

RBC Girls Basketball Expectations

1. During school:

- a. Stay current with classwork. Player is responsible to complete any missing work from absences. Coaches will be checking grades. Student athletes are STUDENTS first.
- b. Proper behavior is expected throughout the day. Classroom/school rules are to be followed always. Referrals for improper behavior can result in detentions, missed playing time, and/or dismissal from the team.
- c. Players are to treat each other and everyone other student with kindness and respect. Bullying/threatening/violence/insulting/etc will not be tolerated on this team.
- d. Coaches will periodically ask RBC teachers/administrators how players are acting during the school day.

2. Before game:

- a. All players are to report to the cafeteria directly after school, where they should sit at the tables closest to the dome.
- b. Players are expected to complete homework/study during this time.
- c. Players are not to be mingling with the boys team/other student groups.
- d. If a player needs to use the bathroom/go to locker/ask a teacher a question, they are expected to ask permission from a coach.
- e. It is expected that no trash be left behind in the cafeteria.

3. Locker Room

- a. Players are expected to quickly get in and out of the locker room.
- b. The locker room should not be a place to 'hang out'/stretch/etc
- c. The locker room is strictly a place to change in and out of your provided uniform.
- d. There should be no trash/mess/clothes left behind in the locker room.

4. Bus Ride

- a. 7th grade players will sit in the back portion of the bus
- b. 8th grade players will sit in the front portion of the bus
- c. Follow the same bus rules as going to and from school
 - i. No improper language
 - ii. No food/drink
 - iii. Voices kept to a low volume
 - iv. Listen to all directions from coaches and/or the bus driver

5. Practice

- a. Players are expected to be at all practices unless an email/call is made to a coach before practice begins. If a player misses without an email/call, it will be treated as skipping practice.
- b. Cell phones and headphones are to be in their bags upon stepping into the gym.
- c. Players are expected to pay attention and participate in all practices.
- d. Players are expected to have their practice jerseys for each practice.
- e. Players are expected to ask questions if they don't understand something
- f. Players are expected to work the hardest they can. Not walking/messing around
- g. Players are expected to listen to and follow the coach's directions

6. During Game

- a. Players are expected to work as hard as they can
- b. Players are expected to listen to and follow the coach's directions
- c. Players on the bench are to follow along with the game and encourage their teammates.
- d. If 7th grade is playing first, 8th grade team is expected to be in the stands cheering them on and encouraging them. Same for 7th if 8th grade plays first.
- e. If you are leaving the stands to go to the restroom please take a teammate with you. (buddy system)
- f. Players are expected to have positive attitudes during the game. Missed shots, opponents, fouls, losing, winning, etc are not excuses for poor attitudes.
 - i. If there is a problem with an opposing player, let the coach know immediately.
 - ii. If you don't understand a foul called, the player is expected to ask the coach or politely ask an official

7. After Game

- a. Players are expected to have positive attitudes win or lose
- b. Players are expected to congratulate the opposing teams and coaches.
- c. Players are expected to congratulate and support players from their own team.

8. Other Concerns

- a. If a player has an issue about the team for any reason. It is expected that the players themselves discuss the problem with the coach. Part of our mission is to allow the players to grow as individuals, and self-advocacy is part of that mission. If a problem still persists after the initial conversation, then a parent meeting will follow.

Failure to meet these expectations can and may result in discipline that may include:

Detention

Suspension from team activities (practices, or playing time)

Dismissal from the team

Questions/Comments/Concerns

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Please read through the expectations with your student and have parent/guardian and student sign below indicating that the expectations are understood. If there is a question about any expectations, please email either coach for further explanation/clarification. Please help your student understand

that working as part of a team is an important and necessary skill and they should be practicing positive behaviors now.

A copy of this sheet will be posted on the team website for future reference.

Failure to return this sheet to practice/game can result in missed playing time.

Parent/Guardian _____

Player _____