1. Be on time! Early/late practice be dressed and on the floor on time. This goes for scheduled week-end practices as well. The time will be based on the clock in the gymnasium and in the locker-room. Players that are late can expect extra-conditioning and/or loss of game time. Your practice begins the moment you step on the floor. Go to your designed area and go to work.
2. Practices are excused – sickness, family illness or emergency
   1. Please let the coach know if you will be gone ahead of time if possible.
   2. Unexcused practices will result in loss of game time and eventually expulsion from team.
3. When the whistle blows, everybody stops and listens.
4. No leaving the gym without permission of the coach.
5. When you are not participating in a scrimmage or drill, you are to stand watching and listening.
6. When a coach is speaking, everybody listens, even if the coach is not talking to you. The basketballs are held at this time.
7. If you need help taping, get to the office as early as possible before practice.
8. Don’t criticize a teammate.
9. Keep the locker room clean.
10. Respect everyone with is helping with our program. (bus drivers, managers, stat takers, janitors)
11. Always do everything 100%, 100% of the time.
12. Accept your role whether is be as a starter or a member of the bench. You are all very important and necessary to our team.
13. 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.
14. **TEAM BUSINESS SHOULD NOT BE DISCUSS WITH ANYONE BUT COACHES & PARENTS**

**CLASSROOM**

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 following school behaviors will: Extra study time, Extra conditioning, May miss practices and games time.

All Players need 70% in each class. Tutoring is available for players



**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:
  1. Don’t complain.
  2. Encourage the player that is replacing you and inform him of his assignments.
  3. Sit down next to the coach (the coach may want to give instructions).
  4. Run on and off the court.
* Always play as hard and aggressive as you can. Don’t coast, if you are tired ask for a rest.
* Play with pride and class.
* Every rebound, errant pass, and loose ball is ours. GET IT!!!!!!!!!
* If you are on the bench, you are expected to support the players on the floor and know what’s going on in the game.

**Confidence**

Confidence is a mental state which is necessary in any phase of life. Confidence can be gained from experience. Some players have difficulty understanding criticism and lose confidence when criticized. Others understand that constructive criticism is a sign of interest by the coach.

**Teammates**

Let the coaches do the criticizing, you say nothing but good things and you can’t go wrong. Stay positive amongst each other.

**Things Needed:**

1. Basketball shoes (only school colors are allowed for games- in other words no color shoes that contrasts to ours- prefer just black and white)
2. Practice shirts & shorts bring one white shirt and one color shirt
3. Water bottle

**LADY EAGLE Team Goals from Coach Krystal:**

Have **FUN** playing good team basketball and being part of this team  
Improve our academic standing at the High School  
**Stretch Goals** - Win Conference, Section, State

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

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

**Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach Krystal McKinney**