



FOOTBALL

**STUDENT-ATHLETE
POLICY MANUAL**

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PLAYER POLICIES

GENERAL PRINCIPLES, POLICIES, PHILISOPHIES AND OBJECTIVES

You should not be a member of this team if you do not have high expectations of yourself. The tradition you are asked to uphold at this University is the same tradition your predecessors have worked so hard to create. How you choose to conduct yourself, both publicly and privately, will not only reflect the University, but also your family, your coaches, and your teammates.

As a student-athlete, you must conduct yourself in accordance with team and University regulations. In this Manual, we will introduce you to a number of the regulations; however, this manual is not intended to be “all-inclusive” in its scope or description. You are responsible for understanding and complying with all University rules and regulations. Failure to do so may result in team sanctions and/or dismissal from the team. Ignorance is not an excuse.

You are expected to represent the Football Program in a positive manner, both on-campus and in the community as well. We will work extremely hard to create a First Class Program that students, faculty, and the community can be proud of. Any deviation from this will not be tolerated.

You are expected to Graduate from this University. It is your responsibility to stay on course and request assistance (tutors, mentors, study table, etc.) when necessary. Your Position Coach will take a very pro-active approach to your academic success.

Keep an accurate cell / phone number, e-mail and address of yourself and your parents on file with Troy. Notify him immediately when a change occurs. This is your responsibility.

PROGRAM BASED ON TWO PRINCIPLES: HONESTY AND ACCOUNTABILITY

HONESTY/INTEGRITY- For any organization to function that involves reliance on other members, there has to be an understanding that whatever is said is the truth. There cannot and will not be any keeping of information that can have an effect on the organization and there will absolutely be no *untruths* said within this organization. Mistakes will be made; however, immediate notification to your Position Coach or the Head Coach is expected.

ACCOUNTABILITY- Each member of this organization (Players, Coaches, and Support Staff) has a very clear and exact job description. It is the individual's responsibility to complete this job description to the best of their ability and with the same effort that is expected of all members. Our success will be a direct result of the accountability demonstrated by the individuals in this program.

The 5 "C's" of Accountability:

- Character - Shares the core values of the team
- Competent - Mental/Physical ability to get the job done
- Consistent - Every play, every day
- Committed - Without question
- Cohesive - Team first mentality

TEXAS TECH FOOTBALL - THREE FUNDAMENTAL PHILOSOPHIES

Trust, Decision Making and Core Values

TRUST - The single most important ingredient for a Football Team to be successful on and off the field.

Players must have *Trust* in the Coaches that they:

- Have the best interest of the student-athlete in mind
- Will put the players in the best possible position to be successful
- Have the necessary knowledge and courage to make the right decisions for the betterment of the team.

Coaches must have *Trust* in the Players that they:

- Will be held accountable for their position on the field
- Will follow all team rules and regulations when coaches are not present
- Will give the necessary effort to be successful
- Will make decisions with the best interest of the program in mind

DECISION MAKING - Each and every decision that you make has a consequence. Organizations and individuals that make decisions without a set of Core Values cannot consistently be successful.

CORE VALUES - Core Values create the foundation that you ultimately stand for. Our Football Program shares the following Core Values:

- Honesty
- Treat Women with Respect
- No Drugs
- No Stealing
- Consistently Improve My Mind and My Body
- Respect and Care For My Teammates

Mistakes are correctable; however, decisions made without regard to the Core Values we share will be dealt with in a very serious manner.

CLASS ATTENDANCE POLICY AND PROCEDURE

WE GO TO CLASS, THAT IS A GIVEN!

The Football Team will be divided up into three groups according to academic standing. Each category has a different set of criteria, which determines how class attendance is monitored. Classes cannot be dropped without the consent of the Academic Advisor and the Position Coach.

1. **LEVEL 1** – Student-athletes who are in need of critical academic attention or new to the program. Their academic classes must be checked every day and communication with regards to their tutorials and study hall situations. They do not have any margin for error. If there is **One unexcused absence**, they receive a strike.
2. **LEVEL 2** - Student-athletes who are in a precarious academic situation. They will be checked on a consistent basis with supervision. If there is **One unexcused absence**, they receive a strike.
3. **LEVEL 3** - Student-athletes who will randomly be checked to maintain their academic progress.

