

## Lake Washington Boys Basketball Team Rules

For us to be as successful as we can there are ways that we, as a team, must act and behave on and off the floor. We are more concerned about instilling character, discipline, and work ethic than we are about wins and losses. In reality if you don't have these qualities then it will be tough to win. It is up to you individually, to make this team what it CAN be. These rules are short and simple, we are not going to make it hard to understand, either you do what you are suppose to do or you will suffer the consequences.

1. ALWAYS show respect. This involves your coaches, teachers, parents and everyone in the community; you must always show good character in all situations. If you get in trouble in school you will be punished by the team. You will NEVER back talk a coach even if you think the coach is wrong, you just say yes coach and go on. This will definitely not be tolerated.
2. Be on time for everything, if you are late for something dealing with the team, there better be a great reason, there are no excuses!! Being late or missing practice frequently will lead to dismissal.
3. If a player is ruled ineligible twice during a basketball season he will not be allowed to continue. If you are not going to give an effort in the classroom then you won't give an effort on the floor either. You are here to get an education first.
4. In a game if you receive a technical foul you will come out of the game. How you come out of the game will depend on when you get back into the game.
5. On an away trip you will wear slacks, shirt and a tie. We do have a dress code and if you break it you won't play that night.
6. On the bus you may talk, unless told other-wise, but it will be kept to a minimum. No text messaging or talking to people without a coach's permission. Your mind needs to be on the task at hand.
7. Never discourage others, try to encourage and lift them up. If there is a correction to be made the coaches will handle it.
8. Keep the locker room/team room and gym clean and neat. If not, we will run after practice.
9. No cursing. This will result in a technical during the game so don't do it at other times. Not to mention we have young kids attending our practices.
10. When a player comes out of a game the bench will stand up and greet him, even if he is having a bad night.

11. The only reason to miss a game is religion, death or extreme illness to you. If you miss a game for any other reason suspensions will occur and someone will step into your position. Missing twice will result in dismissal from our program.
12. There will be no tolerance for drugs or alcohol. We will not put up with this. This is an automatic dismissal from the team if this happens. We want you to behave and stay away from things and people who will only bring you down.
13. In game situations we will display good sportsmanship win or lose, during the game and after. We must show class at all times.

These are not all rules but some guidelines to follow. If another situation occurs the staff will make a decision on how to handle it. Not everyone can play basketball; it is a privilege not a right. For us to be CHAMPS we must act like it. We want respect for our team but you must earn it. The staff wants the best for you and our team, we can't go through a year of disruptions and broken rules, it will not be tolerated.

If you can always remember to not ever embarrass our team, yourself, your family, school or program then you will not break the rules. You are role models to many people so you must lead by example.

We must stay positive and stay together during this season. There will be many highs and lows but we need to believe in each other.