Board or resigning.
- Approval and appointment will be by Board majority vote.
- Beginning Term in Odd years: Secretary, Vice President, Cheer Director
- Beginning Term in Even Years: President, Athletic Director, Volunteer Director, Treasurer

2.4. TCW Board Engagement and Questions

- 2.4.1. TCW Constitution and By-Laws exist and can be found on TeamSnap, under Media, Files.
- 2.4.2. TCW Members desiring to address the Executive Board should make their request, in written form, to the Executive Director along with the topic they wish to discuss, for inclusion on the agenda. The Executive Board reserves the right to go in to Executive Session.
- 2.4.3. A complete list of Roles and Responsibilities for TCW Board Members and additional positions can be provided upon request.



2.5. Volunteer Positions

<u>Over 35 Volunteer Positions</u> need to be filled for each Varsity HOME game. Over 20 for each JV and Jr. High HOME game.

EVERY FAMILY IS REQUIRED TO VOLUNTEER FOR MULTIPLE GAME DAYS

Weekly Water Duty is required for each TCW football family. This is a tough job that requires more than one strong family member to do. You must be on time and fully prepared.

Each family is **REQUIRED** to volunteer. However, we do offer a "Buy Out" option so you can pay to have someone fulfill your Volunteer Duties.

Parents will sign up online for their volunteer positions. Once registration is complete, the Volunteer Director will produce a schedule and e-mail it to the team. Parent involvement in the football program is a must!

Volunteers are required to sign in at the gate on game day with the Team Coordinator. Volunteers who are unable to fulfill their obligation at any game must contact the Volunteer Director within 24 hours and are responsible for finding a replacement.

A complete TCW Volunteer Matrix is below:

TITLE	ROLE	HOME GAMES ONLY	ALL GAMES	COMMENTS
Team Mom	 "Go to" person/people for game information. Work with special events team during homecoming and senior recognition. Oversees check-in list for all volunteers on game day. Answers any questions concerning game day duties. Has Team/Player Notebook with them at all games. Has the referees sign their proof of work forms Has game day gate/ticket box. 		X	1-2 people each Needed for Varsity and Junior High Full Season
Stats Recorder	Responsible for recording all stats during home and away games and entering them weekly on to Max Preps website.		X	2 people per week
Field Operations (Chain Crew	 Responsibilities include assisting in the lining the field, working chains and yard markers. Chain gang responsibilities apply to home 	X		4-5 people per week



TITLE	ROLE	HOME GAMES ONLY	ALL GAMES	COMMENTS
& Field Liners)	games only.			
Sideline Manager	 The 'go to person' on the sidelines. Ready to assist or aide coaches, medical team and water team. Helps with crowd control. Keeping spectators out of the coaches and player area. 		X	1 person per week
TCW Merchandise Coordinator(s)	 Set up and break down sales table. Inventory merchandise. Count moneybox and return to team treasurer, return merchandise to the trailer and send inventory to Board member. 	X		1 person Full Season
Merchandise Sales	➤ Help with sales at home games.	X		1-2 people per week
Hydration Team (Sidelines)	 Arrive an hour before the game. Responsibilities include filling water system and bottles before game. Monitoring of all sideline hydration and fluids throughout the game. At timeouts take water to referees at home games. Set up visitor water coolers. 		X	4 people per week for varsity 4 people per week for Junior High
Nurse/Doctor	➤ Administers medical support at all home and away games		X	1 person per week
Student Trainer	➤ To assist Nurse/Doctor		X	1 person per week
Clock & Scoreboard	Operates clock/ scoreboard for all home games.Needs to know how to work a score board.	X		2 people per week
Announcer & Media Coordinator	 Organizes game announcements, prayer and National Anthem. Ensures proper display of the American Flag at home games as well as coordinates music for the cheer squad. 	X		1 person



