

Orem Golden Tigers



Athletic Department Handbook

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Orem Tigers Athletics



Dear Orem Tiger Student-Athlete Parent,

We are very excited that your son or daughter is a member of our athletic programs. The enclosed information is your parent survival guide for the season. In order for us to have a successful season, we strongly encourage good communication between coaches, parents and players. Student/athletes are encouraged to communicate with their coaches. Please allow your athlete to work through problems with coaches. This helps student athlete's work on their conflict resolution skills. See below on specific details regarding meetings and see OHS athletics policy on player/coach meetings.

As coaches, we realize that it is our responsibility to make your son or daughter feel like an important member of the team and program. That being said, if a player's importance to our program is solely based on playing time, we will have many disappointed players. Before the season begins, we would like everyone to read the enclosed article, "The Iceberg". We feel this philosophy will help make our program the best it can possibly be.

We would also like to stress that sportsmanship and understanding culture are essential aspects to our program. Respect for coaches, players, and referees is critical to the success of our athletic program as well. We trust that our sportsmanship and respect for the game will be a model for other high school parents to follow and emulate.

It is also crucial to note that we have many high expectations and goals for our athletics at Orem High. In order to meet these goals, we expect our players and families to make a commitment to the programs during the season and in the offseason at open gyms, in the weight room or at camps.

Sports season is finally here and we are excited about working with your son and daughter to continue building a program we can all be proud of!

Sincerely,

Orem Tigers Athletic Department



DEPARTMENT STANDARDS OF EXPECTATION

The following standards of expectation are written so that there will be complete understanding as to what is expected of the players, parents, and coaches during the season. It is most important for our programs to create a culture and operate in an atmosphere in which expectations and standards are clearly defined. These basic **standards of expectation/behavior** will act as guidelines as we work toward achieving our program, team, and individual goals.

These standards reflect the philosophy of the Orem High School Activities Program. A student-athlete at Orem High ought to hold themselves and others in the program to a higher standard of behavior and accountability. Behavior in a classroom, hallways and in the community should always reflect positively back to our program and school. A student-athlete will be held to a high standard of behavior and accountability by all coaches and administration. It takes a great deal of commitment and discipline to excel in various aspects of life and for a student-athlete that also means creating a balance. Proper behavior is the catalyst to living a balanced life. Lastly, our student-athletes will be committed to abiding by laws, rules and regulations of the land, outside the confines of OHS. ACT RIGHT!

Athletics philosophy of Orem High School

We believe that the program of interscholastic activities is an integral part of the total education structure. We believe that all students should have equal opportunity in being selected to a variety of extracurricular activities.

In an educational setting, every effort must be made to provide extracurricular experiences for as many students as possible. Because of the infinite number of individual differences in abilities and interests, the program is to be broad and comprehensive. Athletics and club organizations are to be selected based on the needs, interests and basic abilities of students, applicability to lifelong value, and be organized appropriate to the student's physical and emotional maturity. There should be as many extracurricular opportunities in school as can be adequately coached, managed, and supported.

We believe that the coach or advisor of an extracurricular activity must assume a major role in molding the youth in their charge. The coach/advisor should, with sensitivity and compassion, develop leadership, foster cooperation, and exhibit outstanding sportsmanship for emulation by students engaged in activities as a participant or a spectator. They must insist upon ethical behavior and good citizenship.

We believe that extracurricular activities, when properly administered, will provide concepts and experiences which are directly applicable to situations students will face through life. Teamwork, establishing and meeting individual and group goals, developing perseverance, confidence, physical fitness, emotional control, leadership and self-esteem, as well as, a motivation for continued scholastic endeavors are all imparted via athletics and activities. It is recognized that striving to succeed is a part of the American way of life. The

coach/advisor and participant strive to succeed in every contest, but not at “Any Cost”. Sportsmanship and maximum personal effort on the part of the participants are indicative of a successful program.

It is a privilege for students to participate in extracurricular athletics. Participation is voluntary and is not a requirement, nor an entitlement. Therefore, extra time and effort are required of those who participate. Since its extracurricular programs often judge the reputation of the school, high standards must be maintained. Those who earn the privilege of representing Orem High in extracurricular athletics are expected to accept greater responsibilities as school citizens.

