

EXPECTATIONS FOR THE PARENTS

RULE # 1 - Keep POSITIVE support, encouragement, and cheerleading to a MAXIMUM.

When players are working hard, they need and deserve everyone's best POSITIVE encouragement and support. They need to know you're there and that their effort is appreciated. They **do not** need to hear **YOUR** anxiety piled on top of their own when the game is going poorly.

RULE # 2- DO NOT CRITICIZE referees or players of either team.

If the referees really are doing poorly, that's your opinion and you alone are entitled to it. Don't feel you have to share it with them. BUT, if they are doing a good job, by all means tell them!

Publicly criticizing players on your team can really hurt team morale. They will already have a good idea what their weaknesses are from their coaches and teammates. They do not need a reminder from you.

Players from the other team are also trying hard and criticism from another team's fans is simply poor sportsmanship and leads to unnecessary bad feelings. Imagine someone yelling insults at your child.

RULE # 3- DO NOT COACH PLAYERS from the sidelines or stands.

The players must be completely in tune with what the coaches are asking of them and any conflicting message from outside sources will do nothing but cause confusion for that player.

RULE # 4- Give the players, coaches and referees room to work.

Simply put, when they're going into a huddle, **YOU** do not need to have any input or even be there. Keep your distance and let them play the game.

RULE # 5- BE RESPONSIBLE- BE ON TIME

If you can't make it to a practice or a game, let one of your coaches know (if necessary leave a message on a machine). Teams depend on each teammate during practice and games. Preparation will be better if we know how many we have to practice with.

EXPECTATIONS FOR PLAYERS

RULE # 1- NO SMOKING, DRUGS OR ALCOHOL

Anyone, who decides that they would like these choices instead of playing basketball, will **NOT** be allowed to play for the Farmington Youth Basketball Association.

RULE # 2- HAVE RESPECT FOR YOUR COACHES!

RULE # 3- HAVE RESPECT FOR TEAMMATES, REFEREES AND PARENTS!

Many people have volunteered their time to help you learn the game of basketball. This includes the time the coaches spend in teaching you, and all of the extra time it takes for your family to bring you back and forth to practices as well as the games. PLEASE BE RESPECTFUL OF THIS as once respect is gone, so is playing time.

RULE # 4- FOCUS AND LISTEN CAREFULLY!

It is absolutely imperative that each player gives full attention to the coaches to ensure the message is communicated. We only have so much time to prepare for games, so let's not waste it by having to repeat ourselves because someone is not listening or paying attention. Remember the eyes!

RULE # 5- GIVE YOUR BEST AND ALWAYS WORK AS A TEAM!

RULE # 6- SPORTSMANSHIP WITH PLAYERS IS A MUST!

Nobody likes getting hurt but certainly extending a hand to help someone off the floor is a good show of sportsmanship. Let's make sure we help our teammates as well as the opposing teams we play.

RULE # 7- COMMUNICATE RESPECTFULLY!

If you think swearing or telling someone to shut-up is cool, YOU MUST BE ON THE WRONG TEAM! Our team is made up of respectful, young ladies that know the rules. Make sure you are one of them!

RULE # 8- BE RESPONSIBLE- BE ON TIME

If you can't make it to a practice or a game, let one of your coaches know (if necessary leave a message on a machine). Teams depend on each teammate during practice and games. Preparation will be better if we know how many we have to practice with

RULE # 9- COME PREPARED BOTH MENTALLY & PHYSICALLY

Before you come for practice, make sure you eat healthy so physically you can keep up! Also try to prepare mentally by running some of the drills in your mind before you come to practice.

RULE # 10- MAKE A COMMITMENT TO THE RULES AND TO EACH OTHER!

We must work as one!

RULE # 11- WE WILL NEVER LOSE IN ANYTHING THIS YEAR!

We may get beat this year but we will never lose.....If you lose that directly ties into being a loser.....We guarantee each of you that we will learn something from each defeat and try and find something you could do differently to change the outcome of the next game. Thus we are not losers. We were defeated!

RULE # 12- HAVE FUN!

Parent Signature

Player Signature