

RVHS BOYS' BASKETBALL TEAM RULES

Each member of the program is expected to follow these rules in addition to the LCPS training rules highlighted below.

1. In order to participate in any athletic activity or practice on any given day, an athlete or manager must report to school by 9:15 am and must remain in school that entire day. Exceptions may be made for doctor or dental appointments or reasons excused by the principal. (A doctor's or dentist's note is required under these circumstances.)
2. Any athlete or manager serving suspension (OSS) or in-school restriction (ISR) for violation of school rules will be ineligible to practice or play in a scheduled event on the day or days he/she is serving the punishment. You may not participate on Saturday if the suspension/ restriction runs Friday to Monday. On days a student-athlete or manager serves detention, they must report to the second half of practice or it will count as an unexcused absence.
3. Any athlete or manager who uses or possesses tobacco, drugs, or alcohol during a sports season will be dismissed from the team.
4. Student-athletes are expected to respect different cultures within the school as well as within their teams. They will also refrain from using ethnic/racial slurs and profanity. Disciplinary action will be taken by the administration if this is not followed.

The Basic 3 That Apply to All Situations:

1. Arrive early and be prepared for all meetings, study halls and practice times.
2. Respect everyone (coaches, teammates, managers, officials, teachers, custodians, bus drivers, scorekeepers, etc).
3. Have a positive attitude, act responsibly and display sportsmanship at all times.

Practice, Attendance and Participation

All team functions are mandatory. Be at school on time (9:15 am rule). Wear designated practice gear to practice. Be fully prepared (including seeing the athletic trainer) for practice prior to the designated time; otherwise you will be considered late. Players are expected to be dressed and ready to practice 10 minutes PRIOR to the designated time. Late to practice = 1 sprint set per minute late.

Unexcused absences: An unexcused absence is defined as missing practice without prior knowledge of the coaching staff for any reason except the following: 1. Death in the family; 2. Injuries receiving medical care; 3. Non-rescheduled dental appointment; 4. Sickness resulting in missed school days. On the day of the 4th unexcused absence, the athlete will be removed from the team. Players who are injured are still expected to attend practice when it does not directly conflict with a medical appointment or therapy session.

Bus Rides

Bus rides offer a great opportunity for team bonding, camaraderie, team unity and a time for the team debrief after the game. Players & managers must ride the bus to and from athletic contests. On school nights, JV & Fr may sign-out at the end of their game to go home with their parents providing they plan to leave before the end of the 1st quarter of the Varsity game and they prearrange this with the coach. As a general guideline for Varsity players when traveling on school nights to out of county games, a family may prearrange dismissal (at least a day before) with the coach. Athletes may not leave until the Coach is finished addressing team and there is verbal and visual contact between the parent and the coach. Everyone can ride home with the team on Friday nights or non-school nights (unless there is some special reason...family event, SAT's).



RAMS BASKETBALL



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Player Conduct

You are representing Riverside High School and the basketball program. You are expected to attend all classes, act in a gentlemanly manner, use only appropriate language and show good sportsmanship on and off the court at all times. Use of inappropriate language and misbehavior during school will result in extra conditioning. Players are expected to represent themselves positively and respectfully on social media – any team matters should be handled with direct conversations. **Dress Code:** All players and managers are expected to follow the dress code for games and practices as determined by the coaching staff (shirt & tie / warm-up suit). Players will not be permitted on the bus for away games if not in compliance. Players will not play that night if not in compliance. Jeans are not allowed to be worn on the bench or to away games; no exceptions.

Playing Time & Positions

Please understand that the coaching staff will determine playing style and playing time based on their professional judgment and are happy to discuss player roles and playing time directly with each student-athlete. There is no guarantee of minutes in a particular game or playing in every game. Playing time is earned during practices and based on team needs, technical & tactical skill, execution, production, attitude, effort, team chemistry, and attendance.

General Health

Part of becoming a successful athlete involves taking responsibility for your own health by practicing proper hygiene, nutrition, staying drug and alcohol free, avoiding negative situations, addressing injuries to the trainer and coaches, and to get plenty of sleep. Players who are injured are expected to attend all team functions.

Player Communication

Players are encouraged to approach the coach with any concerns or any essential information in a respectful manner. *Players must take the initiative to communicate directly with the coaching staff rather than relying on their parents.* If a parent would like to meet with the coach, the player must be in attendance at that meeting. Players must notify your Coach to ask for approval to miss an event **PRIOR** to that event and not all absences will be excused. Non-approved absences will count as an unexcused absence.

Any athlete or manager that does not fulfill the player and manager expectations will have a meeting with their Coach and Coach Koscinski to discuss the situation. Extra conditioning, losing game time or a suspension may be a result. Any major violation of the LCPS training rules will be brought to the Athletic Director to determine immediate disciplinary action.

Acknowledgement of Awareness of Team Rules

Return this part to your Coach

Athlete's Name: _____

Date: _____

We have read this document and understand that failure to follow the above rules could result in extra conditioning/practice, loss of playing time, suspension from the team or other disciplinary action.

Student-Athlete

Parent



RAMS BASKETBALL

