

Rules and Expectations

Clarenceville Girls' Basketball

It is my commitment to the team to treat each of my players with the utmost respect. While sports tend to be an emotional experience for both coaches and players, nothing is gained by disrespecting one another. I expect you to be respectful to everyone on and off the court. As a member of the Clarenceville Basketball Team, and as a student in the classroom you are expected to act in a responsible manner at all times.

1. General Rules

- Respect all coaches, captains, teammates, officials and team managers. This goes for on and off of the court.
- **NO** drugs, smoking, drinking or swearing.
- Be where you are supposed to be, when you are supposed to be there, doing what you are supposed to be doing.
- The coaches maintain an open door policy and are available to discuss your development, role, strategy, and/or academics at any time. However, a 24 hour rule will be in effect after any game (win or lose). Coaches will not discuss playing time or strategy with players until 24 hours after any game. Coaches will not discuss playing time or game strategy with any parent at any time.
- We conduct closed practices for safety reasons; meaning we cannot have anyone, family, friends, etc... hanging out inside the gym during our practice.
- Again, BE RESPECTFUL. Do not do anything to embarrass yourself, your family, the school or this basketball program. Remember, playing basketball on a team is a privilege, not an entitlement.

2. Grades

- I will strictly follow the rules as stated in the CHS Student Handbook:
 - A. Must pass 6 out of 6 classes **-OR-**
 - B. Must be passing 5 out of 6 classes with a 1.5 GPA or above
 - C. If a student falls below a 2.0 they must carry a "travel card" and have teachers sign off
- Your education comes first **-BUT-**
- Missing practice or team activities to catch up on homework/studying is not considered an excused absence. Please use your time wisely in class, utilize your lunch time and LEAD time in a way that would benefit your school work.
- We will spend an hour EVERY week doing a study hall. Dates and times TBD.

3. Attendance

- You **must** attend every practice and team function throughout the season.
- **If** there is a reason you cannot make it to something please contact me ahead of time, ASAP, to let me know. Contacting me does not make an absence excused but it lets the coach know if practice plans need to be altered.
- As stated above each player has to be in school at least ½ the day (3 classes) in order to participate in practice or games.

- If there are any **unexcused** absences from practice or school the player will sit out for the following game.
- If there are more than four **unexcused** absences then the player will be removed from the team.
- Being sick is not necessarily an excused absence. You may still come to practice and watch because a lot can be learned from just watching. Stay healthy by eating right and resting.
- Coaches will distinguish between excused and unexcused absences. It is the player's responsibility to contact the coach **prior to any** absences.

4. Practice

- No cell phones at practice, games or meetings. Leave it in the locker room.
- No junk food at practice. Eat before/after practice. Bring water or a sports drink to drink.
- Bring your practice jersey to every practice and wear it.
- No dribbling or shooting when a coach is talking.
- No jewelry!
- Jog on and off the court, in between drills and water water breaks.
- If you are going to miss a practice please contact me ASAP.
- No sitting or leaning at any point during practice unless you are told to do so.
- All criticism given is of the constructive kind and intended to make you a better player.
- There will be conditioning consequences for unexcused absences, tardies, lack of character, poor attitudes or forgetting practice jerseys.

5. Game Day

- All Varsity players are required to watch the JV games. All JV players are required to watch the Varsity games. Sit as a team in the stands. Not with friends.
- During the game you will stay on our side of the court. This is not a time to visit with family.
- When the game is over, go directly to the locker room. You may visit with parents, relatives and friends after the team has met in the locker room.
- Do not change until the coach has addressed the team.
- During time outs all players currently in the game will sit on the bench. Players that are not in the game will stand in a semi-circle around the bench. All attention must be focused on what is being said in the huddle.
- During the game, **NO** yelling at officials or opponents from the bench.
- When a player comes out of the game all players on the bench will stand and high five the person who came out.
- If you are not in the game you should be supporting your team. Be mentally in the game at all times. Know what is going on and be ready to take advantage when your time comes.
- The locker room must be kept neat- everyone is responsible for this.
- For all away games you will dress up for school. All home games you will wear our Clarenceville Team wear or whatever your coach specifies.
- A uniform will be assigned to each player. Shooting shirts and shorts will be assigned by size. If you are issued a small at the beginning of the season then you will take a small before every game.

6. Playing Time

- At the varsity level we play to win. There may be games where players do not play. At the JV level every player will play providing that they are eligible and have attended practices.
- Playing time will be determined by grades, attendance, **effort and attitude** put in at practice, as well as attitude and effort off the court.
- If a player plays in 44% of the varsity games and proves that she has been a team player all season she will earn her varsity letter.

7. Travel and Locker Room Policies

- Be sure that you have all of your uniform. Check each item as you pack it and then go over it again.
- Players ALWAYS return with the team. If there is a reason this cannot happen please let me know ahead of time and I will need a note from a parent/guardian.
- The locker room must be kept neat- everyone is responsible for this.
- Do not take anything that isn't yours from the locker room.
- Don't bring anything valuable.

8. More Information

- Inhalers can be left in our medical kit as long as they are labeled with a name.
- At any time a player can be disciplined or removed from the team if he or she becomes a detriment to the team or school.

Please sign the bottom half of this form and return to your coach as an acknowledgement that you have read and understand all of the rules, expectations and consequences of the girls' basketball program.

Player Signature: _____ Date: _____

Please sign this form and return it as an acknowledgement that you have read and understand all of the rules, expectations and consequences of the girls' basketball program.

ParentSignature: _____ Date: _____