
Team Agreement And Rules

These agreements and rules provide a clear understanding of the expectations the coaches have for you as an athlete. The team agreements are preparatory to the rules and they will provide a solid foundation for you to live the rules identified. It is the responsibility of the coaches to establish, enforce, and apply all team rules to all athletes.

Team members agree they will...

- ☒ Show up at practice on time, ready to learn.
- ☒ Follow the instructions of the coaches to improve skills, talent and become better athletes.
- ☒ Focus on performance; and be open to be teachable and coachable.
- ☒ Look for the best in their teammates. (Give genuine positive remarks to others, build pride, encourage others, acknowledge achievements of teammates, and celebrate success.)
- ☒ Be honest and trustworthy at all times. (If they're late for practice, for no good reason, they admit it and don't invent "cover stories".)
- ☒ Show sportsmanship on and off the playing field. (Coaches will not permit name-calling, teasing, criticizing or other acts designed to hurt feelings or cause injury.)
- ☒ Be accountable for their actions and choices and will not blame things on others. (A team player will admit when they make a mistake – and learn from it) All team members are required to provide written permission slips when leaving the game with a parent or guardian before they start the trip back.
- ☒ Be dependable and self-motivated.
- ☒ Make effective use of practice time.
- ☒ Notify the coach immediately if they will be missing practice.
- ☒ Show positive attitudes. (The coaches will not permit whining, grumbling, horse-play, or other disruptive acts during games or practices)
- ☒ Honor the coaches' decision as the right decision.

- ✓ Watch out for each other and ensure no team member participates in any practice or game without the necessary protective equipment.
- ✓ Encourage teammates at all times and recognize them of accomplishments often.
- ✓ Be an example and role model to other participants, coaches, officials, and fans.
- ✓ Take questions, complaints, or problems about anything relating to the team to the coach immediately.
- ✓ Enjoy participating and have fun.
- ✓ Persevere. Perseverance is a key ingredient to their success as an athlete. (How do you go beyond what you believe is your limit? Do the right thing, day after day. There are no shortcuts to anything worthwhile. Work hard, treat others with respect, learn, and grow. To do these things everyday takes relentless perseverance).

Team Rules

1. The use of profanity is not allowed. Suspension or dismissal from the team may result.
2. Showing respect towards the officials is mandatory and arguing or inappropriate comments are unacceptable. Suspension or dismissal from the team may result.
3. Abstaining from tobacco, alcohol, and sport-enhancing drugs of any kind is required. Use may require suspension or dismissal from the team.
4. We show respect and care about each other's safety and feelings. Our team does not participate in any kind of hazing during or away from team activities. (Disciplinary action including suspension or dismissal from team is mandatory)
5. Education is a #1 priority. Class failure will result in team suspension until the grade or grades are returned to passing status.
6. Be Trustworthy – (we do what we say we will do, when we say we will do it and follows through – doesn't lie.) Lying will result in disciplinary actions.

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7. Follow the Team Agreements, Rules and the Athlete Code of Conduct at all times.

I have read the Team Agreements and I promise to do my best to follow them. I understand the above team rules; failure to abide by these rules can result in extra conditioning, loss of playing time, game suspensions, and being dismissed from the team.

Signature of Athlete

Date