

LADY EAGLES BASKETBALL

Junior High Girls Basketball **Player Expectations: 2019-2020 Season**

You are representing your family, team and school; you must conduct yourself accordingly.

Profanity, excuses, complaints; loss of concentration, effort or respect are unacceptable. Our goal is to build strength in character.

Your roles as a student and daughter are a higher priority. Inform the coach in advance if you are unable to attend a practice or a game.

If you feel you are not being treated fairly, talk to a coach. Playing time is based on attitude, practice attendance, effort, skill and academics.

Make every effort to be at practice on time ready to play. Bring a water bottle along with a mind and body prepared to give maximum effort to become a better person and player.

Inform a coach of any injury or sickness so that you receive proper attention.

Rest and diet have a direct effect on your energy level and quality of play. Form good habits (hydration-consuming water, avoiding sweets and soda before play) which will lead to a better athletic experience.

There is no second chance at a first impression. When traveling to an away game, players must dress in appropriate attire: clothing of blue-jean or torn material, sneakers, t-shirts, sweatshirts, and excessively short skirts will not be accepted as proper attire.

Players may not post any comments related to basketball, positive or negative, through any form of social media.