

Expectations of Players

Try to arrive prior to practice (to get shoes on and be ready to go). Practice will start at the scheduled time.

Give coaches your full attention

- a. Listen
- b. Do not dribble the ball when coaches are talking
- c. While waiting in line during a drill pay attention to what others are doing so you know what to do....no horseplay before, during or after practice
- d. Give 110% in practice (try your best)
- e. Sprint to and from each drill (hustle)
- f. Try and use restroom before practice and during water breaks...unless emergency
- g. Take care of yourselves...drink plenty of fluids and eat healthy
- h. Be respectful of coaches and teammates, if you have a question ask a coach for assistance
- i. Notify club director or coach if unable to attend practice
- j. Remember your basketball equipment
- k. Pick up after yourself ...practices and games
- l. Shake opponents and officials hands after the game

I have read the above expectations and agree to follow them.

Players Signature _____ Date _____

Parents Signature _____ Date _____

Expectations of Parents

- a. Arrange transportation to and from practices and tournaments
- b. Be on time to practices and picking up from practices
- c. Be supportive of ALL players and teams
- d. Do not harass officials, tournament directors or other teams' players or parents
- e. Be good examples of sportsmanship
- f. Leave the coaching to the coaches
- g. Encourage your child /children in a positive manner

I/we have read the above expectations and agree to follow them.

Parent Signature _____ Date _____