“Hard work is a two-way street

You get back exactly what you put in.”

Player Expectations:

1. Understand that you have to work and make sacrifices in order to have success.

2. Sacrifice individual success if it means the team will have success.

3. Learn to make the right decisions on and off the court to get where you want.

Practice and Game Rules:

1. When you hear the whistle, stop what you are doing and listen. We have limited time and it can’t be wasted. Stop where you are – NO DRIBBLING VOLLEYBALL.

2. Practice starts promptly at 4:00 p.m. Be dressed out and ready to go.

- if you are going to be late, let coaches know ahead of time

- if you have to miss practice, bring a note to the coach

- unexcused practices will consist of extra conditioning after practice. If it becomes a regular occurrence, then game playing time will be considered.

3. Academics come first and being ineligible hurts the team. We need everyone at practice so we call all learn together and grow as a team.

- school policy will be enforced

4. Detention or behavior issues in school hurt the team. We need you at practice.

- any problems coming from teachers throughout the day or a detention whether served last period or after-school will constitute extra conditioning.

- teachers will be made aware of this and will inform the coaches of issues.

5. Attitude is everything. Have a POSITIVE one every day. Help each other out when we don’t understand something. Learn from the people around you! Watch them and learn!

- communication is the key to basketball

- if you have a problem come to the COACH’S first.

6. Practice your weaknesses, not your strengths to improve (repetition).

7. We will play how we practice. Give 110% in practice and it will carry over to the game.

- give 110% on every drill

- the more you challenge your teammates, the better the TEAM becomes

8. A and B team – Coaches will make a determination prior to the first game who is on each team. This does not mean it is set in STONE. Coaches may move players to either team at their discretion at any time. We may have some players play on both teams early on to gain some experience.

9. Game Day – Game days are exciting. Stay focused on the task at hand. Getting all wound up throughout the day wears you out.

- wear your shooting shirts on game days

- REMEMBER your uniforms!

- drink plenty of fluids

- go to bed early the night before

- sit as a team at the game (cheer each other on in a positive manner)

10. Lastly – HAVE FUN!!