



## **2025 MORGANTOWN MOHIGAN FOOTBALL**

Morgantown is a football community, with a long-standing winning tradition. Over the years we have had some great teams, made up of some phenomenal young men. These young men have formed a special bond and brotherhood that can only be earned by suiting up and taking the gridiron wearing the MHS uniform! It is a brotherhood and tradition that is bigger than any single player, coach, or team. The teams that have been successful are the ones that the players have understood they are not more important than the program. They also acknowledge that this tradition and program is larger than themselves and it is their responsibility to earn the right to compete. The Morgantown Football Program is dedicated to developing successful student athletes, with strong ties to the community. To accomplish this, we ask and expect a lot out of our players. This includes being committed, disciplined, and placing the TEAM first. There is no "I" in TEAM but there is an "I" in WIN and that "I" stands for individual accountability to the TEAM. You are either in or you are out! To be a champion, you cannot play with one foot on the field and the other on the sideline. You must earn the right to wear our uniform and be called a champion. Listed below are the components we feel are a must in building and maintaining the type of program of which we can all be proud. Are you willing to accept this challenge? How good do you want to be?

### **REQUIREMENTS**

- You must have a 2.0 GPA for the second semester.
- You must have your physical turned in before summer sessions start on June 13. (Dated May 1st or after)
- You must have a great, coachable ATTITUDE. If you do not, you will be removed from the TEAM. Remember no one person is more important than anyone else. No one is bigger than the Mohigan Football Program. Next Man in...
- Must activate and use your Hudl account.
- ALL TEAM Expectations are to be met.
- Stay out of trouble and away from compromising situations.(OSS, ISS, and Lunch Detention)

### **CONDUCT AND ATTITUDE**

The varsity team is composed of the best football players in grades 9-12. We will also have Freshman and JV teams to develop players for varsity competition. We do not "cut" except in situations where attitude, commitment and discipline are concerned. Practice sessions consist of fundamental drills, individual techniques, group work and team periods as well as conditioning drills. Attendance and participation in practice is mandatory! Each Student athlete is judged by their attitude, discipline, being coachable, dedication, and athletic ability.

## **TEAM EXPECTATIONS**

Failure to meet Team Expectations will be grounds for dismissal or punishment as deemed necessary by the coaching staff.

1. Do what is right!
  - You know right from wrong. If you must think about it, then it is wrong.
  - You will always conduct yourself as a gentleman. Remember you not only represent yourself but also your family, school, community, and this program.
  - Treat people with Respect.
  - Be leaders.
  - Refrain from any behavior that will be detrimental to our TEAM or program. The use of Drugs, Tobacco, Alcohol, Vaping and Juuling is forbidden. Failure to meet this expectation is grounds for immediate dismissal from the TEAM.
  - Be where you are supposed to be and when you are supposed to be there with everything you need. (Uniform, equipment etc.) All practices and Team functions are mandatory. Be in class on time and stay out of the hallway during class. Attendance policy will be given out prior to practice. Failure to follow policy will result in loss of playing time, suspension, and dismissal from the team.
  - Placing anti-program/TEAM comments, inappropriate comments and pictures on social media is strictly forbidden and will be dealt with accordingly.
  - Excuses will not be accepted.
  - All practices, In-season lifting, meetings & Team functions are mandatory. Excuses will not be accepted!
  - Missing any of these events is grounds for loss of playing time, possible suspension or dismissal from the Team.

## **Mohigan Road Map to Success (DESERVE TO WIN)**

- Do what is right.
- Tell the TRUTH, no matter what the consequence.
- Do your BEST, no matter how small the task.
- Choose the difficult RIGHT over the easy wrong.
- Do not whine, complain, or make excuses, accept responsibility for yourself.
- Actions speak louder than words. (Your actions speak so loudly I cannot hear what you are saying.)
- Do not pursue happiness; pursue EXCELLENCE.
- TEAM (Individual accountability to the TEAM, what you do to yourself, you do to all of us.)
- Focus on the PROCESS: What's. Important. Now. (This assignment, test, Rep, play, with maximum effort). Embrace the "Grind".
- Work ethic, nobody works harder.
- Decide to be successful (Choice).