TITLE	ROLE	HOME GAMES	ALL GAMES	COMMENTS
Water Duty Coordinator	 Organizes and schedules all practice water duty with parents/volunteers May assist with game water duty as needed Reports to Volunteer Director 			1- Varsity 1- Junior High Full Season
Practice Water Duty	 Arrive 45 minutes before practice to fill water system and water bottles. Keep water bottles near the players and their break off groups. Monitor fluids throughout the practice. Empty water system at the end of practice and place in closet near concession stand. Take water bottles home and clean each night. Last day of practice pass off water bottles to the next family. 			EACH TCW football family is assigned one week of water duty. *Families who are a "cheer only" family are not required to do water duty.
After-game Meal Coordinator	Coordinates pre-game & post-game meal plans and works with Team Parent		X	Full Season
Videographer	 Responsible for videotaping all home and away games. Need tower video and elevated view Can provide training if needed. 		X	2 people Full Season
Photographer	Responsible for taking game day picturesUpload photos to the website weekly		X	2 people per week
Clean Up Crew	➤ Making sure after each game we leave the stands cleaner than we found them.		X	3-4 people per week
Kick Off Coordinator	 Organize and plan for the kickoff party in August. Food, drinks, etc. Reports to Volunteer Director 			1 person needed
Kick off Helper	➤ Assist the K.O. coordinator			4-5 people needed
Homecoming Coordinator	Organize and plan for the Homecoming DanceFood, drinks, decorations, DJ, etc.			1 person



		H		
TITLE	ROLE	HOME GAMES ONLY	ALL GAMES	COMMENTS
	➤ Reports to Volunteer Director			
Homecoming Helper	➤ Assist the Homecoming Coordinator			10+ helpers needed
Monday Night Meal Coordinator	Organize and Plan for the Coaches and Players Monday Night Meal/Meeting			1 person Full Season
Monday Night Helper	➤ Assist the M.N.M Coordinator			Will require 6+ volunteers
Varsity Banquet Coordinator	➢ Plan and organize banquet➢ Reports to Volunteer Director			1 person
Varsity Banquet Helper/Team	➤ Help with organizing, planning.			6-7 people
Raffle Coordinator	 Organize and administer raffle to assist athletes with fees Reports to Volunteer Director 			1-2 people (not full season)
Raffle committee	Assist raffle coordinator with administering raffle			6-8 people (not full season)
Fundraising Coordinator	Plan and Organize 2 fundraiser a yearReports to Volunteer Director			1 person
Fundraiser Committee	➤ Assist Fundraising Coordinator			6-8 people
Cheer Concession Coordinator	 Plan and organize concessions at Varsity Home games Reports to Cheer Director 	X		1-2 people per week



3. Communication

3.1. Teamsnap

- 3.1.1. Each member (parents and players) is given a login to participate in the Teamsnap website. All calendar information is kept up-to-date and disseminated through Teamsnap.
- 3.1.2. Each member (parents and players) are required to update any changes to email addresses and phone numbers.
- 3.1.3. If an event is changed TCW will do its best to update the Teamsnap website in a timely fashion and have notifications sent to all participates.
- 3.1.4. When an event is changed, TCW will also send out text messages via the Teamsnap website. Each member is asked to complete their Teamsnap profile, including mobile number that can be used to receive text.

4. Eligibility Requirements

4.1. Academic Qualifications

- 4.1.1. A player must be homeschooled. "Homeschooled" means that a player must be receiving his or her primary educational direction through the home.
- 4.1.2. A player must be living at home with a parent or guardian.
- 4.1.3. A player is ineligible if that player is enrolled in more than 9 hours of dual-credit and/or college courses.
- 4.1.4. A player is ineligible if that player has gone through a homeschool, public school, or private school high school graduation ceremony prior to that season's first game
- 4.1.5. A player must be passing all courses in order to participate in a contest or tournament. In performing the role of administrator for the homeschool, the parent is solely responsible for enforcing this rule.

