

REDMOND SELECT GIRLS BASKETBALL

EXPECTATIONS REDMOND PLAYER

*BEST EFFORT

*COMMITMENT TO PRACTICE(TEAM & OWN TIME)

*BALANCE IN TOTAL LIFE:

A. PHYSICAL

1. CONDITIONING, EXERCISE
2. RUNNING ON A REGULAR BASIS
3. ATTENDANCE AT SCHOOL, PRACTICES, GAMES
4. SELF-DISCIPLINE

B. MENTAL

1. STRIVE TO BE THE BEST STUDENT YOU CAN BE
2. MAINTAIN POSITIVE OUTLOOK
3. MAINTAIN A PERSEVERING ATTITUDE
4. BE A WILLING LISTENER AND EXERCISE MEMORY
5. STUDY YOUR BASKETBALL PLAYS

C. OTHER

1. STRIVE TO BE DEPENDABLE
2. STRIVE TO BE RESPONSIBLE TO PARENTS, COACHES, REFEREES AND PLAYERS
3. BE HONEST
4. SUBMIT TO AUTHORITY OF PARENTS, COACHES, REFEREES AND TEACHERS
5. OBEY THE RULES AS YOU KNOW THEM AND LEARN OF OTHERS
6. USE CLEAN, UPLIFTING SPEECH
 - A. NO PROFANITY
 - B. NO PUTTING OTHERS DOWN
 - C. CHEER EACH OTHER AS PLAYERS/TEAMMATES
 - D. CONGRATULATE OPPONENTS AND THANK REFEREES

*PLAYER RESPONSIBLE FOR CALLING COACHES WITH NOTICE OF BEING ABSENT OR TARDY FROM PRACTICE AND GAMES.

*PLAYER RESPONSIBLE FOR HAVING EQUIPMENT LABELED AND AVAILABLE AT PRACTICE, GAMES OR MEETINGS.

*PLAYER RESPONSIBLE FOR ASSIGNMENT ON FLOOR TO CONTRIBUTE TO TEAM'S BEST PERFORMANCE.

*PLEASE CALL OR MEET IN PERSON YOUR COACHES TO DISCUSS ANY QUESTIONS AND/OR PROBLEMS THAT MAY ARISE.

I HAVE READ AND ACCEPT THESE ABOVE "EXPECTATIONS" AND I AM A WILLING PARTICIPANT ON THIS TEAM.

X

PLAYER

DATE