

# **Lady Pretzel Rules and Expectations**

## **Team Principles**

- Put the goals of the TEAM ahead of individual goals.
- Have a great work ethic at all times on the court and in the classroom
- Be on time to all team and school activities
- Respect authority and each other, always be polite
- Be a role model at school and in the gym
- Leave places better than how you found them (pick up any trash)

## **Being a Pretzel is about.....**

- Displaying good sportsmanship on and off the court.
- Respecting other teams, other players, other coaches, and other schools, while wholeheartedly loving and rooting for the Pretzels.
- Doing things the right way, even if it's not popular.
- Integrity and hard work.
- Good grades and respect for all teachers.

## **Role of the Coaches:**

- Teach the game of basketball in a positive manner.
- Correct and encourage.
- Promote a trusting atmosphere.
- To inspire players to reach their potential.
- To communicate with the players and parents.  
To be clear where players stand.
- To treat players and staff with respect.
- To represent the program and communities in a positive manner.

## **Role of the Player:**

- Be a good teammate.
- Be coachable.
- 100% effort on the court and in the classroom.
- Play smart and communicate with teammates and coaches.
- Be accountable and responsible.
- Display good sportsmanship at all times.
- Maintain your cool when faced with adversity.
- Represent the program and communities in a positive manner.
- Enjoy the game, have fun!

## **Role of the Parent:**

- Support your child on and off the court in a positive manner.
- Help maintain your child's academics.
- Promote a good training lifestyle. I.e. sleep, no alcohol, no tobacco, good diet.
- Communicate injuries to the coaching staff.
- Be a positive example at games and any school activities as you represent our program and community as well.
- Encourage and support all players on the team as well as the coaching staff.
- Support the style of play of the team. You are not going to change it with your comments, and you will confuse your child.
- Let the coaching staff do their job. Giving "extra" information may go against what is being taught, and can confuse your child.
- Trust the coaches and school district to do what is right for your daughter as a person and player.
- As a coach we have the player and the entire program in mind when making decisions.

### **Dress Code:**

- Uniform attire: All players will wear travel uniforms to and away from games unless otherwise directed by the coaching staff.
- School shirt with school appropriate jeans to games.
- We represent New Berlin, Waverly, and Franklin Schools and should dress in a way that will bring pride and respect to our program and community.
- Shoes need basketball appropriate
- Practice attire: All players are expected to wear gym shorts, under shirt, sports bra, and team issued practice jersey
- Shorts must be mid-thigh or to your fingertips (no running, cheering, spandex or short shorts).
- Hair: Hair needs to be worn up and should not interfere in the vision of the player

### **JH Eligibility for Athletics and Extracurricular Activities (IESA 2.043)**

- For all IESA activities, athletic as well as non-athletic, passing work shall be checked weekly. Eligibility will be applied to the Monday through Saturday following the week that was checked. Students must be passing each subject each week to be eligible. Grades shall be cumulative for the school's grading period.

### **Transportation**

- All players are expected to ride to the games on the bus. If a player chooses to ride home with their parents after a game, the parents must sign out their player on the travel form or make arrangements with the school office prior to the bus departure for the game.
- If a player is going to ride with another parent then they must get written permission from their school administrator 24 hours in advance.

### **Social Media:**

- All athletes, players, and parents are required to always be mindful of what is said and posted on social media sites such as Facebook, Twitter, YouTube, Snapchat, Tik Tok or via email and text.
- Any violation of using these social media sites by posting lewd, inappropriate, compromising, illegal or unacceptable pictures and statements will be met with suspension..

### **Discipline**

- **Missed Practices** - if for any reason you miss or will miss (pre-arranged) a practice you must draw from bucket for practice make up
- **Unexcused misses** - Will not dress the next game
- **Discipline from School** - Will vary from extra running to loss of playing time or not dressing.
- **Late to Practice** - Extra conditioning
- **Late to bus or game** - Will be suspended for half of game

### **Parent Coach Communication Rules:**

1. There is a 24 hour cool down period after games until I will meet with parents about something that happened. This meeting never takes place in the gym after the game.
2. We will never talk about playing time, period. That decision is a coaching staff decision and it is not up for discussion. If you ask, what can my daughter do to "earn" more playing time, I can answer that question. We will try our very best to make sure everyone has playing time, how much, I can't say.
3. I will never talk about another player on the team with parents. You would not like me talking about your daughter to other parents and I won't do that to them either.
4. If you don't like something I'm doing, schedule a time to talk with me.

*Not every event can be covered in the handbook. Any other incidents that take place during the season will be resolved at the discretion of Coach Spears in collaboration with the athletic director and assistant coaches.*