SABRES BASKETBALL PLAYER AND TEAM CONTRACT

The goal of the season is for all student-athletes of the Middle School South basketball team to improve as a player and a team throughout the season. As in the saying "student-athlete" student always comes first and you will be a leader in the classroom and on/off the court!

Expectations for Practice:

1.) If you miss practice you need a valid reason with note/email from parent.

2.) Never just get a ball off the rack or pick up a ball off the ground during practice to dribble around/shoot around.

3.) Eye contact when staff is explaining drills, plays, etc. “Yes coach” when I ask to see if you got it.

4.) Engaged when waiting on your turn (not talking to your buddy’s) encouraging and cheering on your teammates on the court and seeing what you can do differently or better when it's your turn.

5.) If you’re talking/not paying attention or messing around during practice you may be removed from part of practice. (Silent signal = voice off, eyes up here in 3-2-1).

6.) No roasting teammates, getting mad at your teammates or bringing down the team with your attitude or not showing effort. You will work hard, be positive and encouraging to one another AT ALL TIMES!!

7.) Be coachable, listen to coach and trust he knows what's best for you and the team. Coach does not want your input on what we need to do, what position you need to play or who you need on your team when scrimmaging.

Expectations for Games:

1.) Sit together as team during 7th grade game. Bathroom 1 at a time. Representing South in a positive way especially when cheering. Best behavior on bus to away games.

2.) Do not argue with refs ever or talk trash to a player from the other team.

3.) Never blame your teammates or get mad at your teammates during the game or on the bench. WE GIVE POSITIVE ENCOURAGEMENT TO PICK EACH OTHER UP AFTER MISTAKES!!

4.) If you're not happy with your groups you're playing with during games, then you won't play with any group.

5.) On the bench you are engaged in the game, shouting positive words of encouragement, clapping and bringing good energy to teammates playing. You will not see another minute of playing time if you are slumped over pouting or looking mad over playing time or something that happened while on the bench.

6.) During timeouts and at end of quarter, everyone stands up clapping it up and high fiving players as they come over and sit down (team huddles around players sitting).

7.) We are not mad after losses or when losing during a game, we keep the morale high, stay positive and reflect on how we can get better. Remember the GOAL; to improve as a player and a team throughout the season.

Expectations for Classrom:

1.) Being a good leader in the classroom and citizenship in good standing in ALL classes. Listen to teacher directions first time given. Help each other out!

2.) Zero failing grades or numerous missing assignments. If this is the case then you will be in the fitness room completing work during practice.

*******Failure to meet expectations may result in practice and/or playing time being reduced at coaches discretion.*******

Student-Athlete Name:_____ Signature:_____