Orem High School – Code of Ethics

It is the duty of all concerned with school activities to:

- Emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
- Eliminate all possibilities which tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show cordial courtesy to visiting teams and officials.
- Establish a good relationship between visitors and hosts.
- Respect the integrity and judgment of sports officials.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership and good judgment by the players on the team.
- Recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well-being of the individual players.
- Remember that an athletic contest is only a game – not a matter of life or death for players, coaches, school, officials, fans or the community.
- Be good representatives of Orem High School and the school at all functions, either at home or away.

Extracurricular Core Values

- promote a student-first mindset and facilitate a positive balance between academics and extracurricular activities.
- have competitive students and teams committed to the highest level of sportsmanship.
- win and excel at the highest level while acting and competing in a way that reflects class and dignity.

Objectives of the extracurricular programs of Orem High School

Extracurricular activities are educational endeavors. The coach/advisor must strive to attain specific objectives. These objectives must be directed toward the positive development of the student through proper educational principles and techniques.

As an athlete, I understand that it is my responsibility to:

- Place academic achievement as the highest priority.
- Show respect for teammates, opponents, officials and coaches.
- Not be involved in any form of hazing.
- Respect the integrity and judgment of game officials. Adhere to the established rules and standards of the game to be played.
- Exhibit fair play, sportsmanship and proper conduct on and off the playing field.
- Maintain a high level of safety awareness. Respect all equipment and use it safely and appropriately.

- Refrain from the use of profanity, vulgarity and other offensive language (racist/religious) and gestures.
- Refrain from the use of alcohol, tobacco, illegal and non-prescriptive drugs, anabolic steroids or any illegal substance to increase physical development or performance.
- Know and follow all UHSAA and school athletic rules and regulations as they pertain to eligibility and sports participation.
- Win with character, lose with dignity.

Squad Selection

- All activities are open to all students of Orem High School who meet the requirements of grade, gender, and general eligibility.
- All extracurricular students must be registered and cleared through RMA including completion of a yearly physical and concussion document.
- Coaches must conduct an open tryout and may not make final cuts until after the second practice.
- Final selections should be based on 1. Attitude 2. Coachability, and 3. Skill.
- Once the team has been selected, the coach must promptly submit a roster to the Athletic Director and on RMA.

Equipment and Uniforms:

- Athletic equipment and uniforms may be issued to team members at the beginning of the season. Equipment and uniforms will be for use by Orem High School athletic teams only and should not be used at any time other than for in-season scheduled contests and practice sessions.
- Damaged equipment should be returned to the head coach immediately for replacement or repair.
- Equipment and uniforms will be checked in at the conclusion of a season.
- Athletes will be held financially responsible for lost equipment and uniforms, as well as items showing excessive wear.
- It is the responsibility of the coach and/or supervisor to keep records of their equipment and report any names to the athletic director if an athlete violates this policy.

Coaching Requirements

- **All Coaches – Head Coaches, Assistant Coaches and Volunteer Coaches must complete “ALL” Coaching Requirements.**
 - Follow the (Registration Process you use) instruction sheet. This will create a coach’s page that will track your certifications. Be sure to e-sign the required sections.
 - Certification Requirements:
 - Background Check – Done at the district office. Please set up an appointment with the district to get this done.
 - First Aid – Must be live training or at least CPR needs to be completed live.
 - CPR– Must be live training or at least CPR needs to be completed live.
 - Yearly Concussion Training – <https://nfhslearn.com/courses>
 - Yearly Child Sexual Abuse Prevention Training – This is a part of your training required by the school district.
 - Yearly Bullying, Hazing, Harassment, and Retaliation - This is a part of your training required by the school district.
 - NFHS Fundamentals of Coaching/Phys ED/Dance/Coaching Major/Minor - <https://nfhslearn.com/courses> (If you are a PE/Dance/Coaching Major or Minor, just send me a copy of your certificate or upload the certificate)

