



TEAM RULES 2010

1. **School comes first.** Any player experiencing serious problems in school, either academic or disciplinary will give up her right to play and parents will notify the coach as soon as possible.
2. **Punctuality is required.** We expect all players to be on time for practice and tournaments. On time means shoes on, jewelry off, stretched out, etc. We will begin practice promptly at announced time. We also expect all players to remove their belongings from GE Park's lobby area.
3. **Regular attendance at practice is mandatory.** Not being at practice (excused or unexcused) may result in lack of playing time. Excused absences include illness and family emergency; (this does not include work). If you are going to miss a practice or a match you must notify your coach in advance.
4. **Wear appropriate clothing & gear.** Gym shorts, gym shoes, kneepads and appropriate clothing must be worn at all practices. No cut-off blue jeans, revealing clothes, half shirts, etc.
5. **Be respectful at all times.** All athletes will be expected to treat all adults, coaches, Club Directors, fellow athletes, opponents and officials with respect at all times.
6. **Be prepared to play.** Coaches will give you curfew times when traveling to a tournament and any direction given by coaches while traveling is expected to be followed.

GUIDELINES FOR POSITIVE & ACCEPTABLE COMMUNICATION

- Cheer your daughter, be supportive of her, console her, but do it without judging her, the coach, or teammates. Try to refrain from coaching your daughter before, during, or after a match. Many times this conflicts with what the coach is teaching and can confuse the athlete and be counter-productive for all involved.
- Encourage your daughter to seek her own answers. Coaches will respect players who come directly to them and privately question their role and playing time.
- Positions and talent sometimes do not match up. Coaches attempt to do what is best for the team, putting the best physical mix and the best "chemistry" on the floor. This may mean that sometimes your daughter may be playing out of position in an attempt to "strengthen" the team. Stay positive, and your daughter will flourish.
- If you have concerns and your daughter has attempted unsuccessfully to work things out with the coach on her own, schedule a meeting with the coach. Your daughter should attend as well because a common occurrence is that sometimes you did not get the whole story. Should you decide to set up a meeting, wait 24 hours after an incident. This allows time for more level heads to prevail.
- If you are trying to resolve a problem, help your daughter by being a role model in the problem solving procedure.
- Visibly show that you enjoy watching your daughter and her team perform!

Unacceptable Communication/Behavior Include:

- Ganging up or utilizing a team strategy to ambush a player or coach.
- Creating conflict with other athletes and their families.
- Approaching a coach directly after a practice or at a tournament without notice.
- Communication that is done without your daughter's knowledge.

Players Signature: _____

Parents Signature: _____

Date: _____