

Basketball Player Commitment Contract

2009-2010

At the Flint Academy we strive to teach each student the importance of hard work and commitment. The basketball team is an opportunity for both fun and learning, and we want each student athlete to make the most of his/her experience. In order to facilitate this, each student athlete is asked to read this contract carefully with his/her parents and be aware of the responsibilities and requirements that a commitment to the basketball team involves.

The Commitment Contract holds each student athlete to a certain standard of behavior, both on and off the court. Parents and classroom teachers are asked to report behavior that goes against this code of conduct, and they are invited to discuss consequences with the athletic director.

Commitment 1 - ATTENDANCE

- ❖ All student athletes are expected to be on time, and to attend every practice.
- ❖ Any athlete who arrives late, leaves practice early, or misses practice will be expected to complete a specified amount of wind sprints. This is not necessarily a punishment, but to keep our athletes in shape and continue their athletic conditioning.
- ❖ All athletes need to meet at Flint before every game and check in with Coach Hallford. The meeting time for each game will be designated at least one day before the game.

Commitment 2 - ATTITUDE

- ❖ Sportsmanship and a positive attitude are expected at all times, and will be reinforced on and off the court.
- ❖ Student athletes must foster an uplifting and encouraging atmosphere towards peers and opponents at all times.
- ❖ Undermining the authority of coaches, teachers, or parents is not acceptable. When instructions or criticism is given, student athletes are expected to respond with an attitude of respect and compliance.
- ❖ Student athletes are expected to respond respectfully to all authority figures.
- ❖ No offensive language. No exceptions.

Commitment 3.
Hydration

- ❖ All student athletes are encouraged to drink ½ a gallon of water or Gatorade during the day on game days, and are encouraged to drink this much daily during the season to prevent dehydration.

Consequences

- ❖ Learning teamwork and a team spirit is an important aspect of basketball. Therefore, discipline in most cases will be dealt with on a team basis. Of course there are exceptions, which is up to the coach's discretion.

Season of 2009-2010

Student Athlete's name (please print) _____

Student Athlete's signature _____

Parent's signature(s) _____