Travel Requirements

- The buses will be set up by and ordered by the Athletic Director. Coaches are responsible for checking the bus schedule and making desired changes.
- Bus Supervision: Coaches must place themselves in a location on the bus, so supervision is provided to all students on the bus. If there are more than 40 students on a bus, there must be 3 supervisors on the bus.
- Overnight trips require trip approval – 3 months in advance.
 - Overnight Trip Approval Form
 - Parent Approval Form
 - 150 Mile Form
 - Overnight Room List with Itinerary

Sportsmanship, ethics, integrity and parent communication

- Interscholastic athletics is a voluntary program. Students are not obligated to participate. Thus, competition is a PRIVILEGE not a right!!
- The benefits of participation in athletics
 - Research indicates that students involved in athletics are most likely to succeed at their chosen profession and make creative contributions to their communities. Many of the character traits, qualities and attributes required to be successful student athletes will also promote a successful life.
 - Athletics are inherently educational. They provide valuable lessons in many situations: Teamwork, sportsmanship, winning, losing and hard work. Self-discipline, self-confidence and self-control are skills developed through participation in athletics. These skills help mold productive and responsible citizens in the community.
 - Athletes foster success in later life. Participation is often a predictor of later success in college, career and becoming a contributing member of society.

Good Sportsmanship

- One of the goals of high school athletics is learning lifetime values. Sportsmanship is one such value that makes athletic contests an educational experience. Athletics are an extension of the classroom. Remember good sports are winners. To this end they should remember that:
 - A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
 - A spectator represents the school the same as does the athlete and coaches.
 - Respond with enthusiasm to the call of the cheerleaders for yells in support of the team, especially when it is losing.
 - Learn the rules of the various athletic games so that either as spectators or critics, comments will be intelligent.
 - Express disapproval of rough play or poor sportsmanship on the part of players representing our school.
 - Recognize and applaud any exhibition of fine play or good sportsmanship on the part of the visiting team.
 - Be considerate of any injured athlete.
 - Always remember to keep interscholastic athletics in their proper educational perspective.
 - Be responsible for the exercise of self-control and fair play at all athletic contests.
 - Any spectator who continually evidences poor sportsmanship will not be allowed to attend future contests.

Remember that a successful program concentrates on character development and teaches the values needed to become successful in the challenges of adult life.

Be a fan.

- Code of conduct
 - To uphold the dignity, honor and integrity of our school.
 - To develop positive relationships for our athletes about the importance of academics and co-curricular activities.
 - To encourage and promote sportsmanship among the visiting team and spectators.
 - To take an active role in the prevention of the use of drugs, alcohol and tobacco.
 - To encourage safety before success.
 - To work with and respect the officials in and out of the athletic arena.
 - The role of parents, student athlete and coach
- Both parenting and coaching are extremely difficult jobs.
 - By establishing communication and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to our student athletes. As parents, when your children become involved in our athletic programs, you have a right to understand what expectations are placed on your child.
 - To be successful, communication is vital and requires involvement, dedication, sacrifice, and commitment from parents, student athletes and coaches.
- It is expected that the athlete will display appropriate behavior in school and the community, contribute to school spirit by participation in various events, and a spirit of cooperation with teachers, coaches, teammates and opponents.
- Parents should be a positive influence
 - Encourage your child to succeed.
 - Be positive through the good and bad times.
 - Be there with support!
 - Give credit to the team.
 - Show respect for the coaches.
 - Exhibit respect for the officials.
 - Demonstrate respect for opponents.
 - Provide a model of behavior that an athlete can be proud of at all times!
- Parent's checklist in sports
 - Maintain a FUN attitude.
 - Treat others as you wish to be treated.
 - Praise athletes for just participating, regardless of their athletic skills.
 - Look for positives in athletes; avoid ridicule and sarcasm.
 - Remain calm when mistakes are made, and help athletes learn from mistakes.
 - Help athletes from getting down on themselves when things don't go well.
 - Don't be obsessed with your involvement in sports. There is a life after sports.
 - Emphasize teamwork in team sports; teach them to think "WE" instead of "ME".
 - Lead by setting a good example in sportsmanship.
- Communication you should expect from your child's coach
 - Coaches and program's philosophy.
 - Individual and team expectations.
 - Location and times of all practices, meetings, games and bus departures.
 - Team requirements.