4.2. Athletic Grade Classifications and Designation

- 4.2.1. TCW is designed for Middle School and High School homeschooled students. Middle School includes ages 12-14; High School includes ages 14/15-18.
- 4.2.2. An athletic grade designation must be declared during Registration and must conform to TCW maximum age qualifications. This designation cannot change.
- 4.2.3. After entering a Varsity or sub-Varsity (High School) team, a player shall become ineligible after 4 years of high school participation. Note: An exception is if the TCW Board approves the participation of 13 year old on a TCW Varsity high school team, in which case that player is granted 5 years of Varsity (high school) participation.
- 4.2.4. A high school player is ineligible to play on a middle school team.
- 4.2.5. A 12th grader is prohibited from playing on a sub-varsity team regardless of his or her age.

4.3. Age Qualification

- 4.3.1. High School
 - 4.3.1.1. A player is not eligible for competition if the age of nineteen (19) is reached prior to September 1st of the current school year.



4.3.2. Middle School

- 4.3.2.1. A player must be 12 years old by September 1st of the current football season he is registering for.
- 4.3.2.2. A player is not eligible for competition in middle school if the age of fifteen (15) is reached prior to September 1st of the current school year

4.4. Transfers

- 4.4.1. If a player started the season on another homeschool, public, or private school team, no transfer shall be allowed during the season without the approval of the TCW Board.
- 4.4.2. A player cannot play on another homeschool, public, or private school team in the same sport at the same time as playing on a TCW sponsored team.

4.5. Exceptions

4.5.1. Exceptions to any eligibility requirement may be made only by express approval of the TCW Board. No exceptions will be permitted to the upper age limitations for middle school and high school.



4.6. TCW Educational Descriptors

	Type	Description	Status
1	Private School (e.g. Concordia, Rosehill etc.)	Educational Program dictated by school, under the direction and oversight of TAPPS SPC, etc.	Ineligible
2	Local Charter School	Educational Program dictated by school, under the direction and oversight of the local Charter School Board and oversight of the UIL	Ineligible
3	Community College (including Dual Credit Hours)	Educational Program dictated by the Community College under the direction and oversight by the state.	Eligible (maximum of 9 dual credit hours)
4	Distance Learning Program (e.g. Bob Jones, Abeka, Texas Tech HS, K12, Public	Educational Program dictated by non-local sponsor and classes monitored by parent at home.	Eligible
5	Online Courses, etc. Hired Instructor or Tutor (at home or at another location)	Educational Program dictated by Parent and classes sometimes monitored by parent at home.	Eligible
6	Enrichment Co-ops	Educational Program dictated by parent.	Eligible
7	Contracted Services/Course Level Co-ops (e.g. Worldview program)	Educational Program dictated by parent conducted by "hired" teachers under the direction of the parent.	Eligible
8	Parent Taught Classes	Educational Program dictated wholly by the parent using purchased or developed curriculums.	Eligible



