

Tiger Basketball Team Rules

Effort

1. Work as hard as you can all the time. Effort is the basic expectation in all we do; it's the beginning of everything.
2. Listen to the coaches. Remember that they are trying to help you be a better player.
3. Always run from one drill to another. We've got to outwork teams in practice before we can ever expect to beat them in games.
4. Communicate each drill to one another. The coach should call the drill just once.
5. Never sit at practice unless instructed to do so by a coach.

Attendance

1. Players are expected to attend every practice session, meeting, and game. This includes injured players and those who, for one reason or another, are unable to participate.
2. No player will be excused from practice unless she informs the coaches of her legitimate excuse before practice. If Coach Mays is not informed beforehand, it is considered an unexcused miss, no matter what the excuse was. Coach should be told in person (not by your friend). Being on the absent list from school is considered as informing coach (provided that your absence from school is excused).
3. Each player should be aware that all missed practices, both excused and unexcused, hurt her chances of competing in games because they limit time to learn the skills necessary to help the team.
4. Attendance is taken at 3:50 at HHS, 3:55 off campus. Everyone should be on time to every practice. (Wednesdays 3:00.)
5. Every effort to attend weekend and holiday practices should be made. Advise coach of any family conflicts that will make you miss.
6. Players who cannot practice because of injury should be close to the coaches so they don't miss instruction.

Behavior

1. Address the coaches as “Coach” or with his/her last name (example: Coach Mays).
2. No foul language.
3. Do not talk when a coach is talking.
4. Show respect in all dealings with coaches, teachers, teammates, fellow students and opponents.
5. Alcohol, tobacco and other drug use is prohibited.
6. We will follow all HHS extra-curricular guidelines.

Starting Practice

1. Be on time to every practice. Get into the gym and join pre-practice as soon as possible.
2. Always have your complete practice uniform at practice: team-issued practice jersey and black, orange, grey or white shorts.
3. Always have your uniform completely on when you step on to the court. We need to dress in the locker room, not in the gym.
4. Always check the bulletin board before practice for announcements and information about practice.
5. All lockers must be locked during practice.

After Practice

1. The locker room should be clean when you leave.
2. Players are to be appropriately dressed when leaving the building. Take the time to put on your long pants, your coat, and, when appropriate, a hat. It is important to our team that you keep yourself healthy.
3. Wash practice gear every weekend.

Eligibility and Academics

1. No player may participate in practice without the correct physical and other forms turned into the office.
2. Players must remain eligible by passing four classes at all times. Coaches will check to see that you are making good progress in all your classes. Grades below C will draw consequences.
3. School comes first. Those who don't do their school work don't play.
4. Basketball is never an excuse to get out of academic responsibilities.
5. When players are in need of extra help from a teacher, they should make every effort to arrange that help before school or during lunch or a study hall. Talk to coach if this proves difficult.
6. Basketball players are expected to behave in class. Your behavior reflects on your coaches and teammates. Missing practice because you feel like goofing around or being a jerk in class is very selfish because it hurts the team. It also shows lack of discipline, and players who can't be disciplined as students can't suddenly become disciplined on the court. Skipping class is not allowed.

Curfews

1. All players are to be home by 10pm on school nights and the night before any game (unless accompanied by parent).
2. All players are to be home by 12:30am on non-school nights.
3. All players are to be home within one hour of leaving the locker room on game nights if there is school or a game the next day.
4. The coaches will occasionally call a player's home at curfew time. Players are expected to come to the phone.

Player Health

1. Players should make every effort to maintain healthy eating and sleeping habits. Alcohol, tobacco and other drug use is prohibited, of course.
2. Players should *immediately* report any injuries to the coaching staff and Lindsey. Physical therapy services are available to athletes who need it.
3. Showers are available after practice, and players should dress appropriately for the fall and winter weather with hats and coats.
4. Coaches will also occasionally make calls to check on a player suffering from illness or injury. Please keep the coaching staff updated on these situations.

Travel

1. Always represent your team, school and family in an excellent manor. You are expected to behave as proper young adults.
2. Leave locker rooms and buses clean.
3. Always be early for the bus. We will wait for no one.

Game Floor

1. Basketball is an emotional game, and strong emotions are integral to any good basketball team. Losing control of those emotions, however, is not acceptable.
2. Sportsmanship toward opponents, officials and spectators is always expected. In the heat of 'battle', people make mistakes. If that happens, we will get you out of that 'heat' by removing you from the contest until the coaches deem you have collected yourself.
3. If losing your composure becomes a pattern, we will develop a plan to improve that situation. That plan may involve a decrease in playing time.
4. Players who receive technical fouls or who don't show proper respect toward officials and opponents will be assigned running at practice. Continued problems will lead to missed games and possible dismissal from the team.

Consequences for violators of team rules:

- Minor infractions, such as non-habitual tardiness; low-but-passing grades; minor behavior issues or clothing/uniform issues, will qualify the player to run a dog-house derby gauntlet or other extra running.
- Major infractions, such as unexcused absences, gross misconduct, insubordination, or unresolved failing grades, will draw a one-game suspension in addition to extra running.
- Violators of curfew will be given extra running on the first occasion, and a one-game suspension on the next. A plan will be developed after the second violation that may involve removal from the team for other violations.