- Follow-up procedures should your child be injured during practice or a game.
- Any discipline that may result in the denial of your child's participation.
- Communication coaches expect from parents
 - Concerns expressed directly to the coach.
 - Notification of schedule conflicts well in advance.
 - Specific concerns with regards to a coach's philosophy and/or expectations.
 - Support for the program and the attributes of dedication, commitment, and responsibility are essential ingredients for success and excellence.
 - Encourage your child to excel.
 - While your children are involved in interscholastic athletics, they will experience some of the most rewarding and inspiring moments of their lives.
 - It is also important to understand there might be times when things do not go the way you or your child wishes.
- Discussions with coaches
 - There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.
 - Call to set up an appointment.
 - If the coach cannot be reached, contact Jeremy Main (AD).
 - Please do not confront a coach before, after, or during a practice or game.
 - If a meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.
- Appropriate concerns to be discussed with coaches
 - The treatment of your child, mentally and physically.
 - Ways to help your child improve and develop.
 - Concerns about your child's behavior. It is very difficult to accept your child not playing as much as you hope. Coaches are professionals. They make decisions based on what they believe is best for the team and ALL the athletes involved.
- Issues not appropriate to discuss with coaches
 - Playing time
 - Play calling
 - Team strategy
 - Other student athletes

Head Coaches – Job Description

The major responsibilities of head coaches are listed below as a guide for carrying out assigned duties. Additional responsibilities may be inherent in individual programs for various coaches; these should be delegated by the Athletic Director.

Program Responsibilities:

- Has full responsibility for the overall supervision and duties assignments of assistant coaches of his/her program.
- Is responsible for keeping the length of practice appropriate and maintaining accurate records and is to keep the Athletic Director informed of practice schedules and travel arrangements during any holiday period.
- Is responsible for the general upkeep and protection of equipment under his/her jurisdiction and complete inventory of the equipment used for his/her sport, to be made at the end of each season.

- Provide past season evaluations of team record, facility and equipment needs and assistant coaches.
- Have the main responsibility for striving to build good sportsmanship and developing good public relations in the school and community.
- Maintains positive communications with participants, parents, and representatives of the media. It is recommended that at least one meeting of parents and participants be held prior to the beginning of the sports season.
- Be aware of all departure times and return times for his/her program. Inform all players and parents of these times.
- Provide an official evaluation of all assistant coaches. These evaluations will be reviewed during the official evaluation of the Head Coach by the AD.

Personnel Responsibilities:

- Keep abreast of new developments, innovative ideas and techniques, and rules and regulations by attending clinics, workshops, reading professional materials and the State Association Name (insert) regulations.
- Is responsible for seeing that each participant has had a physical exam, and the proper State Association Name (insert) forms turned into the Athletic Director's office.
- Is responsible for the general health and welfare of students in his/her care and gives appropriate attention to athletes who are injured, ill or otherwise incapacitated.
- Is responsible for the actions, conduct and appearance and behavior of his/her team and assistant coaches whenever they are under his/her jurisdiction.
- Is responsible for notifying the attendance secretary, staff and parents of early departures (during school time), late returns and approximate return and departure times that are normal.
- Inform participants of the letter/award policy and present them at the end of the season.
- Provide locker room supervision to assure safety for participants.
- Is responsible for explaining all district policies, including the participation agreement, athletic and academic requirements, special team rules and lettering criteria to participants, assistant coaches and parents.
- Complete a post evaluation provided by the Athletic Director.

Assistant Coaches – Job Description

Program Responsibilities:

- Have an understanding and working knowledge of the rules and regulations of the sport according to the National Federation and UHSAA rules.
- Keep abreast of new techniques, rules changes, developments, and changes regarding his/her sport or related areas. Use clinics, workshops, and current research to accomplish.
- Assist the head coach in carrying out assigned responsibilities. Such as: eligibility data, issuance of equipment, attendance of athletics, care of equipment and facilities, statistics and other assignments given by the head coach.
- Assist in informing participants of the rules and regulations in school policies and athletic codes.
- Assist in supervision of students at practices, before, during and after games and in the locker room.
- Attend all practices and contests.
- Assist in maintaining a safe environment for participants and be aware of emergency treatment and preventative treatment.
- Assist in discipline when needed.
- Assist in instruction of game skills, rules, strategies and regulations.
- Maintain sportsmanlike conduct at all practices and games.