You will be class checked. Academics and Coaching Staff will determine who will be checked. Being 5 minutes or more LATE for class is considered an absence. A check report will be given to all coaches immediately with a text message and at the academic weekly meeting and the student-athlete will be notified of their absence. The student-athlete will have until Friday of the week to have this absence cleared by their Academic Advisor. Being sick is only an excuse if cleared prior to class. Excessive tardies may result in a strike. Make a phone call if you have an issue prior to class starting. If no answer, leave a message with your advisor or coach.

Academic Discipline Breakdown

1. Strike one = Freebie
2. Strike two = Commitment Time
3. Strike three = Commitment Time
4. Strike four = Disciplinary action by Head Coach, and Captains

Mentors, Tutors, Academic Support

They are members of our team. Always treat them with ultimate respect. If issues occur, handle with position coach.

NOTE: The Academic List of all student-athletes is subject to change at the discretion of the coaches. It is not solely based on G.P.A.

NON-ACADEMIC DISCIPLINE

Discipline is 90% Anticipation!

Communicate with Position Coach!

EXAMPLES:

- Being late, missing an appointment, and / or a football function.
- Not wearing proper workout attire.
- Behavior issues (on or off the field).

First Offense - Player will make-up appointment that day, plus do extra work after. In addition, player will be required to get in a workout with his position coach.

Second Offense - Player will make-up appointment that day, plus extra work after. In addition, player will be required to get in a workout with his position group.

Third Offense - Player will make-up appointment that day, plus extra work after. In addition, player will be required to get in a workout or study time with his entire unit. A conference call with the athlete's parents will be set-up.

Fourth Offense - Disciplinary action by the Head Coach (along with the Leadership Committee).

Core Value Discipline Issues will be handled by the Head Coach and Captains.

PROGRAM OBJECTIVES

WIN IN THE CLASSROOM AND WIN ON THE FIELD!

WINNING:

All decisions involving this Program are made on this very clear *OBJECTIVE*:

“Win in the Classroom and win on the Field!”

Plan To Win - Time tested and infallible

- Play Great Defense
- Take Care of the Football
- Score in the Red Zone
- Play Great Special Teams
- Win the 4th Quarter

Winning is Fragile - Winning is not by accident. There is no such thing as luck. Winning is a result of preparation, attitude and confidence.

***Winning* Attitude vs. *Losing* Attitude:**

- Winning Attitude- Even when you lose, you firmly believe you only ran out of time. You expect to win and you know eventually you will win!
- Losing Attitude- Even when you are winning, you are expecting something bad to happen. There is a lack of confidence and trust in your teammates and coaches.

AGRESSIVENESS:

Every aspect of the program (Offense, Defense and Special Teams), will take a very aggressive approach. This same approach is also successful with academics.

COMMITMENT:

- Close the gap between the most committed players on the team and the least committed.
- Be the most invested team in the country.

EQUAL OPPORTUNITY:

College Football breaks all barriers. Religious preference, color of skin and cultural background will have absolutely no impact on your status on the team. Every player, coach and staff member will have an equal opportunity to succeed.

REWARD ACHIEVEMENT:

- Move Off-Campus (Requires academic success)
- Study Table requirements (Requires academic success)
- Gear - T-shirts, hats, shorts, shoes, etc. (Requires academic success)

BEHAVIOR AND RESPONSIBILITIES

“Do not treat all Players the same. Treat them the way they deserve to be treated.”

-John Wooden

LOYALTY:

There are plenty of negative forces out there. Stay positive and defend your teammates, coaches, administration and University. Always keep football business Inside the Football Family.

BEHAVIOR:

Your actions are a reflection of your family, your teammates and our program. Act accordingly! Keep the following in mind with regard to actions:

- Love and respect the game of football and what it stands for.
- Love and respect your teammates.
- Love and respect your University.

FUNDAMENTALS:

An average player can become a great player with fundamentals. Reasons why fundamentals do not improve:

- Player resists being coached
- Players will not work at the tempo required to improve
- Player does not possess the innate athletic ability (often an excuse by Player or Coach)
- Not enough repetition
- Poor teaching

PLAYER RESPONSIBILITY:

Coaching staff expects and demands each player to:

- Play hard and prepare daily on and off the field
- Be tough. There is no easy way out on or off the field
- Know what you're doing. Have a plan

COACH RESPONSIBILITY:

- Always have the player's safety in mind
- Be fair. Treat players how they deserve to be treated
- Develop the player's fundamentals
- Give the Players things they can physically do, and then demand that they do it daily on and off the field.

