

EXPECTATIONS OF AHS BASKETBALL PLAYERS

The following regulations apply to every athlete who is part of Abilene High School's interscholastic basketball program. There is no off season for the champion. Training rules should be followed 365 days a year. All these regulations are designed to improve our performance. Only the coaches will make changes to the following expectations.

1. TRAINING RULES

- a. Drinking alcohol, use of tobacco or illegal drugs will not be tolerated.
- b. Report all injuries. Prompt treatment prevents infections and hastens recovery.
- c. Drink plenty of fruit juices and water. Avoid drinking pop during the season.
- d. Eat a balanced diet, 3 meals a day.

2. DRESS AND GROOMING RULES

- a. Dress neatly and cleanly at all times. (Shirttails tucked in.)
- b. Keep your hair cut neatly at all times. (Middle of the ear or shorter.)
- c. Be clean-shaven everyday. No mustaches, goatees, or whiskers.
- d. Earrings are not allowed during basketball activities or trips.
- e. No hats worn inside buildings.
- f. Team members are to dress up on the day of a game in ties, sweaters, team polo shirts or travel gear. Blue jeans or tennis shoes are not acceptable.

3. CLASSROOM RULES

- a. Attend every class on time.
- b. Treat teachers and fellow students with respect.
- c. Do not fail. Remember that your primary interest is education and basketball is secondary.
- d. You are expected to be in all classes the day of a game.
- e. Remember what you do on and off the court reflects on parents, teammates and our school.

4. PRACTICE RULES

- a. Practice starts when you enter the door to the gym.
- b. Attend every practice and meeting on time, if you must miss a practice or be late, notify your coach as far in advance as possible.
- c. Treat teammates and coaches with respect.
- d. Accept criticism willingly.
- e. Never waste time. Use every second for improvement.
- f. Stop all activity on the whistle. Everyone should give undivided attention.
- g. Profanity has no place in our practices and games – an educated man can express himself clearly without resorting to profanity.
- h. No fooling around in the locker room. Horseplay has caused many injuries.
- i. Observe the following rules while running drills: full speed, no criticism of teammates, encourage your teammates, be positive and enthusiastic.

- j. Do not sit down, unless told to by one of the coaches.
- k. Have ears covered when leaving the building when it is cold outside.
- l. Spitting on the floor or walls is not permitted.

5. GAME RULES

- a. Treat opponents and officials with respect.
- b. We don't allow anger outbursts, stomping feet and throwing arms, profanity, glaring at officials, cheap shots, taunting, trash talk, etc.
- c. We don't allow pouting either in practice, in a game or on the bench.
- d. **When not suited up, sit directly behind the players' bench, if possible.**
- e. **Be quiet on the bus going to the game.** Ride the bus home after games.
- f. **CELL PHONES should be turned off on bus trips and in the locker room.** Cell phones may be used on return trip after a game.
- g. Report ahead of the scheduled time. The bus will not wait.
- h. Maintain poise and poise at all times.
- i. Always hand the ball to officials and say "Thank-you, Sir" when the ball is given to you.
- j. Players coming off the floor should sit next to the head coach.
- k. **All players on the bench will stand and "HIGH 5" the player coming out of the game.**
- l. During a time-out, players on the floor should sprint to the bench. Players on the bench should stand and listen to the coach.

6. FUNDAMENTALS OF SPORTSMANSHIP

- a. Show respect for the opponent at all times.
- b. Show respect for the officials.
- c. Know, understand and appreciate the rules of the contest.
- d. Maintain self-control at all times.
- e. Recognize and applaud a good performance by a teammate or opponent.

7. RULES IN A "NUTSHELL"

- a. Play hard.
- b. Don't be late.
- c. Compliment and encourage your teammates – never criticize.
- d. Be enthusiastic.
- e. Don't embarrass our program.