- Assist in distribution and collection of all equipment.
- Assist in recommendation for awards.
- Complete postseason reports such as needed improvements in facilities and equipment, inventory and those reports requested by the head coach.
- Complete a post evaluation provided by the head coach.

Chain of Command

- Extracurricular Coach/Advisor
 - Role - Program teacher coaches and teacher supervisors are responsible to the athletic director.
 - Responsibilities - Program teacher coaches and teacher supervisors oversee their program, along with ensuring all their coaches know the responsibilities and the job description of their particular sport.
- Athletic Director
 - Role - The athletic director is responsible to the principal.
 - Responsibilities - The athletic director oversees high school athletic/activities programs.
- Principal
 - Role - The principal is responsible to the Superintendent.
 - Responsibilities - The principal oversees the functions and activities of the high school.
- Superintendent
 - Role - The Superintendent should be considered the chief executive officer of the board of education.
 - Responsibilities - All individuals employed by the district are responsible directly or indirectly to the superintendent of schools.

Social Media

Student/athletes represent Orem High School all year, not just during the sports season. As a result, Orem High School encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Facebook, YouTube, Twitter, Snapchat or any other such sites. Any identifiable image, photo, video, or posted on-line conversation discovered which implicates a student-athlete to have been in violation of our Alcohol and Drug Policy and Athletic Code of Ethics may be investigated and action taken by the administration.

Academic Eligibility

To be eligible to participate in Association sanctioned activities, a student:

- Must be a full-time student in the school he or she intends to represent, or otherwise comply with all Utah State Board of Education dual enrollment requirements.
- Cannot fail more than one subject in the preceding grading period (for purposes of this rule, a failure in a multi-period subject shall be counted as the number of failures equal to the number of periods in the class); and, must have obtained a minimum grade point average (GPA) of 2.0, for the preceding grading period, based on a 4.0 scale or its equivalent.
 - A student who has failed to meet the minimum requirements set forth shall be ineligible for participation in State Association Name (insert) activities throughout the next grading period, provided however, that deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the school district or the member private school. Deficiencies must be made up in the same subject area.

- Students that are academically ineligible may practice. However, they cannot travel, dress or represent the school in any way.
 - Grade ineligibility cannot be made up and the student is not eligible to participate until the next official grading period.
 - U's can be made up at any time. Once U's are made up, eligibility can be reinstated.

Coach's Guidelines for a Preseason Parent's Meeting

- All coaches are required to distribute copies and address the following - may be done either by a meeting or by a letter:
 - (Your athletic) requirements.
 - Team Rules and School Rules regarding athletics.
 - Participation - amount of play time athletes can expect.
 - Sportsmanship - expectations by players and parents.
 - Show one of the NFHS Sportsmanship Videos.
 - Sportsmanship and Parent Guide Pamphlet
 - Fees and the breakdown of the costs.
 - Team supervision - coaches and parents
 - Ask for the email address of parents for communication updates.
- Other topics you may want to address
 - Your coaching philosophy
 - How practice sessions are conducted
 - Length of practice times and practice systems
 - An athlete's expectation of attending practices or the consequences of missing practices
 - Academic requirements for eligibility
 - Medical information in case of injury
 - Answer questions

Athletic Award

- Academic All-Region and State will be completed and submitted by the Athletic Director.
 - Participants must compete in a sponsored UHSAA activity.
 - Participants must be a senior.
 - Participants must be registered on Aktivite.
 - All Region Awards are voted upon by the coaches in the Region. The names of the All Region Teams must be submitted to the Athletic Director so the certificates can be printed.
- Head Coaches will turn in the list of sports letter awards to the Athletic Director. The AD will print the letter certificates and provide the letter pins.
 - Sports pin for the first year.
 - Bar pin for every year after the first year of a sport.
- Coaches will hand out the awards to the students in a reasonable amount of time after the end of the season.