COACH/PLAYER RELATIONSHIP:

When handled correctly, it can be the most rewarding and closest relationship that you can develop, second only to your family. Relationships are a result of experiences that you share with an individual or with a team. The nature of college football and all of the effort, dedication and sacrifice involved, creates situations which your teammates and coaches may fail to ever experience. How you handle adversity and success and the reliance played upon each other to be successful is the determining factor involved in developing relationships. Not many people get the opportunity to develop a relationship that will last a lifetime. Take advantage of it and do it the right way.

THE BIG GAME:

As a member of the Football Team, you will play in many “Big Games”. Rivalries that have existed for many years and games that will ultimately determine the champion of the Big 12 and or a bowl game berth. Keep in mind the following and never lose focus:

- Why is it a Big Game? - Because we made it a Big Game!
- How did we make it a Big Game? - Because we won and 2 great teams are playing!
- How did we win? - We followed the Plan to Win. Great fundamentals!
- Where did we develop these Fundamentals? – Through practice and our work ethic.

INVESTMENT - THIS SEPARATES US FROM THE REST

1. Coaches are required to implement a pro-active approach in all areas of their players' lives (academic, social, family, weight room, spiritual and mental well-being).
2. Every Player will put the maximum time and effort into the program.
 - a. Excused/Unexcused workouts will be made up. There is zero deviation from this policy.
 - b. The Transitional Rehab area is designated for injured players. This will enforce the policy that each player will commit to the same effort and investment whether they practice or are unable to practice.
3. "It's not your choice!" - Our Football Program demands:
 - a. Great Effort
 - b. Finish Drills
 - c. Hustle from drill to drill
 - d. Jog on and off the field

It is not your decision as a Player or Coach to go hard!!!

4. Reward achievement. Players, coaches and staff will not all be treated the same:
 - a. Live life the right way. Who are you when people are not watching?
 - b. Class attendance / academic performance
 - c. Performance on the field

The above will determine your status on the team. You must be invested to be a **Texas Tech Football Player!**

THE NECESSITY TO CHANGE

CHANGE

“If what you want in the future is different than what you have in the present, then you have to *change* what you are doing.”

Change involves risk and discomfort. This is why many refuse to make a change. Successful individuals and teams share a common characteristic of being willing to change and being adaptable to the situation.

RESPECT THE PROCESS

Ultimate goal is to change your/our performance. There are no shortcuts. We followed a very distinct methodical process that took months to complete:

1. **Think** – Minds / Physical Bodies
 - a. We function as a result of free choice, not instinct. Ability to think separates “Average” from “Good”, “Good” from “Great”, and “Winner” from “Loser”.
2. **Believe** - Accept as true or real
 - a. “To Trust” powerful forces buried deep within. Difficult to *change*. Focus on challenges as opportunities rather than what you perceive as problems or setbacks.
3. **Expectation** - Beliefs create expectations
 - a. Cannot change one without the other. Expectations have an effect on every decision or action you make. Single most identifiable characteristic of successful people- **HIGH EXPECTATIONS!**
4. **Attitude** - The way in which one carries oneself
 - a. Mood or disposition. A state of mind. Attitude is contagious- Negative or positive.
5. **Behavior** - Core values.
6. **Performance** - Easy to measure (especially in College Football).

THE PASSION TO WIN

CHECKMATE

At some point during a game, we will “Checkmate” our opponents. It is for this very moment on the field, why we work and train with the passion we do!

Practice Philosophy: Why do we train with the passion and the effort that we do?

So that the game is Easy!!!

PLAYER COMPLIANCE POLICY

1. You are responsible for understanding and complying with all NCAA and University rules and regulations. Ignorance is not an excuse.
2. You are responsible for your family's actions with regards to our Football Team. You and your family are governed by the same rules concerning inducements and extra benefits.
3. Before you do anything of which you are unsure, always consult the Compliance Office.
4. You are NOT the decision maker. Please report any suspicious activity or possible violations (contact by an agent/representative, gambling, complimentary tickets, recruiting violations to you or a family member), to the Compliance Office.

