



2018-19 LADY STORM TEAM COVENANTS

<u>Team Covenants</u>	<u>At Practice</u>	<u>Gameday/In Games</u>	<u>In School</u>	<u>In our Community</u>
<u>Attitude</u> Have a positive, enthusiastic, humble & grateful attitude "Attitude of Gratitude"	<ul style="list-style-type: none"> - Purposeful practices - "Make the "have-to's want to's" - Encourage & support teammates <ul style="list-style-type: none"> • Pointing/Sharing - Positivity & energy - "WE, Not Me" 	<ul style="list-style-type: none"> - Positive body language - Share your success (pointing) - Active bench - Be a fan of our fans! 🙌 - "WE, Not Me" 	<ul style="list-style-type: none"> - Pay attention - Be engaged in class - Say "hi" to teammates in halls - Come prepared 	<ul style="list-style-type: none"> - "Respect the worth & dignity of all" - Volunteer in community
<u>Learn</u> Be coachable, be comfortable with being uncomfortable	<ul style="list-style-type: none"> - Take risks and grow from mistakes - Attentive listening <ul style="list-style-type: none"> • Acknowledgement of understanding - Give and take constructive criticism, ask questions 	<ul style="list-style-type: none"> - Engaged bench - Ask questions - Give & take constructive criticism 	<ul style="list-style-type: none"> - Take initiative for own learning - Attendance - Hold each other accountable 	<ul style="list-style-type: none"> - Represent SHS positively
<u>Loyalty</u> Committed to team/family, exhibit personal responsibility	<ul style="list-style-type: none"> - Show up 30 min early & be productive (<i>early practices only</i>) - Exhibit personal responsibility - Fulfill practice duties 	<ul style="list-style-type: none"> - Healthful eating - Good night's rest/manage time - Dress appropriately - Be a teammate <ul style="list-style-type: none"> • DO YOUR JOB • "Help the helper" • Sit with team 	<ul style="list-style-type: none"> - Respect teachers & classmates - No cheating - Quell rumors - Time management 	<ul style="list-style-type: none"> - Leave places better than we found it
<u>Integrity</u> Do the right thing; self-discipline, accountability	<ul style="list-style-type: none"> - Positive role model - No shortcuts 	<ul style="list-style-type: none"> - Show positive sportsmanship - Respect opponent - DO YOUR JOB 	<ul style="list-style-type: none"> - Ask questions - Turn assignments in on time 	
<u>No Excuses</u> Give it your all	<ul style="list-style-type: none"> - Communicate with teammates & coaches - No debating w/ coaches - Practice at game speed 	<ul style="list-style-type: none"> - Come prepared <ul style="list-style-type: none"> • Know scouting report • Bring personal gear - Know YOUR role 		

Above are the Team Covenants that have been created by the Lady Storm Basketball team for the 2017-18 Basketball season. By signing this document,



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I understand what it means to be a part of the Lady Storm Basketball program and I am committed to living these covenants on a daily basis.

Player Signature _____ Parent Signature _____ Date: _____

OTHER NOTES:

- 1-15 minutes late to practice or game - Coaches discretion (some kind of running drill)
- More than 15 minutes late, individual consequence only
- Unexcused absences
 - o 1st unexcused absence - no dress for next game
 - o 2nd unexcused absence - off team