I. Academic Expectations

- Academics are a student-athlete's first priority. Developing skills and habits to constantly improve in the classroom is the true reflection of a student-athlete.
- **Participating in athletics is a privilege and like all privileges they must be earned.** All players' academic and citizenship grades will be monitored and posted throughout the season.

- Grade checks will be required from all players during the season. Players are expected to ask their teachers to complete their grade check prior to the beginning of each class. Failure to receive signed grade checks will result in practice/game consequences.
- Study halls are a required component of the basketball program. Attendance is mandatory for those with failing grades. Student-athletes who either miss study hall or arrive unprepared will receive practice/game consequences.
- Any student-athlete with an F will be required to attend study halls until the grade is made up. 2 or more failing grades will result in the athlete being ineligible for practice and games until the grades are brought up.

II. Behavior Expectations

- **Being a member of this basketball program is a privilege granted to those who have earned, through their efforts, a place on the roster.**
- **Leave the coaching to the coaches.** Suggestions can be welcomed and will be discussed privately at the appropriate time. Disparaging comments about strategy are not acceptable during the game. Suggestions are allowable when given the opportunity.
- Everybody on the team has a specific role. Every team member WILL NOT receive equal playing time, but every team member is of equal importance.
- Everybody on this team is a leader and is an ambassador of the OHS Girls' Basketball Program - both on and off the court. You will be expected and held accountable to demonstrate these leadership qualities in all phases of your life. Failure to meet this expectation will result in practice/game consequences.
- Players are expected to take part in the daily maintenance of the basketball facilities. This includes, but is not limited to sweeping the floor, lowering the baskets, racking the balls, picking up trash in and around the gym, etc. There will be times when everyone's cooperation and efforts will be necessary to keep practice moving efficiently.
- The gym, locker room, bench, and visiting gyms and their facilities will be kept neat with no tape, bags, water bottles, shirts, or other miscellaneous items left on the floor. Our program's expectation is to leave things as clean as or cleaner than before our use.
- No sports or club sport activities, or activities that might cause injury, that are not affiliated with OHS are not permitted without the approval of the coaches. This includes AAU basketball practices or games, pickup basketball games, skiing trips, etc. Failure to do so will result in practice/game consequences.
- All players will be strongly encouraged to participate in program fundraising activities. Raising money is necessary to help fund our program and its expenses. Failure to do so will result in practice consequences.

III. Communication Expectations – Players

- If you are not able to attend practice, you must notify the head coach or the assistant coach prior to the absence. All notifications must be in person or by a phone call. Players are expected to not schedule a doctor's, dentist, or driver's training appointment during a scheduled practice or game. Failure to communicate is a violation of program rules and will result in practice/game consequences.
- Absences from practice and/or games must be excused by the head coach. Excused for absences from practices or games DO NOT include serving school detention, making up an exam, doing homework, working an afterschool job, doing chores at home, or attending club meetings.

IV. Communication Expectations – Parents

- The coaches will maintain a 24 cooling off period for any discussions regarding a game and/or its outcome. If you would like to discuss a concern, an appointment must be scheduled with an administrator at least 24 hours following a contest.
- Items such as an athlete's progress, ways to help your child improve, and treatment of your child mentally and physically are acceptable topics of discussion with your son's coach.
- **Playing time can be a topic of discussion and will be invited, if the issue with the player cannot be resolved. Speaking about other student-athletes will not be a topic of discussion. Parents will be unbiased in that communication. If they cannot be, then the discussion will be ended.**
- **Any communication regarding playing time will include watching practice and game film. If a meeting is needed plan for that meeting to be longer in duration.**
- Players will be required to attend all privately scheduled parent and coach meetings. The Athletic Director will also participate in the meeting unless the discussion is of confidential nature.

