**tn_basketball6_jpgtn_basketball6_jpg**Directions: Add bullets **OR** numbering to **all sections of Player Expectations**.

.

**Lakeridge Basketball Expectations**

Welcome to the Lakeridge Jr. High School Basketball Team. We are excited about the season, and hope that you are too. To help us have a successful season, we all must work together and abide by some general guidelines, which will help us be the best basketball players and the best people that we can be.

**Player Expectations:**

**Be on time—Practice begins at 3:00.** We will begin on time and end on time. Our commitment to you is to keep our practice schedule to no more than two hours and fifteen minutes. To achieve this goal we must begin each practice by 3:00. Never miss a practice without letting the coaches know ASAP before the practice, this helps coaches plan around your absence. If late, report before dressing. Never leave the practice floor without permission. If you miss a practice you will sit out of the next game.

**Classroom/School Conduct and Expectations**—Keep grades at an acceptable level—a C- or better in EVERY class. The District’s policy to be eligible to be on the team is a 2.0 and no more than one F. Ours is a higher standard. You must have a C- or higher in every class on game days to be eligible to play in the game. Please remember that your school work is your number one priority (after family). Basketball is secondary and is a privilege. Additionally, no N or U is acceptable in citizenship. We expect our players to be in class on time and contribute to a positive learning environment. There is no excuse for an N or a U in citizenship. You must be at school the ENTIRE day to play in the games. If you are not at school, you will not play. Please talk to us if you need help in your classes. We will do what we can to find you the help you need.

**Display Sportsmanship 100% of the time.** Trash talk toward teammates, coaches, other teams’ players or the referees is not appropriate. If something needs to be said, allow the coaches or floor captains to approach the referees. Appropriate language is expected both in practice and during games. There is no room for poor language. Please help us reflect the true character of our team.

**Play through adversity.** Only worry about the things you can control. Possess the ability to bounce back and don’t let a bad call or mistake ruin your game. If you make a mistake in practice or a game work harder and make up for it with a hustle play. ***“You may have some bad moments, but never a bad game.”***

**Give 100% effort 100% of the time**. No one should step on the floor without a full hustle attitude. Once on the court, leave school and everything else behind. In other words, when your body is at basketball, make sure your brain is also. Prepare for the best. Improve every day. Build correct techniques from the start. Physical habits do not change during the game. ***“Great teams are a result of the best players being the hardest workers.”***

**Respect your coaches and teammates**. Team success is in direct relationship to individual sacrifice. Praise and encourage your teammates. Acknowledge every assist, good rebound, and good defensive play. Make your opponents targets, not your teammates. Avoid any criticism or complaining of teammates and coaches on the court or in the locker room.

Build your teammates up-not tear them down. If there is a problem that needs worked out, please notify the captains and/or coaches if needed. We will spend a lot of time together and we want to build each other’s confidence and strengths.

As coaches, we sometimes have to make difficult decisions. We realize that sometimes those decisions are difficult for you to understand, but we ask that you trust us and realize that we want everyone to have fun and be successful. If you have concerns, please come talk to us.

**Be in top physical conditio**n. You are only as good as your legs. You will be pushing your body to its max so you must get plenty to eat, drink tons of water, and get lots of rest. The basketball season is long (4 months!) and if you don’t take good care of your body you won’t perform your best and you make it to the end of the season without illness or injury.

**Take proper care of yourself and your equipment**. Keep a neat practice appearance and use proper conduct. You must bring your practice jersey everyday to practice. Take care in washing your uniforms and try to keep the wrinkles out as best as you can. We want to play our best while looking our best.

**Concentrate—Listen and Learn**. When a coach blows their whistle, immediately hold all balls and give full attention. Move quickly to get in position for each drill. When an activity is stopped to correct an individual, or the team, pay close attention so that you will not require the same corrections.

**Use of illegal drugs, tobacco or alcohol will result in dismissal from the team.** If you are taking prescription medication and must take during practices or games please let us know so that we are aware of the situation. We will have pain reliever in the sports medicine bag. As long as we have written parent permission you will have access to this as situations arise.

**Ask questions if you don’t understand.** Always ask a coach if you are unsure about anything. We love to have players ask questions because it shows that you care and that you want to get better.

**Remember to HAVE FUN**!! When all is said and done, basketball is a game. We want to work hard, but we also want you to have fun. Every minute of practice will not always be fun, but as we work hard, we can enjoy the fruits of our labors.

***“If you give anything less than your best, you are not only cheating yourself… [but] your coaches, your teammates, and everything athletics stand for….” Vince Lombardi***

**Some ideas taken from Ernie Woods, HoopTactics © 2001**