5. Code of Conduct and Enforcement of Team and League Expectations

5.1. PLAYER COMMITMENT

- 5.1.1. COMMITMENT TO GOD
- 5.1.2. COMMITMENT TO TEAM
- 5.1.3. Key Verses and Quotes
 - 5.1.3.1. The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ. Some of us are Jews, some are Gentiles, some are slaves, and some are free. But we have all been baptized into one body by one Spirit, and we all share the same Spirit. Yes, the body has many different parts, not just one part. If the foot says, "I am not a part of the body because I am not a hand," that does not make it any less a part of the body. And if the ear says, "I am not part of the body because I am not an eye," would that make it any less a part of the body? If the whole body were an eye, how would you hear? Or if your whole body were an ear, how would you smell anything? But our bodies have many parts, and God has put each part just where he wants it. How strange a body would be if it had only one part! Yes, there are many parts, but only one body. The eye can never say to the hand, "I don't need you." The head can't say to the feet, "I don't need you." In fact, some parts of the body that seems weakest and least important are actually the most necessary. And the parts we regard as less honorable are those we clothe with the greatest care. So we carefully protect those parts that should not be seen, while the more honorable parts do not require this special care. So God has put the body together such that extra honor and care are given to those parts that have less dignity. This makes for harmony among the members, so that all the members care for each other. If one part suffers, all the parts suffer with it, and if one part is honored, all the parts are glad. All of you together are Christ's body, and each of you is a part of it. 1 Corinthians 12:12-28
 - 5.1.3.2.Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." 1 Timothy 4:7-8
 - 5.1.3.3. Then he said to the crowd, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross daily, and follow me. If you try to hang on to your life, you will lose it. But if you give up your life for my sake, you will save it. And what do you benefit if you gain the whole world but are yourself lost or destroyed? If anyone is ashamed of me and my message, the Son of Man will be ashamed of that person when he returns in his glory and in the glory of the Father and the holy angels. I tell you the truth, some standing here right now will not die before they see the Kingdom of God." Luke 9:23-27
 - 5.1.3.4.The horse is prepared for the day of battle, but the victory belongs to the Lord. Proverbs 21:31
 - 5.1.3.5. "On the fields of friendly strife are sown the seeds that on other days and other fields will bear the fruits of victory." General Douglas MacArthur



5.1.4. SYNERGY OF FOOTBAL

- 5.1.4.1. Playing football is a privilege, not a right.
- 5.1.4.2. The team is more important than me.
- 5.1.4.3.In the class room, 1+1=2
- 5.1.4.4.On a winning team, 1+1=4
- 5.1.4.5.On a losing team, 1+1=1
- 5.1.5. Team Discipline: Each player is required to adhere to the Team Discipline section of the TCW Code of Conduct.

5.2. TCW Code of Conduct

- 5.2.1. Smoking is prohibited at all TCW sponsored event and at all facilities as indicated by each school district.
- 5.2.2. Foul language will not be tolerated under any circumstances.
- 5.2.3. Submission to Proper Authority (1 Thess 5:12-13; Titus 3:1-2; 1 Peter 5:5).
 - 5.2.3.1. Every organization has a structure allowing for its efficient operation. This structure includes establishing appropriate levels of authority within the organization. These are in place to ensure safety, facilitate the operation of the organization and provide a framework for conflict resolution.
 - 5.2.3.2.Every TCW athlete, parent and coach agrees to abide by this standard of submission to proper authority.
- 5.2.4. All concerns/complaints are to be handled following the process as outlined in the TCW Code of Conduct, Parents Commitment section.
 - 5.2.4.1.No coach is to be approached prior to or during practice. The team meeting at the conclusion of practice is considered a part of the practice.
- 5.2.5. Fighting, physical or verbal, is strictly forbidden and will not be tolerated. When parents are involved, the entire family is subject to immediate expulsion from TCW activities.
- 5.2.6. Parents are expected to pick up participants at the end of each practice or game. Our volunteers are not responsible for providing transportation.
- 5.2.7. No parents or other individuals are allowed within the fences of practice or game fields. In the situation where no fences exist, everyone must allow a 50-foot 'clear' zone from the sideline.
- 5.2.8. Each TCW member parent and athlete is required to sign the TCW Code of Conduct.
- 5.2.9. Please remember that at all TCW functions, we want to be a witness for our Lord Jesus Christ. Our actions will reflect not only on our team but also on the entire homeschooling community.
 - 5.2.9.1.Booing, yelling at refs or coaches or any othe inappropriate behavior or language will not be tolerated. We need to honor those in authority (1 Thess 5:12-13).
- 5.2.10. Parents are to refrain from coaching from the stands. Your athlete is attentive to your voice and it can be a distraction not only to them but to the team and coaches.



