

RULES OF CONDUCT FOR PRACTICE AND LOCKER ROOM

Rules of Conduct for Practice and the Locker Room

1. Be dressed, on the floor ready for practice on time every day. (There is no substitute for enthusiasm.)
2. Before the organized practice begins you should warm up, work on your weaknesses, and shoot shots that are applicable to your position. (If the gym is open)
3. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning around. You develop only by doing you best.
4. No cliques, no complaining, nor criticizing, no jealousy, no envy. Earn the respect of all.
5. Never leave the floor without permission.
6. When a coach blows the whistle, give him/her your undivided attention and respond immediately. **(Eyes on the coach that is speaking.)**
7. Take excellent care of the equipment.
8. Do things the way you are told. Correct habits are formed only through continued repetition of the perfect model. Work at game tempo. All-out effort during practice is expected and will make game habits automatic.
9. Be clever not fancy. Good clever play brings praise while fancy play brings ridicule and criticism.
10. When a group activity is stopped to correct one individual, pay close attention in order that you will not require the same correction. Accept all criticism in its proper vein. Profit from it; that is why it was given.
11. Condition comes from hard work during practice and proper mental and moral conduct.
12. Poise, confidence, and self-control come from being prepared.
13. Approach new techniques and situations with positive attitude. "How" questions are always welcomed. LISTEN TO DIRECTIONS!