

## **Cardinal Basketball Code of Conduct**

### **84 X 50**

The following is an outline of expectations of Cardinal Basketball Players. This list is extensive, but it is neither all-inclusive or unreasonable. Our players adhere to a high standard of behavior because it is an honor to wear the Cardinal Basketball jersey.

#### **Home**

1. Respect parents every day. Tell parents that you love them at least once a day.
2. No drinking, smoking, or drug use. Avoid events where alcohol might be present. Why put yourself in that situation?
3. Risky physical behaviors, such as snowboarding or skiing, should be avoided during season.
4. Life cannot be lived staring at a screen. Put down your digital devices and interact with people.

#### **School**

1. Respect teachers.
2. Focus on the grades. This is what will get you someplace in life.
3. Model good behavior for other students - be a role model!
4. Complete your homework.
5. Weight training is important for overall physical fitness. Basketball lifting should be with lower weights and higher reps to maximize flexibility and explosion.
6. Attend school. Academics determine your future. You must be in attendance all day to play basketball.

#### **Practice**

1. All players will meet for Chalkboard time promptly at 3:25 in the team room.
2. Captains and/or coaches will be notified prior to practice of absences or tardies. Coaches will later discuss with the player whether it is excused or unexcused.
3. Reversible practice jerseys must be worn for all practices.
4. Full attention will be granted to the coach following a whistle. This is out of respect for the coaches.
5. Maximum effort is required during drills.
6. Maximum attention is required during all drills.
7. Drills must be completed at game pace.
8. Players will practice to win games.
9. Appropriate language will be used at all times. Inappropriate language is to be saved for your mother at home. She wants to hear that more than we do.
10. Players are to be at practice even when injured.
11. Players are to be at practice even if ineligible.
12. Some players may be required to complete homework during practice time, but will be required to make up for missed practice time.
13. Everything we do matters and prepares us for the big show.
14. PrACTice like a Champion each day.

#### **Game Day**

1. Dress up. Look classy - be classy.
2. Being on time involves arriving early to get prepared so that everything goes smoothly.
3. Uniform will be on a hangar - refer to classy.
4. Bus rides will be quiet on way to a game for focus on the task.
5. Varsity will ride in front, JV in back.
6. Equipment is valuable and important to us so our Juniors and Seniors will transport equipment.
7. JV will take turns to videotape the Varsity contests (as necessary).
8. All water bottles will be carried in totes and be returned following the game.
9. Players not playing in game will sit behind the bench of active players.
10. Socks will be at least as high as the calf to protect against blisters.
11. Refer to the game plan prepared by the coach - study it to put yourself in the best position to succeed.

### **Pre-Game**

1. Players will go the locker room together approximately at the midway point during the JV game.
2. When the coach enters the locker room all players will stand at attention for pre-game preparations - all focus should be on the message prepared by the coach.
3. Stretching must be done in the locker room prior to taking the court
4. Prior to the start of the game and the 2nd half the players must gather around the coach for final instructions at least 1 minute prior the clock expiring.
5. Player introductions are a time to get excited about the game. Each player should be high-fived and our entire team will bring excitement to the contest.
6. Captains will approach the opponents' coach prior to the game and respectfully wish him luck.

### **Game Conduct**

1. When leaving the game a player must high-five each player on the bench before sitting.
2. Upon entering the game the substitute must hand the player they are entering the game for a towel as they are running on the court to ensure that all players are accounted for.
3. Players must raise hands toward the team bench when a foul is called on them to alert the bench of the call.
4. Only captains may address officials and in doing this they must address the ref as "sir" or "mam."
5. All interactions with teammates will be respectful.
6. Play hard until the whistle - allow the referees to call the game.
7. Play defense each possession as if the current possession could win the game.
8. Make each and every offensive possession count.

### **Timeouts**

1. Bench players will stand to attention during each timeout. On full timeouts the players in the game will sit with the bench players surrounding them.
2. Bench players will get and hand water and towels to players coming off the court.
3. Only the coach talks during a timeout players will speak when called upon by the coaches.
4. Run onto the court after timeouts and at halftime.

### **Post-Game**

1. Players must thank fans for supporting them after the game and officials for making the game possible.
2. Walk off the court with your teammates with your head held high knowing that you played your best.
3. Visiting locker rooms will be left clean following the game as a show of respect to our opponents.

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Player Signature

By signing my name to the above line I pledge to follow the Cardinal Basketball Player Code of Conduct as well as the Code of Conduct set forth by Necedah Schools. These codes cover my actions and decisions both on the court and off the court as I represent the community of Necedah, Necedah Schools, the basketball program, my parents, and myself.

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Parent Signature

By signing my name to the above line I pledge to support my student-athlete as they follow the Cardinal Basketball Player Code of Conduct as well as the Code of Conduct set forth by Necedah Schools.