5.3. Parent and Athlete Commitment Forms / Disciplinary Forms

PARENT'S COMMITMENT

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TCW Athlete Commitment

By joining TCW I am agreeing to uphold the following team rules:

Athlete's signature	Date:
will be considered another infraction in the	same category.
	ed in the document and as prescribed by the head coach
——————————————————————————————————————	
	drug test, and failure to do so is an admission of guilt.
	and program guidelines as stated in the TCW Handbook.
11. I understand that the coaches reserve the12. I have received and read the TCW Hand	·
fellow teammate or criticize the coaches.	ataba a a cashitati a a shattati a a a d
	y words and actions; striving to never speak poorly of a
	ons or concerns before/after practice or during breaks.
establish.	
8. I will demonstrate the character quality of	discipline by following the rules that my coaches
TCW events including, but not limited to, §	
-	id pairing off with persons of the opposite sex during all
TCW sponsored event	n by 10 w especially while in 10 w atthe and at any
5	th by TCW especially while in TCW attire and at any
events (Kick-off party, homecoming,	ill not post anything that could be deemed inappropriate
-	practices, games, after game events, other TCW special
·	controlled and uncontrolled substances during all TCW
reaction to a game situation),	
	le what would be considered an acceptable emotional
 participating in profane language, 	
6. I will demonstrate the character quality of	self-control by not:
whether we win or lose.	
	de no matter how fair I perceive the officiating to be or
game and practice uniform.	ar practices and games. The fload coden win determine
or colors, no facial hair). • I will wear the required uniform for a	all practices and games. The head coach will determine
	or the season (i.e. no odd piercings, no radical hair styles
———— 4. I will demonstrate the character quality of	orderliness by following the dress code:
3. I will demonstrate the character quality of	faithfulness by attending all practices and games.
coaches.	, c
2. I will demonstrate the character quality of	1 0
1. I am home educated and understand I will	not play if I am not passing.



TCW Organizational Disciplinary Plan				
Category Description	1st Infraction	2 nd Infraction	3 rd Infraction	
General infractions as listed above in the Code of Conduct including, but not limited to: profanity, fighting or tobacco use, At TCW Events	Organizational Head Coach prescribed discipline.	1 game suspension and Organizational Head Coach prescribed discipline.	Remaining season game suspension and Organizational Head Coach prescribed discipline.	
Does not include actions such as being late to practice, missing practice/game or not communicating with coaches on the above.				
Participating in the illegal purchase, distribution or use of alcohol, or illegal drugs. Other illegal activities without a conviction including, but not limited to, vandalism, theft, trespassing.	2 game suspension and Organizational Head Coach prescribed discipline.	Remaining season game suspension and Organizational Head Coach prescribed discipline.	Dismissal from the program. Returned participation the following year will be subject to TCW Board approval with a recommendation from the Athletic Director and Organizational Head Coach.	
Participating in any illegal activity leading to a conviction.	Immediate dismissal from the program.			
On arrest (while waiting court decision), TCW Board will review the status of the player and make a decision with a recommendation from the Athletic Director and Organizational Head Coach.	Returned participation the following year will be subject to TCW Board approval with a recommendation from the Athletic Director and Organizational Head Coach.			

NOTES: Head Coach prescribed discipline could include, but not limited to, physical training, service projects, counseling, and additional game suspension. Game suspension would apply to the team where the player primarily plays, so that during a bye week, another team's game could not count as one of the player's suspended game.