- Expect to be successful (mentality).
- Finish no matter what it takes.
- Toughness! Mental and Physical.
- Maintain a positive attitude no matter what the circumstances.
- How you do anything is how you do everything. Do everything with passion and enthusiasm.
- Do not expect more from a teammate than you are willing to give.
- Have genuine appreciation for each other's role.
- Be coachable. Learn to handle criticism.
- Be dependable.
- Be all in.
- Have fun.

### **Program Core Values**

#### **Commitment**

Amazing things that can happen if you believe and are committed to being the best you can be. In other words, all (coaches and players) must march to the same heartbeat, beginning with positive thoughts and an understanding that by focusing on attention to detail, they will master new fundamentals required to achieve success. If they learn to pay close attention to every detail in route to reaching their goals, they will become better students, athletes, and citizens.

#### **Attitude & Accountability**

"Attitude is the single most important factor in determining your success in LIFE!" We want nothing but positive team oriented, winning attitudes in our football program. All these qualities fall under the category of Attitude! Life is 10% of what happens and 90% how you react to it. Accepting responsibility and consequences for your actions will be a cornerstone of our program. Placing blame on others for your actions will not be tolerated.

#### **Dependability & Trust**

Dependability and Trust go hand in hand. Trust is defined as: belief that someone or something is reliable, good, honest, effective, to rely upon or place confidence in someone or something: to trust in another's honesty. We must be able to trust in you and in each other. We must trust that every day you will; be in school, be at practice on time, stay out of trouble, tell us the truth (even if it's difficult to hear), give 100% effort in the classroom, give 100% effort on the field, and do the right thing even if it's not the popular choice. It also means that you must trust in the coaches and believe that you are being coached to do the right things within the system we run and our program. Once this trust is broken, it is hard to regain and there are always consequences for breaking this trust. The "count on me" guys will be the foundation of our program, players we can count on in a pinch. We believe that the worst mistakes a coach can make is to continually utilize the most talented and flashy, yet non-dependable, athlete. He may be the best "potential" athlete at a given position, but more than "potential" is required to get the

job done. It is essential to employ a mix of potential players with a greater amount of dependable trustworthy athletes to be and stay on the right track.

### **The Coach and the Player**

Our coaching staff is interested in assisting you and to develop you into the best student athlete possible. We will push you to be courageous, strong, confident, fair-minded, and disciplined “MAN”, as well as a good student.

1. WE PLAY TO WIN! We think winning is important! We will play the best player for the position regardless of creed, color, social or economic status etc. Making the starting lineup is a very democratic process. If a player is not starting it is because the player in front of him is better...SO WORK HARDER IN PRACTICE. Make us play you! The other reason is they may not be able to meet the team's expectations for commitment, conduct and attitude.
2. YOU WILL BE COACHED UP. Our philosophy is do it right, do it hard, or do it again. You will receive “Constructive Criticism”. Many athletes make the mistake of thinking that constructive criticism is a personal attack or that “the coach doesn’t like me”. This idea is erroneous. This type of criticism is for the benefit of the individual and TEAM. You must learn how to accept and cultivate any criticism, so that it will aid you in becoming a better student and athlete. Criticism is like money—do not worry about it when you have it, just worry about the lack of it. Never leave the field without talking to your coach if you have any doubts about criticism being directed at you.
3. LOYALTY! No organization is successful without it. We will not tolerate disloyal, griping athletes (Disloyal players will be cut from the program). Be loyal to all involved in our football program. Have pride in being a part of the Morgantown Mohigan Football tradition.
4. WE HAVE EXPECTATIONS. We expect our players to be leaders in the school and classroom year-round (in season and off season). Participating in athletics at Morgantown High School is a privilege, not a right. Conduct yourself in a manner beyond reproach. Follow all school rules and TEAM expectations. We expect our players to be at practice and participate. Set up appointments around practice as not to miss. Also hanging out in the training room is not acceptable. If you are injured, we want it taken care of and you to be healthy and safe, but we expect treatments to take place around practice not in place of it. If you are not on the field practicing it will directly impact playing time.
5. YOU MUST COMMUNICATE. If you have a problem or a concern you must communicate with your coaches. We are not mind readers and we will help you in any way possible. More problems occur between student athletes, parents, and coaches because of a lack of communication than any other reason.

