

HUSTLER MBB Standards

Rules are for people who need to be told what to do... STANDARDS are for high performing teams!

Standards

- Don't be late;
- Be Flexible;
- Always tell the Truth;
- No excuses explanations;
- Look each other in the eye;
- Take ownership;
- Have personal accountability;
- Have each other's back;
- Be an excellent teammate;
- Positive attitude at all times, but even more when adversity hits;
- Don't be a cancer;
- Everything is EARNED nothing is GIVEN;

Player Responsibilities / Expectations

- GOOD GRADES ARE NUMBER #1, if you don't have them, you don't play!
- Every player is required to respond promptly to team texts from coaches!
- Exhibit the qualities of sportsmanship, proper behavior, and healthy living;
- Performing at the highest level in practice, games, the classroom, and on campus;
- Putting the goals of the team above individual desires;
- Practice begins as soon as you step on the floor. When a coach is instructing a player, **EVERYONE** is expected to hold the ball to listen to what they are saying.
- When you are subbed out of the game, each player on the bench is expected to stand and you are expected to shake every coach and player's hand before sitting.
- **Zero-tolerance policies prohibit tobacco, alcohol, and drugs, violations of which lead to immediate suspension or removal from the varsity.**

Attendance

- You must attend every practice and team function throughout the season unless you have spoken to and received permission from the coach

- If there is a reason athletes cannot make it to practice, game, and/or event please contact me ahead of time and ASAP. Contacting me does not make an absence excused but it lets me know if plans need to be altered.

* If you need to see the trainer, you should go directly after school and come to practice as soon as possible. Any injury must be reported to the coaches immediately.

- If there are any unexcused absences from practice or school the player will sit out for that practice or game.

- If there are more than **four** unexcused absences, then the player may be removed from the team. **(See below)**

- If you are sick, please stay home and recover. Stay healthy by eating right and resting. • Coaches will make the final decision on what is deemed an excused and/or unexcused absence. It is the player's responsibility to contact the coach before any absences.

The following applies to missed unexcused practices. If you have questions, please contact me directly.

- **1ST Unexcused absence = a phone call and/or meeting with parents and coaches.**
- **2ND Unexcused absence = 1 game no playing time and meeting with the coach**
- **3rd Unexcused absence = playing time discussed/Suspension from the team**
- **4th Unexcused absence = possible removal from the team.**

***Unexcused absences include homework, babysitting siblings, work, haircuts, dates, not feeling like coming to practice, or being injured. If you are injured, you must still attend all practices or receive prior permission from me to be excused.**

Dated this _____ day of _____, .

_____ Parent

_____ Player