

GULL LAKE GIRLS' BASKETBALL RULES

GENERAL EXPECTATIONS

- 1) **BOOKS BEFORE BASKETBALL**: Study halls will be assigned for players who are failing any classes or not working up to their ability in any classroom. The details of this program will be handled on an individual basis.
- 2) Drugs, alcohol, and tobacco will not be allowed and will be dealt with appropriately. School rules dealing with this will be enforced. Also, no visible tattoos will be allowed.
- 3) All players are representing not only themselves, but also their family, the coaching staff, the Gull Lake basketball program, Gull Lake High School, and the Gull Lake community. All players should act in a manner that will reflect well on all of these groups.
- 4) Any player who will miss a practice should contact their coach as soon as you know when you will be absent. If you are not in school because of illness, please contact your coach directly or call the school athletic office and leave a message for your coach. **IF YOU MISS A PRACTICE WITHOUT YOUR COACH'S PRIOR KNOWLEDGE, IT WILL AFFECT YOUR PLAYING TIME IN THE NEXT GAME(S).**
- 5) Any player who skips class or violates other school rules that require disciplinary action from the high school administration will not participate in the game following their disciplinary action from the school.
- 6) Never criticize a coach or teammate in public. This is the fastest way to tear a team apart. All differences you may have with a teammate or a coach will be handled in private.

PRACTICE EXPECTATIONS

- 1) WE EXPECT A 100% EFFORT BY ALL PLAYERS AT ALL TIMES DURING PRACTICE!!
- 2) When a coach corrects what a player does in practice (or a game) it is intended for a purpose; to make you a better player and to make our team better. Do not take corrections personally.
- 3) Locker room behavior must be kept at a sensible level. Be sure that all equipment is locked up before leaving the locker room.
- 4) Come to practice with the appropriate 'equipment'. Practice equipment includes not just shoes and clothing but also enthusiasm, discipline, competitiveness, great work habits and a teachable spirit.

GAME DAY EXPECTATIONS

- 1) All team members will dress in an appropriate manner for school and to the game. When dressing up, a nice dress, skirt or dress slacks should be worn. NO blue jeans or shorts will be allowed. ***Be sure that your attire meets the school dress code.***
- 2) Players should control their emotions when officials make calls that they do not agree with. Whatever the call may be, players have to be able to continue to play the game in the proper frame of mind. Remember: we **must** control those things that we **can** control, and the calls the officials make is an area we cannot control.
- 3) 100% effort is expected from all players during the game. This includes the players on the bench. Bench players should be involved in the game, encouraging their teammates, and aware of what is happening in the game. When you are removed from the game, hustle off the court and get ready to return to the game (i.e. hydrate, rest and remain involved in the game).
- 4) Show up to the games with the appropriate 'equipment'. Game 'equipment' includes not just shoes and uniforms (please triple check your game bag before leaving home) but also sportsmanship, enthusiasm, mental toughness, confidence & poise, and a team-first attitude.
- 5) Mistakes will occur in every game. Mistakes made going full speed and while paying attention are acceptable; in fact they are inevitable. Mistakes made because of lack of effort, mistakes made from lack of concentration and mistakes made by not recovering quickly after making a mistake need to be eliminated. Play hard, play focused, play smart. Play every possession as if the outcome of the game hinges on – because it does!!!
- 6) Above all remember this: it is called a **GAME** for a reason. Have fun!!

DTRT