

Team Expectations

Punctuality

-Practice Starts at 2:30 **EXPECTATION** is that you in the room ready for practice, which means the room is ready for practice. Mats and Bikes need to be moved every day. Mats need to be cleaned every day.

Respect

-Our teammates, coaches and school staff are to be respected at all times
-Opposing competition, teams, coaches and staff are to be respected
-Refs and table help are to be respected

Sportsmanship

-Win and loose with class

Personal Hygiene

-Wear deodorant (if you don't have any let me know and it will be provided for you)
-Cut your finger nails
-Showering after practice before you leave the school is a must. New locker rooms have individual shower stalls with curtains.
-Kennshield is to be put on every day before practice. It is provided

Injured/Hurt/BooBoo

-There are differences between being injured, hurt, sore or having a booboo
-If you need ice during practice you are done practicing for the day

Competition Behavior

-Be respectful
-Be quite
-Be clean
-Staying for the entire competition is a requirement

Grades

-1 F no practice or competition (expected to be at practice or meeting with teachers to get your grades up)
-1 D you can practice but no competition