V. Practice Expectations

- Players are expected to arrive 15 minutes early for practice. Early is on time and on time is late. Doors to the gym close at the beginning of practice and if you are late you will receive practice/game consequences. If you are going to be late for academic reasons you must inform the coaches at least 24 hours in advance.
- Official practice jerseys and shorts are to be tucked in at all times, while shorts are to be worn properly. We will appear as professional in practice as we do in games. Failing to wear practice uniforms will result in practice/game consequences.
- Practice sessions in season are closed sessions and not open to anyone not on the team or involved in the program. To ensure maximum learning time and avoid distractions, this includes a player's parents, siblings, relatives, or friends. All Practices will be filmed.

- No cell phones during practice hours. Loud or noisy cell phones cause an interruption of focus during practice and will result in practice consequences.
- **Players are expected to look coaches in the eyes and not talk while they or the team is being addressed by a coach during practice.** Failure to do so will result in practice consequences.
- OHS practices will be the most enthusiastic, energetic, and competitive environment possible. If a player chooses not to support this standard she will be asked to sit-out of a drill or practice and receive practice/game consequences.
- We practice hard and with discipline. I am a firm believer that you play like you practice and that most games are won or lost on the practice court. **I am not at all concerned or interested with comparing the practice habits of other basketball teams with my basketball teams.**
- Students may not participate in practice when they have missed a class due to an unverified absence. Such athletes must still be in attendance at practice for its entirety. The rules that apply to a student missing practice because of unverified absences also apply to an athlete when she "...can't practice because she left her practice gear at home." she must still be in attendance at practice.
 - ☐ **1st Offense**-Player is not allowed to participate in practice on that day. (Students may have a day to get it verified).
 - ☐ **2nd Offense**-Player is not allowed to participate in practice on that day and the player may be suspended from one or more contests.
 - ☐ **3rd Offense**- Player will be dismissed from the team.
- If an athlete is injured or has been injured, they are expected to **attend all** practices in order to get therapy, see the trainer, and prepare themselves for a healthy return, unless excused by the head coach or from a doctor.
- **Any player missing practices for an unexcused reason may be dismissed from the squad.** (Coaches discretion on what is excused and what is unexcused).
 - ☐ **1st Offense**-Player may sit out a game and have OPI (opportunities for personal improvement after practice). (Students may have a day to get it verified)
 - ☐ **2nd Offense**-Player may be suspended from two or more contests. Parent coaches meeting with an RSHS admin will be required for re-admission to the team.
 - ☐ **3rd Offense**- Players may be dismissed from the team.
- Missing a practice, the week of a game may result in not participating in the game. If you are unable to practice due to an injury you are still expected to attend practice sessions. If you are not feeling well, we can arrange to get a chair and have you sit on the sideline to help keep you in step with the instruction and new techniques introduced at practices. A player who does not or is not able to practice, yet attends practice will remain eligible to participate in the game, however she may not start.

VI. Game Day / Travel Expectations

- As a member of the team you will dress for success. On home game days ALL players will be required to dress their best. Church dress! NO JEANS, BAGGY/SAGGING PANTS, OR ATHLETIC SHOES!
- All players must travel together with the team to and from games. Individual travel arrangements must be made with the coach in advance. A player can never leave without prior approval and with only his parent/guardian. A form can be obtained from the athletic office for athlete release which must be signed by the athlete's parent, the coach and AD.
- Players will sit together in the bus, and will not engage in any loud or obnoxious behaviors. All players will respect the rules of the driver when being transported to games. Players will be strongly encouraged to refrain from electronics during travel. This will allow for teammates to communicate and bond. Players will also not be allowed to have headphones/earbuds in while entering a school.
- Players are responsible for ensuring buses and locker rooms are clean following each road trip. Failure to do so will result in team consequences.
- All players are expected to be dressed appropriately for team competition. We do not believe in making individual fashion statements and all players will dress similarly.
- **All players on the bench during the game are required to be actively involved in the progress of the game. Enthusiasm is an expectation and a requirement prior to receiving playing time from the bench. Each player is expected to support and encourage all teammates. Taunting or yelling at the opponents, its fans, or the referees is strictly prohibited.**
- During timeouts all players not in the game will stand and listen huddled in a half circle behind the benches and starters during timeouts and between quarters. Failure to actively listen or participate in time-outs will result in practice/game consequences.
- No player is to leave the bench during the game. If an incident occurs on the playing floor all players are to remain on the bench. The bench captains will be responsible for maintaining order on the sideline during an incident.
- Players are not allowed to keep their uniforms during the season. Players are required to return their uniform (jersey and shorts) and shooting shirt following each game. All uniforms will be washed and transported to and from games by the coaching staff.