Specific Regulations You Must Comply With:

1. Any car you are driving and plan to park on-campus must be registered with University Parking Services with a proper university permit. Any tickets you receive must be paid in a timely manner! Make sure you notify the Compliance Office, through Teamworks, that you have a car or if you get a new car.
2. You may not sell or exchange your complimentary game admissions for any item of value, nor can the individual(s) you designate to receive your game admission. Compliance will review new guests prior to you being able to add them to the pass list. Department policy prohibits agents, financial advisors, athletic department staff, and donors from being added to your complimentary admission list absent extenuating circumstances.
3. You may receive calls from recruits (at their expense) at any time provided there is no direct or indirect involvement by athletic department staff. You may have incidental off-campus contact with recruits, provided contact does not occur at the direction of an institutional staff member. You may comment on social media about a recruit, provided comments are not made at the direction of an institutional staff member.
4. You are responsible for complying with the legislation outlined on the Student Host Form when serving as the host for a recruit.
5. NCAA regulations prohibit you from agreeing orally or in writing, to be represented by an agent prior to the completion of your eligibility. While it is permissible to have discussions with an agent prior to that time, no item of value may be provided to you or a family member during the course of those discussions. Be aware that agents often employ "Runners" to form relationships with student-athletes. Receipt of any benefit from a Runner is also considered in violation of the Agent Regulations and will result in loss of eligibility.
6. If you are asked to take part in any promotional activities, either during the academic year or while at home (e.g., speeches, autograph items, photo opportunities, etc.), it is important to contact the Leadership Academy to complete the required NCAA

paperwork prior to the activity. The Compliance Office may also be contacted if you have any questions. Never assume that an activity, even one with a charitable purpose, is permissible.

SCHOLARSHIPS

NCAA Scholarship - Your scholarship is officially a multi-year scholarship.

1. Scholarship student-athletes are permitted to live off-campus, however, you are responsible for managing your expenses and meals.
2. If you choose to live off campus, you will receive a scholarship disbursement via direct deposit. This amount is intended for your rent, utilities, meals, etc.
3. If you live off-campus at The Village at Overton Park and are on full scholarship, your scholarship includes room and board, which you must pay to the apartment. Other costs you are responsible for includes:
 - a. Telephone Charges
 - b. Transportation
 - c. Entertainment Costs
 - d. Outside Fees not permitted by NCAA rules
4. In order for you to move off-campus you must have your position coach, Head Coach, and parents approval, which is based on your academic standing and your maturity level as demonstrated by your acceptance of responsibilities.
5. You remain eligible for your athletic scholarship by maintaining the terms of the agreement. Your scholarship may be canceled if you:
 - a. Become academically ineligible.
 - b. Commit a felony.
 - c. Are removed from school.
 - d. Drop a class without permission or do not sign up for the minimum number of credit hours.
 - e. Are removed from the team for a violation of team rules or not conforming to team policies.
 - f. Missing mandatory meetings or practices.
 - g. Test positive for drug use.
 - h. Fail to adhere to the Core Values of the Football Program or any other conduct detrimental to the team.
 - i. Do not follow the "Student-Athlete Expectation" rules and guidelines. This was signed by you upon joining the football program.
6. Criteria considered for athletes finished with eligibility, but are short of necessary hours for graduation:
 - a. Academic standing at the University
 - b. Discipline issues at the University
 - c. Contribution to the success of the football team and our University
 - d. Scholarship money available

SENIOR PROGRESSION TOWARDS A DEGREE (EXPIRED ELIGIBILITY)

In an effort to complete the ultimate goal, graduation from the University, the following policy will be put into effect *immediately*:

The University will financially assist the student-athlete until he graduates as NCAA rules allow. However, the following is expected from each student-athlete who has exhausted his eligibility:

1. Sign up for 15 hours (unless approved by Coach Wells).
2. Attend class regularly. Use Tutors and Mentors when requested.
3. Pick up and return books on time
4. Provide progress reports each month to Troy Kema and academic counselor
5. Follow the Core Values of the Football Team
6. Failure to fulfill any and all NCAA Academic requirements is subject to not participating in Pro Day or use of facilities

Failure to adhere to the above-mentioned requirements may result in a loss of financial assistance. A hold will be placed on student's official transcripts until amount is paid back in full.

WALK-ON POLICY: HOW TO EARN A SCHOLARSHIP

Prior to the start of school, the NCAA permits Division I FBS football programs to have a maximum of 110 players, 85 are scholarship and 25 are non-scholarship student-athletes (usually referred to as walk-ons). Walk-on student-athletes play an important role for our team and they are treated with as many privileges as permitted by NCAA rules.