### **Priorities**

We are all busy and time is an important commodity. With that in mind we have established a priority list to help you make the right choices in terms of time management and social activities. For us to be successful we must be on the same page.

1. Religion- Practice your faith. (This does not include trips to Amusement parks, social outings, etc.)

2. Family (Always obey and respect your parents, but this is not an excuse to miss practices.)
3. School (If you do not have a 2.0 GPA then you can't play. The higher your grades, the easier it is getting into college.) Communicate with the coach if you are struggling and need help. We are teachers and can tutor you after practice or help to adjust your tutoring schedule.
4. Morgantown High School Football or In-season MHS Sports Team (In order to be a champion, you must be committed, so you are still expected to lift.)
5. Everything else (Schedule Dr. / Dentist Appointments etc. around practice. Missing practice for any reason will affect your playing time and you will be required to make up missed practice time before you are allowed to compete.)

### **IRON MOHIGAN** **STRENGTH & CONDITIONING**

We build our TEAM through the weight room. We believe that to compete and win at this level you must be strong and in overall great physical condition. This can only be accomplished by committing yourself to a year-round rigorous workout program. One comment I hear is, "I lift at home." Let me be the first to tell you; that is not the same and it is not enough! There are many reasons for this. First, it is impossible to get the same intensity level lifting by yourself at home as you can by lifting with your teammates. Our program is designed to develop you to become the best possible athlete that you can be. The coaching staff is in the weight room to teach you proper technique and form on all the lifts you are required to do. We do not just lift weights; we also work on agility, speed development, flexibility, and mental attitude. Our workouts are organized and run by the Strength Staff and Football Coaches. These workouts also give us a chance to get to see and evaluate your work habits and attitude. At the same time, it gives you an opportunity to get to know the coaches, while helping to build "Mohigan Pride". As a staff, we are not concerned about how much weight you can lift, what matters most is seeing your commitment, desire, and attitude towards getting better each time you step into the weight-room or onto the field. This is only possible by participating in our strength and conditioning program. As a football player, you will be expected to participate in as many workouts as possible. We do not want to hear and will not accept excuses as to why you cannot participate. We are here for you, to make you the best you can possibly be. Consistent participation in these workouts will result in many benefits. The coaches will have a better understanding of who you are athletically and have the opportunity to build a relationship with you. Also, you will be fitted for equipment first, as well as having the advantage of being stronger, faster and in better shape than those you will be competing against for playing time. We strongly suggest that you take PE+, Weight Training 1, 2 & 3 in school. This will allow you to receive school credit, make strength training a priority and free up your after-school time.

Football today is a year-round activity. We must Deserve To Win! Our program is structured to keep players involved and active all year. We want you to be a multiple sport athlete that continually works in the weight room. Being enrolled in weight training class is a huge advantage if you are a multi-sport athlete:

**Phase 1:** Winter -Strength & Conditioning (January-February) Wrestling & Basketball (In-season lift)

**Phase 2:** Spring - Strength & Conditioning (March - May) Track, Lacrosse & Baseball (In-season lift), Spring Football

**Phase 3:** Preseason – Strength & Conditioning (June-July)

**Phase 4:** Football Season (August-December) Friday Night Lights & Saturday afternoon at Wheeling Island Stadium! This is what it's all about!

