

As a player on the team, you will have the following responsibilities:

Committing to a team is a challenge. **Before** you accept being on this team, please read the following carefully.

1. To manage your study and personal time wisely so you can attend every practice and every game. We understand everyone has good reasons to miss practice. However, you can't be a part of a team if you don't accept this responsibility.
2. To work consistently very hard in every single practice and game regardless of your position or playing time and accept suggestions and criticism to improve.
3. To be mentally tough enough to handle failure, loss, and challenges by learning from them instead of placing blame on others.
4. To positively speak about your teammates and coaches to others.
5. To accept and trust the coach's decisions even if you don't always agree with them.

As a parent of a student athlete, you will have the following responsibilities:

We need your support to help your daughter learn what it means to be a part of a team. We need you to enforce her goals for a strong work ethic, internal motivation, and learning from failure the right way.

1. To help make sure your daughter has a way to get to every practice and game on time.
2. To teach your daughter to learn from failure, loss, and challenges, by giving them the skills to problem solve or to ask the coach themselves how to resolve the problem.
3. To speak positively about other teammates and the coaches.
4. To trust and accept the coach's judgement even if you don't always agree.
5. To communicate with the coach via email or phone if you have a question, concern, or complaint. It is not appropriate to expect a coach to be able to have a clear and thought out discussion with you right before a game, during a game, or immediately after a game.
6. To support your daughter's team experience by giving her positive encouragement that coincides with the team's goals.

Both of you will have the following responsibilities:

1. To make sure all sports fees and uniform fees are paid in full before the season by the deadline.
2. To make sure all ATHLETIC HEALTH FORMS ARE COMPLETE AND HANDED INTO THE NURSE TO BE CLEARED. You will not be allowed to participate in any sports until you are cleared.
3. To communicate with coaches at least 48 hours in advance if you are going to be late or missing a practice or a game due to an illness, or an unforeseen emergency. etc. Such excuses are not acceptable: Studying for a test, didn't know we had practice, couldn't get a ride.

4. To understand that playing time is not entitled, it is earned.

If you and your parents accept the above responsibilities, please respond to the coach that you would like to be on the team. You must complete the acknowledgment form.

As a Coach I will have the following responsibilities:

1. To communicate to the team my goals and expectations and to adhere to them as a role model.
2. To communicate practice and game schedules and changes in a timely fashion and not the day before (unless due to weather).
3. To give each player a goal to work towards in order to improve.
4. To work hard to prepare each player for each game to be successful.
5. To be patient with my players and understand that everyone learns differently and is motivated differently.
6. To understand it's not about me, it's about we.