Preseason practice expenses (prior to school starting) are provide to all student-athletes (including walk-ons). Walk-on student-athletes are responsible for their educational and living expenses during the academic year and summer as applicable. This includes, but is not limited to, tuition, fees, room, board and books.

The possibility for you to obtain a scholarship from the University in football is a definite reality. It takes making a commitment to be your best at all times and constantly seeking to improve regardless of the situation. You have to convince the coaching staff that you can make a significant contribution on and off the field, which will allow us to win games.

Typically, if a walk-on can make the two-deep (at least the second string), he has placed himself in a position to contribute to the success of the team on game day. A significant contribution on the special teams squad can also warrant the issuance of a scholarship. The process is not an exact science; however, in a vast majority of cases, when a walk-on makes a contribution, he is justly awarded.

You may earn a scholarship at any time. The actual awarding of the money cannot occur until the beginning of a new semester. The terms of the scholarship (the length) will be outlined when the award is made. We appreciate the contribution of every Player and will reward these contributions at every opportunity.

LETTER AWARD CRITERIA

Following is the criteria set forth for a student-athlete to receive a Letter Award in Football:

Seniors - Must be in good standing, both in academics and in discipline.

Juniors, Sophomores, and Freshmen - One of the following:

1. Play in 100 plays.
2. Make a contribution to the success of the football team on the game field.

Coach Wells will make the final decision on all recipients of a Letter Award.

TEAM TRAVEL POLICIES

When we travel, we are traveling for one reason: ***To win a football game!*** We will focus all our energy on winning the game. Everything the University can do to meet this goal will be done.

1. Bus Trips - The entire travel team will be required to travel on the bus to and from the road trip destination. Be on time!
2. Airplane Trips - The first section will be set aside for the football squad regardless of starting positions. The entire travel team is required to travel on the bus to and from the airport. Be on time!
3. Hotel - The Chief of Staff is responsible for all hotel accommodations. Please see him if there are any adjustments or changes that need to be made.
4. Squad Dress- When traveling by plane, players are required to wear travel sweats, travel polo and travel shoes. There will be no excessive jewelry worn.
5. Visiting Guests- Players are not allowed to entertain guests in their room. All guests are to be met and entertained in the hotel lobby.
6. Meetings- We have a minimum amount of time to meet. It is your responsibility to be on time! All squad or group meetings will be scheduled prior to the road trip. The Chief of Staff will be in charge of meeting room arrangements. Make sure you know when and where you will be meeting when you arrive at the hotel.
7. Bed Check- Bed checks will be held on all road trips. Captains will check each room.
8. Meals- All team meals are mandatory. Be on time! No guests are allowed at team meals without the prior approval of Coach Wells.
9. Do not charge anything to your room. This includes room service, gift shop, internet, etc.
10. Phones- Room phones are closed to incoming calls and are not to be used for outgoing calls.
11. Movie Rental- Players are not allowed to order pay per view movies or video games on room televisions
12. Behavior- Maintain a disciplined, mature, organized approach to victory. Display the poise and pride we have developed through our hard work and sacrifices, which have put us in a position to win every game. Do what is right. Act like and be a "Class" organization in every respect. Bringing attention to one's self is a sign of a weak person.
- 13. Failure to comply with our travel policy may result in a game suspension and/or immediate dismissal from the team**

TEXAS TECH PRACTICE RULES

1. No one misses practice or meetings. You are expected to be on time!
2. All injuries must be handled before meetings and after practice with appropriate treatment.
3. Use of profanity is strongly discouraged. Find a more intelligent way to express yourself!

