



BASKETBALL TEAM RULES AND GUIDELINES

Being a member of the basketball team is both an honor and a privilege. It is an honor to represent one's school in public as part of a team. It is a privilege to have the opportunity to learn a skill and excel to the best of your abilities in it.

RULES FOR PLAYERS

Recognizing that all school rules apply not only at practice and games, but also on the way to practice and games, we will uphold and abide by them. No skateboards or other play equipment, no ipods, radios or any other electronic devices or games are to be brought for any reason to practice or to games.

Recognizing that we represent the Cape Ann Waldorf School as we walk to and practice at Hastings House, we will:

- endeavor to leave it better than we found it
- ensure our behavior on the way to practice reflects our respect for our school
- abide by the rule of "No stopping and no shopping" on our way to practice
- abide by the rule of all vending machines at games and practice being off limits

Recognizing that nutrition is an important factor in athletic performance, we will bring healthy snacks, sports drinks or water from home.

Recognizing that as a team we depend on each other, we will arrive in good time for each game. We will always play to the best of our ability, fairly, and without complaint in order to represent our school well.

Recognizing that all school rules apply whenever we are out together as a team, we will respect the property of others, and care for each facility we play in leaving it better than we found it.

We will support our teammates, knowing that there is no "I" in TEAM. We will sit and watch the games when not playing. We will cheer both of our school teams' efforts in a spirit of good sportsmanship. We will not swear or use offensive language. We will show respect to all team officials and coaches.

Recognizing that parents of team members are present at practice and games to support our efforts and that they will be acting as adult supervisors to help the coaches and team, we will show our respect for them at all times.

I have read and understood all of the above. I also understand that any violation of these rules subjects me to serious review of my place on the team. As a member of the Cape Ann Waldorf Basketball Team, I agree to uphold and abide by these rules.

Team Member

Date

Coach

Date

PARENTAL GUIDELINES

Recognizing the importance of a commitment to good sportsmanship, good conduct and team spirit for the success of the Cape Ann Waldorf Basketball Team, we pledge our agreement with the above Team Rules.

We will encourage and support our children in their efforts to abide by the Team Rules. We will ensure that they understand the rules and the consequences of any violations.

Recognizing the importance of a sports program in our children's education, we endeavor to support it to the best of our ability.

I have read and understand all of the above. As a parent/guardian of a player on the Cape Ann Waldorf Basketball Team, I agree to uphold and abide by the parental guidelines.

Parent/Guardian

Date

Parent/Guardian

Date