



Code of Conduct

Player Code of Conduct

1. Treat everyone involved with our team with respect and courtesy at all times, both on the court and off the court. This includes, but is not limited to, teammates, coaches, officials, and opponents.

Behavior destructive to the team, unsportsmanlike behavior, profanity, or behavior that demonstrates a lack of self-control will not be tolerated at practices or in games.

2. School comes before basketball. I will do my homework and studying when I should and to the best of my abilities.

Do not wait until the last day to do your homework or studying and school will rarely interfere with basketball.

3. Attend all practices, or notify a coach (ahead of time if possible) why I am unable to attend.

An unexcused absence from practices may affect playing time in the following game or tournament. Two or more unexcused absences may result in suspension from the team.

Any practice from which you are asked to leave due to inappropriate behavior will be treated as an unexcused absence. Missing practice because you were grounded by your parents will be treated as an unexcused absence -- so just don't do anything to get grounded.

4. Arrive at all practices ready to play at least five minutes before the scheduled start, or notify a coach (ahead of time if possible) why I will be late.

An unexcused tardy at a practice may affect your playing time in the following game or tournament. Two or more unexcused tardies will be treated as an unexcused absence.

5. Arrive at all games at least thirty minutes before the scheduled tip-off time, or notify a coach (ahead of time if possible) why I will be late.

An unexcused tardy at games may affect your playing time in the game or tournament, including sitting out the entire first quarter.

6. Listen carefully to all coaches' instructions. Try to the best of my ability to carry out all coaches' requests during practices and games.

*Players will be constantly evaluated on their demonstration of coachability, hustle, mental and physical toughness, loyalty to team, unselfishness, and the desire to improve their skills and the skills of their teammates. **Attitude is important.***

7. Focus on what the team is doing and try to use the practice time to improve my skills and my physical abilities, as well as those of my teammates. Work hard to develop good habits by practicing with good form, focus, intensity, and appropriate effort.

Being part of a basketball team will require sacrifices, adjustments, and commitment on the part of the players, their families, and the coaches.

8. Practice good health habits: this includes getting eight or more hours sleep when possible, eating breakfast, eating healthy foods, drinking plenty of water every day, limiting my intake of pop, and abstaining from **all** alcohol, illegal drugs, and tobacco products.

signed

print name

date