PRACTICE TEMPO

1. Players will jog on and off the field at all times. Once on the field, hustle at all times.
2. **Stretch (Conditioning)** - Each coach is responsible to teach stretch/conditioning with the same importance and passion as their individual sessions. There will be some coaches involved and others not. This is not a time to talk to each other. **Coaches** - Spend time with your players.
3. **Teach Tempo vs. Game Tempo** - Players and coaches need to understand the difference.
 - a. **Game Tempo**: Any competitive drill vs. the Offense/Defense. There should be noticeable difference in intensity by the player as well as the coach.
 - b. **Teach Tempo**: Individual drills and team situations apart. Still a very crisp, sharp, intense part of practice; however, not the same as true competition against the offense or defense.
4. **Practice Tempo's**:
 - a. **7 on 7** - Extremely fast tempo with a lot of repetition. Stress the defense and force them to get aligned. Offensive players run until the whistle, and players without the football work to get in position to make a block (absolutely no cheap shots on defensive players). Premium placed on effort after the catch and ball security. Hustle back for the next play call. Defensive players live to make a play on thrown ball. Absolutely no cheap shots on receivers; however, redirect and collision receivers as necessary. Premium placed on pursuit and leverage on the ball.
 - b. **Team Offense vs. Defense and Inside Drill (Thud)** - No tackling of the backs or receivers. Absolutely no cutting of defensive players. **STAY UP!** Defensive players front up and wrap up backs and receivers; "tag off" if coming from side to tackle.
 - c. **Scrimmage Situation** - LIVE! Tackle Backs. Cuts allowed on frontside, not backside for offensive line. No cheap shots!

NOTE: Unless otherwise specified, the Quarterback is not to be touched, 2-yard "halo"! Use caution and intelligence in every situation.

PRACTICE AND GAME DRESS POLICY

1. Ankles **MUST** be taped or braced for practice and games, unless Coach Scholz or Drew has instructed you otherwise.
2. Per Under Armour Shoe contract, No taping or spating of shoes in games or practice unless cleared through Drew.
3. Per NCAA rule, no selling or trading of issued gear in any situation.
4. Visors must be cleared through Coach Wells. The only visors we will wear will be clear (NCAA rule).
5. Knee braces are optional unless designated by your Position Coach or Trainer.
6. Only issued shoes will be worn in games. (DO NOT ALTER YOUR SHOES!)
7. Only issued shirts will be worn under jerseys.
8. No alteration of issued pads. We purchase the best pads available. Any problem with your gear must be reported to the Equipment Manager.
9. No one is to cut a game jersey or a practice jersey. Any difficulties or problems must be reported to the Equipment Manager.
10. In practice situations, jerseys can be turned up under pads, however, NOT in games.
11. Jerseys will be worn tucked in during games.
12. Kneepads must be worn in compliance with NCAA regulations.
13. No bandanas.
14. Wear designated socks (entire team must wear socks).
15. Types of dress for practice:
 - a. Helmets – Helmets, practice jersey, shorts
 - b. Raider Gear – Helmets, shoulder pads, girdles, shorts
 - c. Full Gear – Helmets, shoulder pads, practice pants

WEIGHT ROOM POLICY

The weight room is an area restricted to University personnel. Once in the weight room, your attitude should be the same as it is on the field. **ALL BUSINESS!** Work hard and you will be able to measure your improvement. All weight training programs are mandatory and only the Head Coach can excuse you. Training programs will be prescribed by the Strength Coach and are to be completed as prescribed. Deviations of the program must go through the Strength Coach only. Weight Room Coaches are part of the Football Family. They are invested in making us better every day.

Player Responsibility:

1. Proper workout attire must be worn at all times.
2. Complete all workouts. No Easy Way Out!

LOCKER ROOM POLICY

A locker room can be a pleasant room or it can be a very unpleasant place to be in if not properly cared for. Every squad member should do everything possible to make sure his contribution to the overall atmosphere in the locker room is a winning one. This area is a reflection of our team... Keep it clean!

Locker room Lawyers Will Not Last! No One Will Listen To You.

Player Responsibility:

1. Keep your specific location clean and neat.
2. Don't leave food around, use the trashcans.
3. Properly hang all issued equipment on the hooks.
4. All personal and football items belong in your locker, not on the floor.
5. Put what belongs in the trash in the trash.
6. Clean your shoes outside prior to entering the locker room.
7. Respect the property and space of others. Stealing will not be tolerated. Violation of this Core Value may result in a dismissal from the team!

EQUIPMENT ROOM POLICY

The equipment room is not a social hall. It is a business room. Players are not allowed inside the equipment room without permission from the Equipment Manager.

Player Responsibility:

1. Report any problem right away. Do not wait until just before practice.
2. Make sure all of your equipment fits properly. Have the Equipment Manager check all issued gear.
3. Take a periodical check on your own equipment making sure it is in sound condition. Remember, the body you are protecting is your own.
4. **Do not** alter any piece of equipment. Any alterations will be handled by the Equipment Manager.
5. The uniform of the day will be announced. The uniform must be worn in total. Everyone will wear the same uniform. We are a **TEAM!**
6. Do not harass the equipment personnel. Treat them with respect.

