

## TOSA WEST GIRLS BASKETBALL PLAYER EXPECTATIONS

**Family and Academics comes first:** If there is a family situation, or if there are test upcoming or assignments due, talk to your coach and let's work it out.

**Extra-Curricular Activities:** At Tosa West we have traditionally had players that are successful in the classroom and very involved in many valuable things outside of the classroom. However, to build an extraordinary team we need players to make an extra ordinary commitment to basketball. Thus, involvement in an extra-curricular activity is not an automatically acceptable reason to be late to practice or miss a game. Check with coach **in advance** when there are conflicts of this nature.

**ALL PRACTICES ARE REQUIRED:** We know there may be occasions when you have to miss (family events like weddings, religious observances, or other things your parents believe are mandatory for your attendance). We also understand people get sick. When there is an occasion that a player must miss practice, the player or parent/guardian is expected to contact the coach **in advance** of practice. When this is done the absence **may** be excused.

**You must be in class all day long to participate in a practice or game.** Only appointments that are excused by the office are accepted. (Ex. Doctor, dentist, ect.)

We will practices during Christmas break.

### **UNEXCUSED LATE TO PRACTICE:**

- 1<sup>st</sup> unexcused late will be taken care of at practice
- 2<sup>nd</sup> unexcused late to practice will be treated as an unexcused *absence* from practice

### **UNEXCUSED ABSENCE FROM PRACTICE**

- 1<sup>st</sup> unexcused absence from practice will result in the player sitting out the next game
- 2<sup>nd</sup> unexcused absence from practice may result in dismissal from the team. A meeting with the player, parent/guardian, and athletic department representative will occur to determine the final outcome. The player will be suspended from game and practice participation until the determination of the final outcome results from this meeting

**Missing Games:** Given the fact that there may be situations in which a player chooses to miss a game because of activities NOT academically *required* (band trips, family vacations, class field trips, etc) there will be a playing time consequence. The general rule will be if a player misses one they sit one, if they miss two they sit two.

**Athletic Code:** Code violations will be dealt with as prescribed in the document produced by the Athletic Department.

**Attitude:** The coaching staff will **NOT** tolerate any negative attitudes or disrespect shown to players, coaches, referee, parents, etc. Playing time will be constantly evaluated on their demonstration of coachability, hustle, mental and physical toughness, and understanding of on-court schemes and expectations. **LOYALTY TO THE TEAM, UNSELFISHNESS**, and the desire to improve the performance of the team are central to the decisions of coaches regarding playing time. Our goal is to field teams that care more about the team than themselves and have our players ask more of themselves than even the coaches might ask.

**Medical attention:** We cannot give out Advil or any kind of meds.

If anything happens to your daughter during the game please stay in the bleachers until the trainer or the coach asks you to come on the court.

**Traveling:** Remember that you are representing your family, school and community when on a road trip. Appropriate behavior is expected. No jeans are allowed. You will be allowed to wear your warm-ups home on the bus. Those who travel with the team will return with the team. The only exception is if they go home with their parents and they present a signed note to the coach.

**General Rules for equipment:** All equipment that is issued you will have a number. **You are expected to turn back exactly the same number that was check out to you.** The athlete will be held financially responsible for any lost or misplaced equipment. Please wash uniforms according to the directions provided on the uniforms, by colors.

All **Physicals Forms**, paperwork and Fees must be paid and turned in by the first day of practice." You cannot practice if this is not done!!

Athletic Fee \$50

**24 hour rule** - After a game coaches will **NOT** meet with a parent to talk about the game or your daughter. Parents please allow **24 hour** to schedule a conference to address concerns with a coach.

**Procedure** for addressing a concern with a coach:

Step 1: Athlete seeks out coach before or after practices to discuss concern.

Step 2: Parent request conference with a coach or coaching staff.

Step 3: If the conference between the athlete, parent and coach does not resolve the concern, a meeting will be set up with the Athletic Director. The AD will mediate the conference.

We know that being a part of this is demanding and requires sacrifice from the player AND families involved. We believe that the life lessons associated with these sacrifices and priority setting are the ultimate value of participation in Tosa West Girls Basketball. We also believe that by following these guidelines

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**PLEASE SIGN AND RETURN THE FORM BELOW.**

I understand that being on a team means that I will follow these expectations. I will do the right thing in school and in my social life.

Player Signature \_\_\_\_\_ Date \_\_\_\_\_

Player Printed Name \_\_\_\_\_

My daughter has shared these expectations with me and I agree to support her in this endeavor and support the enforcement of these expectations. At all times I will be an example of good sportsmanship and works to make my child's experience a positive one.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_