- You are expected to participate in our strength & conditioning program. The WVSSAC states that it cannot be made mandatory for participation or inclusion as part of a team. However, we choose who plays, and participation will be taken into consideration for playing time.
- You are expected to attend 17 out of our 20 work outs this summer. Players that participate will be given priority when trying out for positions. As they will have shown dedication and desire to be the best.
- Community sports such as summer leagues and travel ball are not reasons to miss work outs.
- You always have transportation. If you need help with a ride, see one of your teammates or one of the coaches. We will try to help you arrange a ride.

**Common excuses for not participating:**

- A. Work: From the time you are 18 and until the time you die you will have to work. What is your hurry? However, the High School years are a once in a lifetime opportunity. If you miss out on your H.S. years due to work, you cannot go back and change it. Plus, we need you to learn our system, being a part of OUR TEAM, and getting Bigger- Faster- Stronger.
- B. Summer / Travel League Baseball, Summer / Travel League Basketball and Community Sports: The Football Program at MHS supports Basketball, Baseball and any other school-sponsored sports at MHS 100%. We will be your biggest fan and supporter. We understand that you need to practice certain skills and fundamentals. We also need you to practice skills for football. Since football season is the next school sponsored sport after the spring sports season, we feel it should be a priority to prepare for it. You will still need to get your workouts in with us! We do not recognize community leagues as equals to school sponsored sports. Find a way to do these things without missing our program. If you see that you cannot participate in both, then make a choice. However, the strength and conditioning program is run in school, directly after school and 3 days a week in the summer in the morning, which gives you enough opportunity to participate without conflicting with your other interests. If you cannot commit to the small amount of time required, then it is clear football is not important to you.
- C. I am working out at home/another gym/personal trainer: You could gain size and strength working out at home. However, you could not help us develop the "TEAM UNITY" which we feel is especially important, and you would not push yourself as hard as we do as a group. Training at private gyms or with personal trainers should not take the place of training with us. We discourage this. Why pay for what we are offering for free? Our program is proven and trains you to be the strongest, fastest, most resilient athlete possible. If you are training with us and giving 100% there is no reason to train anywhere else.

- D. I have to babysit: We believe you should obey your parents. If possible, find a way to help your parents and satisfy your MHS Football commitment. However, if this is not possible, you should obey your parents, but our expectations will not be lowered.
- E. I do not have a ride: Yes, you do. We feel you could get there if you wanted to. We will help get rides for you!

### **Off season and summer program**

We want you to enjoy your summer and free time. That is why we run this program Monday, Wednesday, and Thursday. Doing the program in this manner still gives you four days of the week off.

### **Morgantown Football Role and Guidelines**

The Football Program at MHS exists for the benefit of our student-athletes. All decisions will be made with the best interest of ALL the players in mind. Varsity football is an extremely competitive sport, and we play in the strongest classification in the state. Here are some roles to focus on for coaches, parents, and players.

#### **COACHES ROLES:**

1. Set a good example for players and fans to follow.
2. Be positive, fair, and consistent.
3. Make playing time and strategy decisions with thought and care.
4. Establish and organize practice for the team on a daily basis.
5. Be a good communicator with players and parents.
6. Keep up on the academic progress of athletes.
7. Be available to talk with players and parents.

#### **PARENTS ROLES:**

1. Be a fan of everyone on the team.
2. Respect the decisions made in games.
3. Respect other fans, officials, coaches and players.
4. Talk with your son, if he has any questions and, if necessary, to answer them, contact the coach through the guidelines listed below.
5. Keep any negative thoughts about a coach, the program, or your son's teammates to yourself. You do not have the right to tear this program down. These kids have one chance to be high school football players, help to make it special.
6. 24 Hour Rule Do not talk to coaches on game day or in front of players about a complaint.
7. Understand that it is the coaches' responsibility to make certain that students are safe and become better people and athletes, not to win every game.
8. Be supportive of your son. He gets coached at practice every day. Be positive in what you say and be careful in what you tell him. If you are telling him different things than he is hearing in practice, it will negatively affect his attitude, performance, and playing time.