VII. OVER NIGHT TRIPS

- All bags will be subject to inspection before entrance onto the bus as well as before entering the hotel room.
- Notify the coaching staff immediately if any motel room or its contents are damaged when we arrive.
- Play television or radio at low levels in your hotel room. Do not play portable recorders in the motel hallways.

- The coaching staff may make unexpected visits. Make sure everyone is present, and then open the door. Everyone must be in their rooms and must sound off during room checks.
- Upon departure, clean up the motel room. Pick up all towels, sheets, pillows, and place them in the room in an organized manner.
- All players must go and return to school provided transportation unless previously arranged by the parents of the students in writing.
- **Any player missing the bus departure will not be allowed to participate in the contest.**
- **No** non-team member will be allowed in the player's room unless authorized by a coach.
 - **1st violation**-- The player may be suspended from the next game she would have participated in, and may be dismissed from the team depending on the severity of the situation.
 - **2nd violation**-- Will result in dismissal from the squad.

VII. Parent Expectations

- **A ticket to the game is a privilege to observe and support high school athletics. It is not a license to verbally assault others or act obnoxious. We want to be known as a first-class program both on and off the court. This includes the actions of our coaches, players, and parents.**
- Respect decisions made by the game officials. Referees are an integral part of the game and deserve our full respect.
- Respect all fans, coaches, and opponents.
- Be a fan. Support your daughter, her team, and the entire OHS basketball program.
- Parents are expected to assist in fundraising efforts to support the basketball program. Some of these activities include working in the concessions or other fundraising opportunities.
- Parents/players are expected to pay for their daughter's Teams travel apparel by the first contest. Failure to do so will inhibit participation in competition.

VIII. Lettering

- Any athlete who plays in varsity games will receive a varsity letter.



STANDARDS OF BEHAVIOR AGREEMENT FORM

By signing your name to this contract, you are stating that you agree to the Orem High School Athletic Department Standards of Behavior on and off the court. All players and managers are subject to suspension and/or removal from any Orem High Athletics program if you are unable to follow these standards.

Player Name: _____ Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____

“THE ICEBERG”

It takes more than one player to make a winning team. The starting lineup may or may not win the game on the court or field, but it takes the whole team to build a tradition and earn a championship.

The team is like an iceberg. You see the starting five, but underneath it is that big, wide, strong base - the rest of the team. This is the part of the team that builds the character of a lasting winner. The more dedicated the man on the bench, the harder he works, the more he pushes and strengthens the starting players - the higher he pushes the iceberg out of the water – the bigger it gets – the better the team.

If he quits, doesn't give his all, or becomes complacent in his position, he erodes that strong base and erodes the character of the team. He contributes to a turnover in a close game, he is partly to blame for the mental lapse in the closing minutes of a big game, and he undermines the total effort necessary for the team to come back from a small deficit in the championship game.

And yet this player on the bench must be there – watching, waiting, and hoping – sometimes agonizingly – for the chance to use his skill and ability to better the team effort – to make the base of the iceberg stronger – to help build the character of the team. Yes, agonizingly because he knows there is a chance he may not play. He may even be the man that is hurt, but working twice as hard to be ready to play for the big games. He may be the man on the bench that demonstrates to the fan that this team really has character from the bench to the court. But even more importantly, he may be hurting, out of breath, and burning inside for that spirit, that push, that enthusiasm, and that love necessary to make the big play and win the game for the whole team.

When the game is over, when the season ends and all of the parents and fans are talking about the top of the iceberg – the stars and heroes, the players will know that the real winner is THE TEAM, the whole iceberg, especially the base – the men on the bench who build the character to make the team a lasting winner.