

# LEE GREEN BASKETBALL

## Player & Parent Commandments:

*One of my goals with LGB is to become the best basketball player and person I can be. I understand that my participation in the Club requires I conduct myself with these LGB Player Commandments at the forefront of my actions and behaviors. I understand that a failure to meet these expectations will be cause for my playing time to be reduced or eliminated.*

1. **ATTENDANCE** –I will attend all practices, games and tournaments (30-45 minutes prior to game time). If I am unable to attend, I shall notify the coach or assistant coach 1 day prior to the practice. I will provide a calendar of known dates that conflict with my commitment to practices and tournaments in advance to the administrator and / or coach. I will never leave a practice or tournament without first receiving permission from my coach.
2. **PARTICIPATION** –I will exhibit a teamwork attitude; attend all practice sessions, and tournaments. I understand the coaches make the **final decision** on all play time and will support their decision. I will discuss my role on the team with my coach on a one-on-one basis and request feedback and suggestions to improve my skills and to increase my playing time.
3. **SPORTSMANSHIP** –I will be courteous and respectful, to the facilities I am practicing or playing in at all times, to all coaches, my teammates, my competitors, the referees, and others. I will exhibit exemplary sportsmanship whether the team is winning or losing, playing well or not playing well. I will be a positive model to my fellow players, coaches and the player’s parents.
4. **HELPFULNESS** - I will arrive early to all practices and tournaments. I will be fully dressed in my basketball attire with basketball shoes on by the start of practice time or required arrival time for tournaments.
5. **COURTESY** –I will not use any inappropriate language or gestures during practice or tournaments or while representing Lee Green Basketball.
6. **COOPERATION** –I will cooperate with my coaches and teammates and be ready to play every position in the spirit of teamwork.
7. **APPEARANCE** –I will dress appropriately, in the team uniform, for all tournaments. I will dress appropriately, in the practice uniform, for all practices. If a player is not dressed appropriately they will serve the consequences through running directed by their coach.
8. **COMMITMENT** –I will budget my time to meet the responsibilities of being a LGB team member, maintaining my academic goals, and participating in social and community projects.
9. **COMMUNICATION** –I will communicate both on and off the court with my teammates and coaches for mutual understanding. If I am concerned about playing time and skill development, I will communicate directly with my coach and request help. I promise to follow the *LGB Grievance Process*.
10. **ATTITUDE** –I will work hard at practices and tournaments. I will take the time together as a team seriously. I will be attentive and focused on my coach’s instruction. I will embrace suggestions for improvement with eagerness and appreciation from my coach. I will be responsive to their requests and be willing to try new or different things.
11. **COACHING FROM THE SIDELINE**-As the parent, I will abstain from coaching my child or any other child from the sideline as to allow the coaches and players to work together as a committed unit. This will also help with any confusion the player may have as to what to do or which instructions to follow while on the court.

Parent’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent’s Name (please print): \_\_\_\_\_

Player’s Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Player’s Name (please print): \_\_\_\_\_