



We believe in the motto, "DO YOUR BEST AND DON'T SWEAT THE REST." Winning will take care of itself.

Dear Norsemen:

I hope this letter finds you all enjoying the last months before fall camp begins. This packet includes the summer calendar, our strength and conditioning program, nutrition guide, and our fall camp schedule. You are able to move into your apartment as early as August 2nd but you must be on campus by **Sunday, August 5th** for our initial team meeting held in the **College's Theater at 3:00 PM**. When you do report -**YOU ARE EXPECTED TO BE** in top physical shape and ready to go for the upcoming season. Remember, this is **COLLEGE** football! Fall camp is not the time to get into shape.

BE PREPARED AND READY TO WIN THE STATE CHAMPIONSHIP!

OUR MOTTOS:

TO BE EARLY IS TO BE ON TIME--TO BE ON TIME IS TO BE LATE--TO BE LATE IS TO BE FORGOTTEN!

DO YOUR BEST AND DON'T SWEAT THE REST!

Important announcements:

- 1. Everyone must arrive by 3:00 p.m. Sunday, August 5th, 2018** at Mesabi Range College for our first meet and greet. You are required to be in attendance if you plan to play, please make appropriate travel arrangements.
- 2. Be advised: our football team will be on campus 3 weeks before school starts – i.e. full meal plans won't be available until August 27st. Our football program will be exhausting all efforts/exploring all resources to help you with this throughout fall camp – However – please make financial arrangements to support yourself nutritional wise.**
3. Any player who has past due obligations to Mesabi Range College will not be allowed to participate until all bills are paid in full.
4. Any 2 yr. or 4 yr. transfer students **must** have an official copy of their transcript or you will not be allowed to practice or play.
5. **DO NOT ARRIVE** unless you have proof of medical insurance or you will not be allowed to play.
6. **DO NOT ARRIVE** unless you have proof of an athletic physical within 2017 or you will not be allowed to play.

Hold The Rope!

Tom Inforzato

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NORSEMEN SUMMER CHECKLIST

All of these items must be completed before you are eligible to practice or play.

You can set up an appointment to come to campus and register for classes or (if out of state) we can register you via phone. Come prepared!

Do not arrive without:

1. Completed Mesabi Range College application
2. Official High School transcripts (freshmen) and/or any Official Collegiate transcripts (transfers)
3. Completed Financial Aid application (FASFA), Mesabi Range College (all players)
4. Completed Housing Contract for – Alpine Village College Apartments – **BY JUNE 15TH**
5. Completed and signed Letter of Intent form.
6. Completed 2018 Athletic Physical Examination form (all players)
7. Completed Athletic Insurance Information form (all players)
8. Completed college placement/accuplacer for registration (all players)
9. Completed the registration process for fall classes. This includes taking “Varsity Football” for 1 credit (freshmen) or 0 credit (sophomores) The cost of the credits will pay for your football Athletic Spirit Pack fee of \$300.00 (includes embroidered Norsemen travel jacket, practice t-shirts, practice shorts, game travel bag).

IMPORTANT

1. It is YOUR responsibility to arrive here on time.
2. You are responsible for all bed linens, towels and personal hygiene items.
3. We wear **Neutral Colors** (black, gray, white, or Mesabi green) cleats for our games. These are your responsibility. Practice cleats are not required to be neutral in color. You will not be able to wear excessive equipment, do not bring it.
4. Travel dress during away games requires a pair of dress pants (Dockers, kakis or better, no jeans of any type will be allowed) and a belt. Shoes (No sandals) and a collared shirt or sweater. Later in the season team gear will be permitted.

MESABI RANGE COLLEGE

FOOTBALL - TEAM RULES

The three phases of team status with regards to being disciplined are as follows:

- A. Probation - Any player placed on probation will be allowed to practice and workout. Game participation will be determined by the Head Coach. Any player who repeats an infraction will automatically be suspended.
- B. Suspension - Any player suspended cannot play a game, practice, or workout, but attendance to these functions is required. The Head Coach is the only one who can alter this status.
- C. Dismissal - Any player dismissed from the team will be eliminated from any team activities and will not in any way affiliate with the team.

1. GO TO CLASS! We will be checking your behavior and attendance constantly.

2. No stealing PERIOD, results immediate dismissal.

3. **Dismissal will occur for:**

- a. Any suspicion of illegal drug use.
- b. Steroid or growth hormone use and any other illegal performance enhancing drugs.
- c. A positive result from a drug screen test.
- d. Any Drug/Alcohol violation on campus. If you are 21 years old, off campus use only and if you supply alcohol to minors you will be dismissed from the team.
- e. Fighting or violence on campus.
- f. Sexual harassment or hazing of any nature.
- g. Felony arrests or convictions. All legal matters will be dealt with on an individual basis by the coaching staff and/or the justice system.

4. No headphones or use of phones in class or team functions. Leave them in you locker or backpack.

5. No tobacco will be allowed.

6. During travel status all electronic gear will be used at the coaching staff's discretion.

7. Everyone will travel to a game on the bus and return back to campus on the bus (unless approved by HFC).

8. No end zone celebrations. Hand the ball to the referee. No taunting or trash talking will be allowed.

9. No alterations to any issued equipment or gear. Game attire includes game socks on. Uniforms will be tucked in at all times. Neutral shoe and glove colors are allowed. Black, white, or green/gold body armor allowed for games, any color for practice.

10. Players attire is as follows: Travel status we will be in a collared shirt and dress pants. Dockers or better will be acceptable. No jeans allowed. Tie optional.

CHAMPIONS OF CHARACTER
CODE OF CONDUCT FOR STUDENT- ATHLETES
BRING SIGNED TO FALL CAMP

We believe that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship (the “Six Pillars of Characterism”). This Code of Conduct applies to all student-athletes involved in interscholastic sports.

TRUSTWORTHINESS

1. Trustworthiness - be worthy of trust in all you do.
 - a. Integrity - live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what’s right even when it’s unpopular or personally costly.
 - b. Honesty - live and compete honorably; don’t lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
 - c. Reliability - fulfill commitments; do what you say you will do; be on time to practices and games.
 - d. Loyalty - be loyal to your school and team; put the team above personal glory.

RESPECT

2. Respect - treat all people with respect all the time and require the same of student-athletes.
3. Class - live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; help up fallen opponents, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.
4. Disrespectful Conduct - don’t engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
5. Respect Officials - treat contest officials with respect; don’t complain about or argue with official calls or decisions during or after an athletic event.

RESPONSIBILITY

6. Importance of Education - be a student first and commit to earning your degree and getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
7. Role-Modeling - Remember, participation in sports is a privilege not a right and that you are expected to represent your school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model.
8. Self-Control - exercise self-control; don’t fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

9. Healthy Lifestyle - safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

10. Integrity of the Game - protect the integrity of the game; don't gamble or associate with or deal with professional gamblers.

11. Sexual Conduct - sexual or romantic contact of any sort between students and coaches is improper and strictly forbidden. Report misconduct to proper authorities.

FAIRNESS

12. Be fair - live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CARING

13. Concern for others - demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

14. Teammates - help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

CITIZENSHIP

15. Play by the Rules - maintain a thorough knowledge of and abide by all applicable game and competition rules.

16. Spirit of rules - honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

I have read and understand the requirements of this Code of Conduct and acknowledge that I may be disciplined or dismissed from a team if I violate any of its provisions.

Student-Athlete Signature _____ Date _____