#### **PLAYERS ROLES:**

1. Be positive and have a team-oriented attitude.
2. Support your teammates.

3. Be at practice every day and actively participate - work hard.
4. If you have a question, concern, or are unhappy with something, talk with your coach before anyone else. Come directly to us and tell us in an appropriate manner.
5. Know and follow school and team rules.
6. Challenge yourself to improve as a student, an athlete and as a person.
7. Be dependable. Be tough and learn how to practice and play when you are tired, sore, hurt and not feeling your best.
8. Notify your coach of any legitimate scheduling conflicts in advance.

### **Meeting with the Coaching Staff**

If you have a question or concern, please take the time to think about what your question is. If it ultimately has to do with playing time, game strategy or other players, keep it to yourself.

Otherwise, follow this process:

1. Talk with your son about your question. What is your son's perspective? Can he solve the problem himself?
2. Set up a meeting with me if you still have questions. This can many times be done over the phone (304-813-5821). This should be informational, ask questions, listen and have a discussion. Remember, we make decisions for the good of the team based on practice, ability, attitude, and chemistry. Varsity football is a competitive situation. Our responsibility is to develop our players and put the best players on the field.
3. If questions remain, set up a meeting with the Head Coach, AD, and yourself.

### **There are four simple guidelines for these meetings:**

1. The conversation must be in a professional manner with regards to both language and conduct.
2. Everyone gets a chance to talk, but everyone must listen as well.
3. Emotional control by all parties is critical.
4. Meetings must NOT occur on game day (24-Hour Rule) or on the practice field. Meetings are held only by appointment.

### **What is it okay to ask about?**

It is fine to ask about the treatment of your child.

You are welcome to ask about how your son can improve.

Asking about your son's attitude and behavior is also acceptable.

THINGS NOT TO ASK ABOUT:

1. Playing time
2. Game strategies
3. Other players

If meeting guidelines cannot be followed the meeting will end.

Our goal as a coaching staff is to make this experience a great enjoyment, education, and memory. We work extremely hard to know your son, to make him better on the field and in life, and care for him very much. There is no correlation between how much a kid plays in games, and how much we care about him. We are striving to build better young men, and their value as



a person is completely independent of their playing time. Life teaches us lessons in many ways. We want what is best for your son as an individual and the TEAM.

We want you to support our players and team! We want you to cheer them on and encourage them to play hard, fast, and together! We want you to encourage them to be tough, never quit and to play with Morgantown Pride! We want you to become involved in our program as fans and parents! We also want you to do one more thing. Before you decide to yell a derogatory comment or make comments about the players, coaches and our program consider these questions and comments:

1. Have I ever been involved in managing a football program before?
2. How many practices and game plans have I ever developed and implemented?
3. How many drills have I run to evaluate who is the best player at each position?
4. Have I ever had to decide in less than 25-40 seconds and consider down & distance, personnel, field position, time left, opponent's tendencies etc.?
5. How many hours have I spent preparing for the season?
6. How many hours did I spend away from my family to make sure my players are educated and prepared?
7. How many years did I play football and how good was I (Be honest and remember playing and coaching are not the same)?
8. How many clinics did I attend this past off-season?
9. How many videos and books have I watched and read on football?
10. How much contact have I had with college coaching staffs concerning schemes and recruitment of potential student athletes?
11. How many films have I sent out to colleges?
12. How often have I checked my player's academic progress?
13. How many strength and conditioning programs have I ever developed and implemented?
14. Do I know the proper way to lift and train for athletics?
15. How much time have I spent evaluating the team during practice?
16. How many hours of film have I watched to evaluate my team and my opponents?
17. How many hours have I practiced for this game?
18. Have I ever made a mistake in an athletic competition before? If so, was it on purpose?
19. How did I feel after I made that mistake?
20. How many hours did I spend lifting and running getting ready for the season?
21. Do the coaches and players come to my job and criticize me and tell me how things should be done?
22. Do the coaches and players come to my job and yell derogatory comments about me while I am working? (How would my family feel if they did?)

\* Remember, no one wants to win and have fun more than the players and coaches.

