Expectations

1. Be on time!  Early/late practice be 100% dressed and ready by the designated time/place (the time is by MY watch.)  This goes for every team function.  Players that are late can expect encouragement and/or loss of game time.
2. Your practice begins the moment you step on the floor.  Go to your designed area and begin the pre practice work laid out for you.
3. When the whistle blows, everybody stops, listens and eyes are on the coach speaking.
4. When you are not participating in a scrimmage or drill, you are to stand, display active eyes and be an active listener.
5. When a coach is speaking, everybody listens, even if the coach is not talking to you.
6. Respect everyone who is helping with our program.
7. **Always do everything 100%, 100% of the time.**
8. Accept your role whether it be as a starter or a member of the bench. You are all very important and necessary to the success of our team.
9. My office door is always open if there is anything going on please come talk to me.
10. Basketball is a **team game** and **your actions** **reflect on the team as well as the basketball program**.  It is important to make right decisions on the court, in the classroom, and outside school/activities.

Team Rules

1. Be on time!  Early/late practice be 100% dressed and ready by the designated time/place (the time is by MY watch.)  This goes for every team function.  Players that are late can expect extra encouragement and/or loss of game time.
2. At all times you will communicate with each other. **BE PROBLEMS SOLVERS.**
3. During practice & games: **Always** be jogging**; NEVER** walk. When you get a drink you jog there and back. When a timeout is called you jog to the bench and back out onto the court.
4. When you are not participating in a scrimmage or drill, you are to stand, display active eyes and be an active listener.
5. **ALWAYS** stand tall.
6. Never criticize a teammate. Encourage them!
* **Make sure your house is clean before you try to clean a teammates.**

**7.** Keep our locker room spotless (home/road), keep the bus spotless. Respect the facilities.

**8. No outside spectators in the gym or outside the doors during practice.**

* Please respect the focus of the team in our preparation to succeed.

Game Policy:

* "Road games:" all players will wear dress pants and tie. "Home games:" all players wear Silex apparel.
* Team will sit together in the same area – focus should be on the game and nothing else.
* Varsity must be at each home game at the beginning of the JV game, **sitting together**.
	+ No shooting sleeves
	+ Basketball shoes: team colors or neutral colors (i.e. black, white, grey.)

Behaviors-

In the classroom, boys basketball players are expected to be on time every day for class. Display respect toward everyone especially authority figures.

Players are expected to give 100% in their studies and achieve high level grades (high level grades is different for each player.)

Players that are not performing in the class or not displaying respectable behaviors will:

* + Extra study time
	+ Extra encouragement
	+ Possibility of missing practices and/or games

**On the bus-**

**1.** Players will not be a disturbance on the bus (encouragement i.e. conditioning, loss of game time)

Expected Attitudes and Conduct on the Court:

\*Don’t worry about the officials – you play the game and let them officiate.

\*No profanity, unsportsmanlike action, etc. in practice or in a game will be tolerated.

\*When you come to the bench-

* Never complain.
* Everyone on the bench stands and gives the player coming off some dap.
* Encourage the player that is replacing you and inform him of his assignments.
* Jog on and off the court.
* Sit down next to the coach (the coach may want to give instructions)

\*Always play as smart, hard & aggressive as you can.  Don’t coast, if you are tired ask for break.

\*Play with pride and class

Teammates:

**TO A MAN HOLD EACH OTHER ACCOUNTABLE WITH EVERYTHING!** Let the coaches do the coaching, you encourage your teammates.  Stay positive amongst each other.

We will achieve Team Success:

When every individual cares more about the success/accomplishments of the man next to him than the accomplishments of themselves.

My philosophy on players and team level participation:

Players play on JV/V based on #1 what is best for the team #2 what is best of the development of the player.

* **In both instances playing time is decided by the coaches only.**

Qualities of a great teammate:

**1.** Puts the TEAM FIRST **2.** Accountable (self and holds his teammates) **3.** Focused **4.** Genuine care (for this team and teammates) **5.** Strong mindset **6.** Attends as many workout sessions as possible **(NO EXCUSES)**

**Parent Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Player Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_