

2011-2012
BROOK
BASKETBALL

Play As One
For All
“TPW”

SUCCESS

“Success is a peace of mind which is a direct result of self-satisfaction in knowing you made the effort to do the best of which you are capable.”

John Wooden

A COMPETITOR:

- *Is Passionate*
- *Has a Strong Will*
- *Lives in and Loves the Moment*
- *Is Mentally Tough*
- *Controls the Controllables*
- *Is Disciplined, Self Controlled and Poised*
- *Has Courage*
- *Is Fearless*
- *Has Confidence Based on Preparation*
- *Is Unselfish*
- *Competes Ethically*
- *Is Committed*
- *Never Gives Up – They are Relentless*

General Expectations

- *Be on time when time is involved.*
- *Notify coach if you expect to miss any scheduled meeting or practice.*
- *Practice/ Meeting policy*
 - *Missed Practice (unexcused) – 15 boards, miss first half of next game*
 - *Late for Practice – 5 boards (first time), 10 boards (2nd time), Miss game time (any further tardiness)*
 - *Unexcused school absence – 15 boards, miss first half of next game.*
 - *If you are injured and cannot participate it is expected that you be either at practice or at rehab.*
- *Commit yourself to improving our team every second of every practice or game.*
- *React to every situation in a positive manner.*
- *Communicate with players and coaches before conflicts arise.*
 - *As a coaching staff we will always justify any decisions made, please contact us if you have concerns before they become problems.*
- *Groom yourself and dress properly on all game days.*
 - *No jeans*
 - *Travel Sweats to be worn on the road with Capital Shirt, Collared shirts required at home*
 - *No facial hair*
 - *No hats in gymnasiums*

Never, ever jeopardize the success of yourself as an individual or our team as a whole. The following behaviors will not be tolerated!

- **Alcohol, Tobacco and other illegal drugs** – *will be punished according to the school regulations.*
- **Grades** - *I will be checking with teachers on a regular basis. If a player is flunking a class he is jeopardizing his success and the success of our team. Punishment will range from mandatory study hall during practice to playing time being affected, to be determined by the individual's effort to correct the situation.*
- **Unsportsmanlike behavior.** *This includes on and off the court in the presence of teachers, students, adults, and peers.*
 - *Penalties ranging from extra conditioning to game suspensions to be determined by coaching staff according to severity of behavior.*
- **Never talk negatively about or disrespect our program or its individuals.**
 - *Penalties ranging from extra conditioning to game suspensions to be determined by coaching staff according to severity of behavior.*
- **Hazing or Initiation activities are NOT tolerated.** *Please report immediately to the Head Coach.*
 - *Penalties will be in accordance with School District 1 policy.*

LETTER REQUIREMENTS

- 1. Players must have competed in a minimum of 12 varsity quarters during the regular season.*
- 2. Players must meet all school district eligibility rules and attend all classes.*
- 3. Players must complete the entire season in good standing.*
- 4. All school equipment and uniforms must be returned in the same condition as they were issued at the beginning of the season.*
- 5. Players must adhere to all district and Bruin Basketball rules concerning citizenship, alcohol, smoking, and academics.*

Travel policy: In order to be excused from riding on the bus, players must have a signed note from parents. Players will only be released directly to their parents- no relatives, friends, bothers, sisters, aunts, uncles may take a player.

I have read and understand all of the general rules and expectations as stated in this packet and the Capital High School Handbook.

I am committed to following these guidelines in order to help raise the level of Bruin Basketball to its highest level.

I understand that playing time in the Bruin Basketball Program is a privilege and is determined equally by commitment, effort and talent.

Print Student/Athlete Name: _____

Student Athlete Signature: _____

Parent/Guardian Signature: _____

Date: _____

Please remove this sheet from the packet and return to Coach Almquist before the first game.