



## **Joliet West Football Rules and Expectations**

1. Be where you are supposed to be, when you are supposed to be there, and be prepared.
2. No profanity or negative talk.
3. No spikes in the building.
4. The locker room will be cleaned each night by the named position.
5. Wash all practice gear once a week.
6. If you are absent from school call the football office and leave a message. 815-774-6028
7. All fields and drills will be set up before practice starts.
8. All equipment will be picked up after practice by the players.
9. If you need to be taped for practice get to the training room right after school. This is not an excuse to be late!
10. Know the difference between hurt and injured.
11. Read and follow athletic handbook.
12. All players will address coaches as coach \_\_\_\_\_.
13. Use manners with all JTHS staff at all times.