

# BIG Basketball Academy Team Policies

***"In order for our team to be a winning team,  
It must be a well disciplined team."***

## I. Attendance

Attendance at practices and games are mandatory - **not optional**. Our team, like a chain, will only be as strong as its weakest link. Players with multiple absences create weak "links" and hurt their team. Practices are designed based on the number of players that will be present; therefore, missing players result in practices that have to be redesigned at the last minute, thus negatively affecting the desired goal for that practice.

Occasionally, circumstances beyond one's control (such as school functions, illnesses, or emergencies) will prevent a player from attending a practice or game. We understand when these events occur but please be aware of the following consequences for missed practices/games:

- A. Reduced playing time - 1<sup>st</sup> absence: Sit one game; 2<sup>nd</sup> absence: Sit entire tournament
- B. Removal from team - 3<sup>rd</sup> absence

Playing on an AAU select or competitive team has a higher skill and intensity level, but a **HUGE** commitment of time and money. It is not fair to the team for a player to have excessive absences. We must have fully committed individuals who are not over-extended with other activities.

## II. Attitude - ***"Attitudes are contagious - is yours worth catching?"***

The team is all about having a positive attitude ("I can, I will, I must!"). We expect the players and parents of this team to be positive and help build up one another. Negative behavior and/or comments are destructive and undermine the purpose of this team. We also expect the players to work hard and **HUSTLE!** Players who have negative attitudes and/or do not give 100% during practices and games will have the following consequences:

- A. Reduced playing time
- B. Removal from team

### III. Number of Players

Ideally, we will carry a roster of 12 - 15 girls to ensure maximum playing time for every player. However, if we experience excessive absences, negative player/parent conduct/attitude, or a lack of hustle, we will be forced to carry more or less players so that "offenders" can "sit the bench" or be replaced depending on the circumstance.

### IV. Playing Time

The bottom line: if you want to play, you must perform, as well as, have exemplary attitude, attendance and hustle.

### V. Player Conduct

- A. Be on time for practice and games. Those who are late will have the following consequences: one free pass (although we do not expect it to occur) and the second tardy will be treated as an unexcused absence.
- B. Notify Coaching staff ASAP if you are going to miss a practice or a game. Remember, practices have to be re-designed and pick-up players may have to be substituted during games in order to account for a missing team member.
- C. Arrive ready to play or practice. Do not waste valuable practice or pre-game warm up time to put on shoes, tuck in shirts, braid hair, etc. You are welcome to arrive early in order to finish getting ready; however, do not waste your coaches' or your teammates' time to conduct personal business.
- D. HUSTLE, HUSTLE, HUSTLE!!! You are expected to give 100% of your energy 100% of the time. Failing to do so sends the message to your coaches that you are not interested in playing; consequently, you will be rewarded with a "visit me" (seat on the bench).
- E. Practices must be taken seriously - PREPARE for and RESPOND to GAME SITUATIONS. We must have INTENSE effort. Practice like you want to play - and play with your whole heart and soul every minute of every game.
- F. DO NOT GET DOWN ON YOUR TEAMMATES OR TAKE YOUR FRUSTRATION OUT ON THEM. Players who become angry with their teammates and point out errors are counter productive to a team and will

absolutely **NOT** be tolerated. The consequence for violating this rule will be immediate removal from the game. If the problem persists, you will be removed from this team. This goes for any type of bad sportsmanship or disrespectful attitude. Always remember that when you point a finger at someone else's faults, you have three fingers pointing back at your own. Treat each other the way you want to be treated - with kindness, respect, understanding, patience and forgiveness. **Help build up one another, not down!**

G. Foul language will not be tolerated.

H. No team member is ever to argue with an official. 1st offense -- AUTOMATICALLY BENCHED. 2nd offense -- REMOVED FROM THE TEAM.

I. Only players, **not parents**, may talk to the coaches about more playing time.

J. Players must listen and follow all coaches instructions at all times.

K. Unsportsmanlike conduct will not be tolerated and is subject to disciplinary action by the coaching staff.

L. Prepare your body for tournament play by eating HEALTHY foods and drinking plenty of fluids - especially WATER.

M. Get plenty of REST during tournament play - AVOID SLEEP-OVERS on the weekends that we are playing!!!

N. Accept responsibility for your success. Practice every day - no matter what... Just do **SOMETHING** every day - without fail.

## VI. Parent conduct

As parents, we have a responsibility to set a proper example for our children. The staff has implemented a high standard of excellence and expects players and parents alike to take the "high road" in all matters. Parents are expected to act like mature and responsible adults at all times. Please review the following policies:

- A. No negative or "heckling" comments from the stands regarding players, umpires, other teams, etc. If you do not have anything nice to say, then do not say anything at all.
- B. It is inappropriate for one to criticize the coaches and/or their decisions regarding the team or game situations to other team members or parents. If you have questions regarding improvement for your player, please review them with the Coaches.

Remember, the coaches have the best overall perspective regarding each individual player and the team as a whole. They have the benefit of watching and participating in every practice/game. The coaches know attendance and on-time records, as well as attitude, hustle and performance for each player. Decisions about playing time and positions are made based on the total perspective. Only players, not parents, may talk to the coach about more playing time.

- C. Please, no foul language!
- D. No parents on the practice field court or bench unless asked to help.
- E. Offer words of encouragement, but please do not interfere with practices or games. If you are giving your child a hard time, or even just kidding around, your child's focus will be on you instead of the coaches' instructions.
- F. Always control your emotions and display good sportsmanship. no throwing equipment; no arguing with teammates, coaches, opponents or umpires; no negative remarks to teammates, coaches, opponents or umpires.
- G. Have a **POSITIVE** attitude!
- H. Uniforms belong to the team, anytime you're in uniform; remember others see you as a representative of the Team Name.

Player: \_\_\_\_\_

Parent: \_\_\_\_\_

Date: \_\_\_\_\_

Date: \_\_\_\_\_