



Chaffey Lady Tigers Basketball Team Rules and Expectations Agreement:

Team Rules and Etiquette:

- All athletes are expected to respect all coaches, school staff, teammates, opposing teams, etc.
- Athletes are expected to not engage in illegal activities and be mindful of what is posted on social media.
- Class attendance and grades are **monitored**, ditching/truancies are not tolerated.
- Athletes are expected to come to practices/games with a positive attitude/body language and always give your best effort.
- Athletes are expected to behave the **Chaffey Way**

Attendance/Commitment:

- Players are asked to do their **best** to attend practices/games every day, attendance will be taken every day for practices and games.
- We ask that you give the program and your team 100% commitment.
- If you miss practice the day before a game, you will sit out for the entire 1st quarter (1st/2nd offense) or 1st half (after 3rd offense and beyond) of the game the next day. **NO** exceptions.
- In the case of a sudden emergency, please communicate with the coaches right away.
- In the case of a prior event scheduled that you cannot miss, such as a school event, etc., you must communicate with coaches in advance.
- **Players who miss 5 practices and/or 3 games, will be placed on suspension from the team after the 5th missed practice and/or 3rd missed game. (There will be exemptions for absences at the discretion of the Coach)**
- **Any player who is placed on suspension due to excessive missed practices and/or games will need to have a meeting with their parent/guardian (by phone call or in person) with the coaches. Once the parent/coach meeting has occurred, the player will be allowed to return on a probational condition.**
- If a player misses two more practices or one more game after having the parent meeting and returning from suspension from excessive absences, the player will then be considered for removal from the program.
- If you are injured/sick for an extended amount of time, you **must** obtain a valid doctor's note and an estimated timetable of how long you will need to miss practices/games, and communicate with the Coach.

- **Missed practices/games will result in players not getting much playing time in games, not playing in games at all, and/or removal from the program (Based on the policy stated above).**

Communication:

- Communication is **key**. Athletes are expected to always **communicate** with Coaches/Teammates/etc.

Practice/Game rules and etiquette:

- Athletes are expected to not be disruptive while coaches are speaking, explaining, etc.
- Athletes are expected to not to argue with coaches or question coaches' decisions in the middle of a game/practice. If you have a concern about something, please speak to the coaches separately after the game/practice.
- If you are asked to leave or are benched for practice/game under the discretion of the coach, it can possibly become a 1 (or more) practice/game suspension.
- For students & coaches' safety, practices are **closed** to **only players and coaches. (No parents, friends, etc.)**
- **Please understand that not everyone will play in every game. Some players may go a few or several games without playing.**
- **Playing time is earned, not given, OR guaranteed.** If you have questions about your playing time, please ask the coaches to discuss it with you at the appropriate time.
- Please keep in mind that if you **consistently** miss practice, you will **not** earn much, if any, playing time.
- **BE ON TIME ALWAYS (for practices and games, etc.)**
- Cell phone use is **NOT** allowed during practice/game time.
- If you are running late to practice/games/bus departure for some reason, please communicate with coaches beforehand, but we ask that you do not make a habit of it.
- For practices and games, **ALL** jewelry must be taken off for the players safety and their teammates/opponents. This includes: ALL earrings, facial piercings, necklaces, watches, rings, bracelets, etc.

Practice:

- If you show up any time after the whistle to start practice, you are considered late.
- Please show up, dressed for practice, at least 5-10 minutes prior to start time to get shoes on, etc.

Home games:

- You are expected to be in the gym **one hour** prior to game time.

Away games:

- You are expected to always be **on time** for bus departures.

Away Game Day transportation:

- Our school buses are our source of transportation for away games. All students are **expected** to ride the bus to and from away games.
- We are **not** allowed to release you home after away games to anyone other than your **parents or legal guardian**. Friends or extended family do not count.

Grades:

- You MUST **maintain** a 2.0 GPA or higher to participate and be in athletics at chaffey.
- Communicate with your teachers about schoolwork that was missed due to having a game/etc., and always communicate with them when you will be missing class due to basketball.

Failure to follow any of these rules may result in removal from the program at any time at the discretion of the coaches and administration.

Head Varsity Coach:

Coach Natalie

Head JV/Freshmen Coach:

Coach Ron

Assistant coach:

Coach Palmer