

## **Bangor Area Basketball**

*PLAY HARD, PLAY TOGETHER, PLAY SMART, PLAY WITH PRIDE*

### **Rules and General Policy**

The following rules and principles apply to the entire season. Since it's virtually impossible to cover every eventuality, you are expected to conduct yourself at all times in a manner that will reflect credit upon you, Bangor Area High School and the Basketball program.

#### **A. General Information**

1. If any player has a problem or complaint, he should bring it to the attention of the Head Coach, or the team Captain(s)
2. Never discuss the physical condition of team members, planned strategy, etc, with anyone. All team matters are too kept among the team.
3. Understand that you are being held to a higher standard than that of your contemporaries
4. Lateness is a form of irresponsibility, a lack of discipline, and is discourteous and selfish. The late rule applies to all functions
5. Any type of appointments-doctor or dental-should not be scheduled during practice. Employment is not a excused absence
6. There will be absolutely no form of hazing at any level
7. Any other athletic activities are highly discouraged during the season
8. Players will be responsible for maintaining any school-issued equipment
9. All practices are closed to public!

#### **B. Rules**

##### **I. Curfew**

As a member of this team, it is your obligation and responsibility to be well rested. Use of common sense

##### **II. Drugs/Alcohol**

1. Any player who consumes transports, possesses, or sells alcohol or drugs will face immediate and indefinite suspension from the team
2. Any player who attends a party where alcohol or drugs are present will be in violation of this policy. If you arrive at a party where these activities are taking place, you are to leave immediately and immediately report to your coach

##### **III. Tobacco**

Any player who uses tobacco products will suffer the following consequences:

1. 1<sup>st</sup> offense: 1 game suspension
2. 2<sup>nd</sup> offense: indefinite suspension

##### **IV. Home Games**

1. All varsity players will be in the gym at the start of the JV game

2. Varsity players will sit together on the bleachers closest to our locker room. You will not sit with your friends or girlfriends
3. Varsity players should report to the locker room at the beginning of the third quarter. Be ready for pre-game at the beginning of the fourth quarter
4. JV players will wait outside locker room until Varsity takes the court
5. JV players will quickly shower and be on the bleachers by the end of the first quarter
6. JV players are expected to stay for the entire varsity game. You will sit as a group behind the varsity bench

**V. Away Games**

1. Players will arrive 10 minutes prior to the scheduled departure time.
2. The bus leaves on time and will not wait for anyone!
3. Dress: Sport coat, tie, dress pants, dress shoes
4. Varsity will sit together during the JV game
5. JV players will sit together, behind the Varsity bench if possible
6. Managers and JV players will be responsible for loading and unloading the bus

*Immediately after the second half and fourth quarter, players will proceed into locker room without delay or interruption*

**VI. Bus Conduct**

1. We travel as a team to and from games. Players will not be permitted to ride with their parents. In case of emergency or in a special situation, I will grant your permission
2. No food or drink on the bus
3. Varsity players will load the bus first
4. There will be no talking on the way to the game. **Mental Preparation**
5. If the varsity loses, there will be no talking on the way home.

*Violation of these rules will lead to immediate suspension*

**C. Practice Procedures**

1. Attendance and punctuality at all practices is mandatory. A repeated absence from practice or meetings may lead to suspension or dismissal from the team. Excused absences- approved by the head coach-would be from a doctor, a trainer, or an emergency

**Unexcused Absences**

1. **1<sup>st</sup> Offense:** 1 game suspension
  2. **2<sup>nd</sup> Offense:** 2 game suspension
  3. **3<sup>rd</sup> Offense:** dismissal from the team
2. Expect to practice every weekday after school and most Saturdays. Practices will last approximately two hours. The first week of practice will probably last longer
  3. Practice Schedules will be distributed in the beginning of the year

### **Make sure of the following**

- Be taped( if necessary) prior of practice
- Be on the floor 15 minutes prior to the beginning of practice
- Work on your **Position Skills**
- Make sure you shoot at least 15 foul shoots
- By the time practice begins, you should have broken a sweat and be ready to go for two hours
- There is no profanity at practice

### **WORK HARD, BE ENTHUSIASTIC, AND PAY ATTENTION**

Practice should be working fun. Pick up teammates when they are down

- Point and say *thanks* when you receive a good pass from a teammate
- End practice with team coming to a circle for evaluation and future plans
- When your group runs, odd man runs alongside

### **D. Academics**

1. Academics are your first priority. Establish a quality rapport with your teachers and set a good example in the class room
2. Each player will be responsible for submitting a weekly progress report
3. Eligibility: you must be passing three out of the four classes(see attached sheets)
4. Plan ahead and organize your time wisely. Most teachers are flexible if given enough notice of a dilemma

### **E. Social Networking Policy**

The use and popularity of social networks (facebook, twitter, myspace etc.) has drastically increased among young people around the country. Student athletes must be aware that when using these sites that they not only represent themselves, but also their individual teams and their community. Any information posted on these sites is easily viewable by third parties and, therefore, can have a negative impact on that student athlete and/or their team and community.

**Anything posted on these sites that is against the athlete code of conduct, drug and alcohol policy, and/or individual team rules may result in disciplinary action against that student athlete.**

The athletic department makes the following recommendations when using social networking sites:

#### Guidelines

- Understand that anything posted online is available for viewing by anyone in the world. Any text or photo placed online becomes the property of the site, even if you limit the access to your site.

- You should not post any information, photos, or other items that could embarrass you, your family, your team, or school.
- Understand that others have the ability to post photos of you on their site without your consent or knowledge.

For your own safety:

- You should not post your email, home address, phone number, or other personal information.
- Adjust security settings so that only friends can view your profile.
- Be aware of who you add as friends.



**I understand and agree to abide by the above rules and regulations.**

Signature of Athlete \_\_\_\_\_ Grade

Signature of Parent \_\_\_\_\_ Grade