INJURY POLICY

The most frustrating element of sports is the injury factor. It frustrates the student-athlete, his teammates, and his coach. It is magnified when the student-athlete is a starter. The Athletic Trainer is put in a position where he is expected to work miracles as well. These situations often create confusion and bring about emotional conflict between all groups involved. There is no simple solution, nor there a single policy that would take care of this dilemma.

All sides would be best served if everyone involved tried to understand the dilemma which the other groups are going through. The coach and teammates must believe that the student-athlete wants to get back as soon as possible and that the Athletic Trainer is doing everything possible to get the player back, and that the team will step up and accept the replacement. The player must realize that the coach now has a responsibility to get someone else ready and that will probably force that coach to spend more time with the replacement. The replacement must feel as though he has the confidence of the coach and his teammates. The team must believe the injured player is working to return, but at the same time, the team must focus on strengthening the new link in the chain - the replacement.

As a team, we have taken a position that we are accountable to each other; thus, during practice, an injured player who cannot practice will work out with the Athletic Trainers and Strength Coach. This should not be looked upon as punishment, but as an opportunity to illustrate to your teammates that you are working hard to get healthy as soon as you are able.

Every player will experience some type of injury at some time during their career. Your teammates want to feel that you are doing everything possible to get back on the field and help the team.

Your position coach can bring you back to practice to get mental learning when he feels the need to.

Remember, the only constant that is used to judge you is your behavior. How you act will create a perception by the other groups involved. If you want the team to have the highest degree of trust in you, then you must behave accordingly.

Our policy is that you cannot lose your position due to an injury up to a point. That point is when your replacement is performing at a higher level than you were performing at before your injury. To keep this an objective decision, the position coach, coordinator and the Head Coach must agree that the replacement is performing at a higher level than the injured player.

Injured Player Dress: Unless approved by Coach Wells, injured players will wear the same attire as non-injured players.

FINANCIAL RESPONSIBILITIES

1. It is strongly recommended you complete the Free Application for Federal Student Aid (FAFSA) to ensure you receive the maximum amount of financial assistance through the University. Please contact Troy Kema for information.
2. You are responsible for any “holds” on your records prior to pre-registration. These holds can be incurred in a variety of ways:
 - a. Parking violations
 - b. Dorm damages
 - c. Bookstore charges
 - d. Library fines, etc.
3. Be sure that you register your car for a parking permit and park in the designated areas.

ALCOHOL AND DRUG POLICY

The following circumstances apply to **ALL** members of our Football Team and will **NOT** be tolerated and can be grounds for dismissal:

1. Breaking the Core Values
2. Use of any illegal drug (Refer to Texas Tech University Drug Policy found in Teamworks)
3. Underage drinking / M.I.P.
4. Public intoxication
5. Driving under the influence (DUI)
6. Use of false identification cards
7. Drinking during any portion of a team trip (plane, hotel, etc.)

Do not put yourself in a compromising situation. Do not give people the opportunity to question the:

- Perception of the Team
- Performance of the Team
- Attitude of the Team

**** 90% of off the field issues in college athletics stem from alcohol abuse!!***

Take Care Of Each Other!!

DRUG POLICY- This Policy can be found in Teamworks

GAMBLING AND BRIBERY POLICY

1. The NCAA prohibits student-athletes and Athletic Department staff members from knowingly:
 - a. Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition.
 - b. Soliciting a bet on any intercollegiate sport.
 - c. Accept a bet on any gambling activity involving intercollegiate athletics or professional athletics through a bookmaker, parlay card or any other method employed by organized gambling.

2. Student-athletes must be aware that participation in gambling or bribery activities can result in disciplinary action by the University and the NCAA, as well as local, state, and/or federal prosecution of the involved individual(s). If a student-athlete is found to be in violation of the University or athletic department policy, the penalty may include the following:
 - a. Probation
 - b. Dismissal from Squad
 - c. Cancellation of the Grant-in-Aid
 - d. Dismissal from Texas Tech University

In addition to awareness of the gambling and bribery threat to the integrity of intercollegiate sports, student-athletes are responsible for the following:

- Reporting of any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of any contest.
- Maintain a clear understanding of what constitutes gambling and bribery activities and reporting and suspected infractions.
- Contact the Head Coach or other athletic department personnel (i.e. Sports Information staff) when questions concerning appropriate release of team information occurs.