\* Belligerent conduct towards players, coaches or officials will not be tolerated. By law you may be asked to leave the school grounds and may be banned from future sporting event

### **Travel Policy**

The Morgantown Football program prides itself on being very TEAM oriented. Therefore, we feel it is especially important for players to travel to and from games as a TEAM. This helps to build strong TEAM unity and PRIDE. No matter the result of the game, we take responsibility for the outcome as a TEAM. We highly discourage athletes from returning home from games with parents, as this sends a less than unified message to the rest of the TEAM. Also, we often meet after the game as well as take care of equipment and uniforms. This policy is meant to protect the student athlete and the coaches. We understand that sometimes this may be an inconvenience, for that we are sorry. However, the good of the program and the TEAM must come first. Also, we will be using Charter Buses on some of our trips. These are expensive and it is important that we utilize this cost by traveling with the TEAM.

*Travel Dress: Team Polo, khaki pants, appropriate shoes (no sandals or crocs) Team Hoodie. Unless otherwise told differently.*

1. Athletes will leave from the school with the TEAM no one will be picked up on the way to a game or meet us at the game (If there are extenuating circumstances accommodations may be made).
2. Athletes will return home from games with the TEAM, unless the designated coach has received the signature on the permission sheet from the parents. Athletes will only be allowed to return home from the game with their parents unless it is approved by our administration.
3. If the athlete chooses not to return with the TEAM, he is responsible for loading and taking care of his own equipment.
4. Parents / Guardians must see the coach and sign athletes out before they will be allowed to leave.

Failure to follow these guidelines may result in reduction of playing time suspension or being cut from the team.

### **Recruiting**

We will do everything we possibly can to help you further your career as a student athlete. We will assist you in making your highlight film, we will contact coaches, and we will push you to be the best student and athlete possible. With that being said, it is not our job to get you a scholarship. It is your responsibility. Here are some things that need to be considered when trying to further your career.

- GRADES- Core GPA. The higher GPA is the more options you will have.
- You must be active in the process. It is not our job to get you a scholarship! Contact coaches, be a hard worker, good student, and a team player.
- Character / social media. Be smart, do not place compromising pictures and or statement on social media. Coaches are watching.
- Physical Development – Year-Round Strength, Speed and Agility training is vital. (In & out of season)
- ACT /SAT-take these tests as many times as you can. (Prep Courses)
- NCAA Clearing House- You must register.

- HUDL- It is your responsibility; we will not make a film for you. We will review and assist you in fixing your film. Best plays 1st approximately 3-5 minutes long.
- Prospect Camps – Get on campus, coaches want to see you.
- Do not focus on Division 1 Schools. Keep options open.
- Fill out questionnaires and respond to their interest.
- Be leery of recruiting services asking for money to get you recruited. They are out to make money off you and cannot guarantee you will get a scholarship.

### **Expenses & Purchasing Personal Items**

These mandatory fees are set by our Mohigan Football Parent Association. These fees are used to offset the cost for food, travel, banquet, equipment, and any other needs that may arise in our program. Team / Travel Pack items cost is set by the cost from the vendors.

- Player Fee: \$125. This can be paid by Check made out to **Red & Blue Parents Association** or through our Jeffy Account. we may be shifting to School Cash online in the near future for player fee payments.
- Team Practice Items: Will be provided and cost will be taken out of the player fee.
- Travel Pack Items: Polo, Hoodie (Approximate cost \$65) - THIS IS MANDATORY. Link for purchase will be shared on GroupMe.
- Cleats & Girdles: Players are responsible for providing their own padded girdle and cleats. Cleats should be white, red, blue. Gray & black are acceptable but not preferred. NO other colors will be permitted.
- **If cost / money is an issue, please contact Coach Biser ASAP and Complete the Scholarship form Online.**

### **High School Football Today**

High School Football today is more competitive than ever. It is a very rough, rugged, demanding, and strenuous activity. It is a game of collisions that requires participants to be in the best physical condition possible. It is the number one spectator sport and the leader among participation in America. Football creates the most opportunity of any sport to gain a starting position and / or letter. A football player at Morgantown High School has an excellent chance for a college education with financial aid if he has a higher GPA (3.0 or better), character, speed, strength, size, and ability. We have had great success in terms of players being offered the possibility to participate at the collegiate level.

