

# LAHSE R

## LADY KNIGHT BASKETBALL

---

### 2007 PROGRAM RULES AND REGULATIONS

Playing Basketball for the Lahser Lady Knights is both a serious commitment and responsibility. You as players and parents are *choosing* to partake in such and therefore attest that the following rules and regulations can and will be honorably met.

1. What is best for the team and furthermore, the program will always be at the forefront of all decisions and actions.
  - you **MUST** respect teammates, coaches, parents, officials, and opponents
  - criticizing or belittling others will **NOT** be tolerated
  - cursing, fighting, or negative attitudes will **NOT** be tolerated
2. There will be absolutely **NO** usage of alcohol, tobacco, or drugs.
3. There will be **NO** missing practices (in excused):
  - Injured players or ill players must attend unless deemed unreasonable or excused.
  - Parents will attempt not to schedule doctor's or other appointments during practice times.
  - Players will be on time and prepared for practices and games (proper attire / training room obligations completed / **NO** cell phones).

**Missing practices without a personal or parents phone call to the Head Coach may result in reduced playing time and/or temporary game suspensions.**

4. All players will ride the bus both to and from away games.
  - Riding the bus is an excellent tool in developing team unity and chemistry. In addition it is a great experience that goes along with participating in high school sports.
5. There shall be appropriate behavior displayed on all bus rides.
  6. There will be **NO** wearing of headbands, wristbands, armbands, leg-bands or other items that promote individualism. We are a team and we will look and conduct ourselves as a team whether it be in practice or a game.
7. On game days, all players shall jog on and off the court, all players shall be attentive when on the bench, and all players shall shake hands and display outstanding sportsmanship.
8. There shall be an "open door" policy for all players and their parents (24 hour rule).

-----Sign, Cut, and Return-----

Player's Signature \_\_\_\_\_ Parent's Signature \_\_\_\_\_