NCAA FIGHTING RULES

Penalties for fighting:

1. For fighting during the first half: Fifteen (15) yard penalty and disqualification for the remainder of the game.
2. For fighting during the second half: Fifteen (15) yard penalty, disqualification for the remainder of the game and disqualification for the first half of the next game.
3. For leaving the team area to participate in a fight: Fifteen (15) yard penalty, disqualification for the remainder of the game and disqualification for all of the next game.
4. For fighting a second time during the season: Disqualification for that game and suspended for the remainder of the season.

Note: The officials' jurisdiction begins 60 minutes before the scheduled kickoff (previously was 5 minutes).

FIREARMS

1. There is no place for the use of firearms in the life of a football player.
2. Any violation of state or campus firearm regulations will result in disciplinary action.

DATE RAPE AND SOCIAL POLICY

Being a college football student-athlete automatically puts you on display to the public regardless of the situation, therefore, think and be a class individual at all times. Studies have shown that one-third of sexual attacks on college campuses have involved student-athletes. These crimes are punishable by law and up to 30 years in prison. Take time to think before you act. Do not put yourself in a No-Win situation.

Keep the following statements in your mind:

- Sexual assault prevention and education training will be mandatory throughout your time as a football student-athlete.
- Believe that **NO** means **NO!**
- It is never okay to force any individual to do something they do not want to- not even if the individual teases you, dresses provocatively, or leads you on.
- An individual never owes you sex - **EVER!!!**
- Never initiate sexual intercourse or sexual acts if the woman is intoxicated or passed out.
- You must have consent throughout intercourse.
- Any sexual assaults to any individual will not be tolerated.

Alcohol and drugs were a factor in over 75% of rapes and sexually violent acts on campus. In a court of law, this will fall under “Rape”.

CLASS ATTENDANCE / EFFORT

The primary mission of the Football Program is to graduate each student-athlete. To assist in this mission, each position coach along with the Academic Coordinator will take a very pro-active approach to monitor the progress of each student-athlete.

You are responsible for your academic obligations and academic diligence is essential. The athletic department will provide tutors and any other academic assistance permitted under NCAA rules. Absences from classes or study hall, except for (1) team travel, or (2) illness excused by the athletic trainer, are unexcused and will be subject to review. Tardiness and disrespect towards professors and tutors is unacceptable. As a student-athlete at Texas Tech, you are expected to practice and uphold academic integrity. Cheating, plagiarism and other forms of academic dishonesty will not be tolerated and violate the Texas Tech Code of Student Conduct.

CORE VALUES

HONESTY

TREAT WOMEN WITH *RESPECT*

NO DRUGS

NO STEALING

CONSISTENTLY IMPROVE MY MIND AND MY BODY

RESPECT AND CARE FOR MY TEAMMATES

PLAN TO WIN
(TIME TESTED AND INFALLIBLE)

PLAY GREAT DEFENSE

TAKE CARE OF THE FOOTBALL

SCORE IN THE RED ZONE

PLAY GREAT SPECIAL TEAMS

WIN THE 4TH QUARTER

POLICY COMPLIANCE FORM

HELMET WARNING

WARNING: No Helmet can prevent the serious head or neck injuries a player might receive while participation in football.

Do not use this helmet to butt, ram, or spear an opposing player. This is in violation of football rules and such use can result in severe head or neck injuries, paralysis or death to you and possible injury to your opponent. Contact in football may result in CONCUSSION-BRAIN INJURY which no helmet can prevent. Symptoms include: loss of consciousness or memory, dizziness, headache, nausea or confusion. If you have symptoms, immediately stop and report them to your coach, trainer, and parents. Do not return to a game or practice until all symptoms are gone and you have received medical clearance. Ignoring this warning may lead to another and more serious or fatal brain injury.

I, _____, have read and will comply with the above-referenced helmet policy.

PLAYER SIGNATURE

DATE

PRINT NAME

2019 STUDENT-ATHLETE POLICY MANUAL

I, _____, have reviewed with my coach and agree to comply with the rules and regulations contained in the Student-Athlete Policy Manual. A hard-copy of this manual will be available to me, should I choose to obtain one. All my questions and concerns have been addressed and I fully understand what is expected of me as a member of the Texas Tech Football Team and will adhere to the guidelines outlined in this manual.

PLAYER SIGNATURE

DATE

PRINT NAME