Parent's signature	Date:
Athlete's signature	Date:



	FOOTBALL TEAM	DISCIPLINE PLAN	
ACTIO	N	DISCIPLINE	
Late to practice		Minimum of 10, 40yd Cardiovascular Events (witnessed by a coach)	
Miss entire practice/game (Includes forgetting equipment that prevents you from practicing.)		Minimum of 20 – 40yd Cardiovascular Event (witnessed by a coach)	
Failure to communicate with the coaches on missing practice or game:		If failure to communicate about missing practice, the corresponding item above plus: • Moved down one level on the depth chart If failure to communicate about missing a game, the corresponding item above plus: • Moved down one level on the depth chart and will not play for a minimum of one game	
Any other action that does not promote the character of Jesus Christ while attending any TCW sponsored event.		Handled on a case-by-case basis, but will be handled by a minimum of one item listed above.	
vegas emist winte attending an	•	TIONS:	
		ONE	
	WF	HY?	
If You Are:	You	Need the Additional Work Because:	
Sick	Need the additional wo	ork to get your body back in shape.	
Out of town	The rest of the team is working and you will need the additional work to stay in shape.		
Attending a sibling's activity	We are 100% behind you attending the activity. We believe that you have the ability to have a huge impact on your brother or sister. However, the rest of the team is working and you will need the additional work to stay in shape.		
Out of town guests (friends or family) are in for only a short time.	We support you in your decisions to be with your friends or family, but the rest of the team is working and you will need the additional work to stay in shape. We believe that this is a great opportunity for you to show friends and family the team that you have worked so hard to be a part of.		
I have another activity that conflicts with practice.	The rest of the team is working and you will need the additional work to stay in shape. There is no way that you can work at getting better for football and the game if you are not here—it is a team sport.		
I have church on a different night than Wednesday.	We support you 110% in attending church. We have tried to work around this for most on Wednesday night, but this does not apply to everyone. However, the rest of the team is working and you will need the additional work to stay in shape. However, you will only have the discipline for those late to practice.		
Once in a lifetime event that you will never have the opportunity to do again.	your life, please go and	lifetime event that you would regret for the rest of I have a blast. However, the rest of the team is need the additional work to stay in shape.	
Athlete's signature:		Date:	
Parent's signature:		Date:	



	BASEBALL TEA	AM DISCIPLINE	
ACTION		DISCIPLINE	
Late to practice		Minimum of 10, 40yd Cardiovascular Events (witnessed by a coach)	
Miss Entire Practice/Game (Includes forgetting equipment that prevents you from practicing.)		Minimum of 20, 40yd Cardiovascular Event (witnessed by a coach)	
Do not communicate with the coaches on missing practice/game:		The corresponding item above plus: • Varsity—will not start the following game	
Any other action that does not promote the character of Jesus Christ while attending any TCW sponsored event.		Handled on a case-by-case basis, but will be handled by a minimum of one item listed above.	
	EXCEI	PTIONS	
	NO	ONE	
	WI	HY?	
If You Are:	You	Need the Additional Work Because:	
Sick	Need the additional work	to get your body back in shape.	
Out of town	The rest of the team is working and you will need the additional work to stay in shape.		
Attending a sibling's activity	We are 100% behind you attending the activity. We believe that you have the ability to have a huge impact on your brother or sister. However, the rest of the team is working and you will need the additional work to stay in shape.		
Out of town guests (friends or family) are in for only a short time.	We support you in your decisions to be with your friends or family, but the rest of the team is working and you will need the additional work to stay in shape. We believe that this is a great opportunity for you to show friends and family the team that you have worked so hard to be a part of.		
I have another activity that conflicts with practice.	The rest of the team is working and you will need the additional work to stay in shape. There is no way that you can work at getting better for football and the game if you are not here—it is a team sport.		
I have church on a different night than Wednesday.	We support you 110% in attending church. We have tried to work around this for most on Wednesday night, but this does not apply to everyone. However, the rest of the team is working and you will need the additional work to stay in shape. However, you will only have the discipline for those late to practice.		
Once in a lifetime event that you will never have the opportunity to do again.	If it is truly a once in a lifetime event that you would regret for the rest of your life, please go and have a blast. However, the rest of the team is working and you will need the additional work to stay in shape.		
Athlete's signature		Date:	
Parent's signature:		Date:	

Athlete's signature	Date:
Parent's signature:	Date: