

## **Fremont Girls Basketball Code of Conduct Agreement**

Participation in Fremont Basketball is a privilege, not a right. We are going to work hard to achieve the highest level of performance that skill sets will allow. We are here to have fun and mold strong young women.

**Please read the Coaches' Expectations carefully before signing and returning the form.**

**Attendance:** Players attendance is required at all practices. Coming late, missing practice or missing a game shows a lack of commitment and respect for the coach and teammates. Keeping in mind there are unforeseen circumstances so communication with coaches is key.

- Excused absences include illness, family emergency or special circumstances prior to practice or a game.
- If a player has 3 unexcused absences a meeting will be scheduled with the player, parent, coach, and athletic director to determine if they can continue to participate for the season.
- School activities that conflict with practice or games players must get notification to the coach in advance.
- Injured players still need to attend practice and the activity level will be assessed based on the extent of injury.

**Conduct:** Athletes will conduct themselves on and off the court in a mature and respectful manner.

- **Be coachable:** Talking back, negative attitudes and noncooperation will not be tolerated and may result in disciplinary action.
- **Bullying:** Bad mouthing any person, coach or teammate, will not be tolerated and may result in disciplinary action.
- **Drama:** Will not be tolerated. There is no place for it ever, this includes at school, hallways, classrooms, practice, or during a game. If you cannot live above the drama you will be benched.
- **Social Media:** Players shall refrain from using social media as a form of slander or bullying other persons. This is a zero tolerance policy.

**Practice:** Every player is expected to be on the court ready for practice at 5:50am or 2:45pm.

- **Proper apparel** is required at practices. This includes shorts (no briefs), T-shirts (no tank tops or crop tops), socks, athletic shoes and a **WATER BOTTLE**.
- ALL jewelry must be removed including earrings.
- **Attendance** at all practices and games is required unless previously approved by the coaching staff
- **Absences:** A player must attend at least 5 periods of the day to participate in games. If a player is sick, keep them home and away from the rest of the team. If for medical reasons the coaches must be notified prior to the game.
- **No cell phones are allowed in the gym. Cell phones are to be left in your locker or in your bag.**

**Games:** Players must always play within the rules. Athletes must conduct themselves in a positive manner not only on the court, but in the hallways, and classrooms too. This means:

- **Proper apparel:** Correct color uniform, court shoes, socks, and a **WATER BOTTLE**.
- Respect your opponents, teachers, classmates, and school. No taunting or disrespectful behavior will be tolerated.
- Respect the referees. **Never question a call or respond disrespectfully.** Questions will come from the coaching staff only.
- Good sportsmanship at all times. Maintain integrity, honesty, and high character. These will be traits you carry with you your entire life.
- Set the tone on the court and at school with a positive attitude and HUSTLE.

**Uniform Care:** Players are responsible for cleaning their uniform, it must be clean for each game. Players will pay for any intentional damage to the uniform. At the end of the season **ALL** uniforms must be returned immediately.

**Grievances:** If you have a grievance, it must be directed to the coaching staff.

**Classroom Conduct & Grades:** Students are held accountable to keep their grades up and maintain a high level of integrity, respect, and honesty within the classroom.

- Grade checks will be completed by the Advisory teacher each Monday and turned into a coach for satisfaction approval.
  - If a player is not eligible for a week they; will have one week to get the grade or grades up to passing before consequences will happen.
  - If a player is not eligible in the second week; they will be allowed to practice but must dress and sit the bench for any games until the grade or grades are passing. (Athletic Director will meet w/ the athlete to develop a plan as well as contact parents)
  - If a player is not eligible in the third week; they will not be allowed to attend practices until an approved grade check from the class or classes has been given to the FMS Athletic Director.
- Players will be expected to sit in the front of the class room for all classes.
  - If a teacher has assigned seating or specific spots for players they are to sit in those respective places.
  - Players are expected to set **THE** example and lead their classmates on the proper etiquette of each class.

**By signing below, you are acknowledging that you understand the expectations and requirements to be a member of the Fremont Girls Basketball team. Any violations will be dealt with by applying appropriate consequences to the violation depending on the severity. (Consequences will be decided by the coaching staff and/or athletic director.)**

**Player Agreement:** I \_\_\_\_\_ have read and agree to coaches' expectations.

Player Signature \_\_\_\_\_ Date \_\_\_\_\_.

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_.