Football is a regimented game that requires discipline and commitment. It is a sport that demands you to put the TEAM before yourself. A player must be dependable, responsible, and accountable. You must also have a strong work ethic and be both mentally and physically tough. If you have any questions or concerns, please contact me. I can be reached at 304-813-5821. I look forward to seeing you in the weight room and on the field.

Sincerely,  
Sean Biser

*Sean Biser*

Head Football Coach

### **Team Expectations & Procedure Reminders**

- ☐ All practices, meetings, lifting, and Team events are mandatory. Please try to make all appointments around practice. This will count as missed practice time and will directly affect playing time.
- ☐ 3 unexcused absences may result in removal from the program. There are extenuating individual circumstances, but this is the standard in which our program operates. Coaches' judgment and discretion may impact this.
- ☐ Vacations are not excused once mandatory practices start. 3 unexcused absences may result in dismissal from the team. Please plan ahead and make sure vacations are not scheduled to conflict with practice. Exceptions will not be made. (If you plan your Vacations far in advance, even for next year, please remember this and plan accordingly.)
- ☐ Missed practices may result in suspension or removal from the Team and any missed practice time must be made up. NO EXCEPTIONS! This includes missing practice for excused reasons and Therapy sessions.
- ☐ Always bring gym shoes and cleats to practice.
- ☐ If a player is injured and / or hurt, he must see the coach, trainer, and report injuries.
- ☐ All Injured players must be at and dress for practice.
- ☐ If a player is sick and contagious and cannot come to practice, he must call the head coach in advance: (304)813-5821.
- ☐ Illness will be verified with a Dr. Note and/or contact from parent/ guardian. Failure to do so will result in making up missed time, possible suspension, or dismissal from the Team.
- ☐ You must have a 2.0 GPA for the second semester (The last 2 nine weeks).
- ☐ You must have your physical and paperwork turned in before summer session & practice starts.
- ☐ You must have a good, coachable ATTITUDE. If you do not, you will be removed from the TEAM. Remember no one person is more important than anyone else. No one is bigger than the Morgantown Football Program. Next Man in...
- ☐ You must stay out of trouble and away from compromising situations. (OSS, ISS, Detention)
- ☐ Do what is right. You know right from wrong. If you must think about it, then it is wrong.
- ☐ You will always conduct yourself as a gentleman. Remember you not only represent yourself but also your family, school, community, and this program. Be respectful!
- ☐ No Juuling, Drugs, Tobacco, or Alcohol. Not meeting this expectation is grounds for immediate dismissal from the TEAM.

- ☐ Be where you are supposed to be and when you are supposed to be there. All practices and Team functions are mandatory. Be in class on time and stay out of the hallway during class. Attendance policy will be covered prior to the start of practice. Failure to follow this policy will result in loss of playing time, suspension, and dismissal from the team.
- ☐ Placing anti-program/TEAM comments, inappropriate comments and pictures on social media is strictly forbidden and will be dealt with accordingly.
- ☐ All practices are closed. Unless otherwise specified /announced. Parents are not to be in the bleachers during our practices. You may / will be asked to leave if you come to practice.
- ☐ Players may try out for any position they wish. Our coaching staff will evaluate and possibly move players to fill the needs of the TEAM.

**Player & Parent Guidelines & Expectations Contract**

I have read and understand the expectations, procedures, and expectations in this packet set forth by the Morgantown Mohican Football program. I understand and agree to follow these rules, procedures, and expectations of the Morgantown Mohican Football program. I fully accept and understand that not meeting these expectations and policies will have consequences that may include making up missed time, loss of playing time, possible suspension, or dismissal from the team.

Student Athlete: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**PLEASE PRINT, SIGN, AND RETURN THIS TO COACH BISER.**