

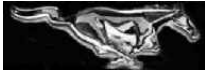
**ROCK CREEK MEN'S
BASKETBALL
2010-2011**



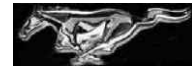
WORK HABITS

UNSELFISHNESS

CLASS



Rock Creek Mustangs
Men's Basketball Program
Team Meeting
November 12, 2010



“Reputation is what others perceive you as being, and their opinion may be right or wrong. Character, however, is what you really are and nobody truly knows that but you. But you are what matters most.” *John Wooden*

I. Eligibility Requirements

- *Physical Exam
- *Grade Eligibility/ZAP
- *ISS and Detention (Student in Good Standing)

II. Team Guidelines-If it is illegal don't do it.

A. Alcohol and Drugs – Activity Policy (From student handbook)

Students IN ACTIVITIES that manufacture, distribute, dispense, possess or use illicit drugs, controlled substances or alcoholic beverages OFF of school grounds or OFF of school time shall be subject to the punishment set forth below:

1. First Offense

A first time violator shall be subject to the following sanctions:

- a) Suspension from all student activities for a period of 20 calendar days. Students will be allowed to practice.

2. Second Offense

A second time violator shall be subject to the following sanctions:

- a) Suspension from all student activities for a period of not less than one semester.
- b) A student placed on long term suspension under this policy may be readmitted on probationary status if the student agrees to complete a drug and alcohol rehabilitation program acceptable by the administration.

3. Third and Subsequent Offenses

A student, who violates the terms of this policy for the third time, and any subsequent violations, shall be subject to the following sanctions:

- a) Suspension from participation and attendance at all school activities for the year.
- b) A student who is suspended from activities under the terms of this policy may be readmitted during the term of the expulsion only if the student has completed a drug and alcohol education and rehabilitation program acceptable by the administration.

B. Practice

The student must be at practice. Excuses from practice are illness, doctor appointment, funeral (for excused practices the student-athlete must make up the conditioning missed). If a student-athlete needs to miss let me know as far in advance as possible. We will try to work with him if he must be somewhere. We can practice in the morning if there is a conflict and all the other team members agree. If the student-athlete misses practice and it is unexcused it will effect their playing time. Excessive unexcused absences from practice will result in dismissal from the team.

C. Curfew

The night before the game home by 10:00pm and in bed by 10:30pm.

Two nights before the game home by 11:00pm.

D. NO POP!!!!

E. Personal appearance

Hair will be kept neat and well groomed and not interfere with the athlete's ability to perform. (Off collar in back and not in eyes)

No facial hair.

III. Expectation for players conduct

A. On and off the court you are expected to be model citizens.

1. Everything you do either promotes or demotes you in the program.
(on the court, in the classroom, and on the street)

2. Guilt by association-If you surround yourself with good people you tend to stay out of trouble.

3. Little eyes are upon you all the time!

B. Absolutely no profanity- and intelligent person can express themselves clearly without using profanity.

C. Game day no messing around- (pregame does not include girlfriends. We need you to be focused.)

D. During games show respect, no trash talking and accept all officials' calls.

E. After games shake hands, go to the locker room, pay attention and do not start undressing until the coaches are finished talking.

F. Clean locker rooms, team area and bench area (after games and practice)

G. Dress up for games-and most road trips we will wear ties. Most home games we just look good (no ragged t-shirts or jeans)

IV. Transportation after games

One of the managers will be assigned to have the list for you to sign and take your son home. If you want your son to ride home with someone other than the parent(s), it must be cleared with Mr. Post or Mr. Harshbarger in **ADVANCE**. **I CANNOT GIVE PERMISSION FOR YOUR SON TO RIDE WITH SOMEONE ELSE.**

V. Student-athlete selection to earn playing time

- A. total commitment (Team First/Self Second)
- B. effort and attitude
- C. knowing your assignments
- D. ability
- E. desire to improve everyday in practice (if you are not at practice you do not improve)

VI. To receive varsity letters the player must play half of the varsity quarters. If a student-athlete is near, his attitude was good all year, and he worked hard in practice, it is the coaches prerogative to letter him.

VII. Contingency plans for bad weather. Need to get phone numbers.

WORDS TO LIVE BY:

“The longer I live, the more I realize the impact of attitude of life. Attitude to me is more important than facts. It is more important than the past, education, money, circumstances, failures, success, what other people think, say or do. It is more important than appearance, gift, or skill. It will make or break a company-a church-a home. Then the remarkable thing is, we have a choice every day regarding the attitude we will embrace for the day. We cannot change our past, we cannot change the inevitable. The only thing we can do is play on the string we have, and that is our attitude. I am convinced that life is 10% what happens to me and 90% how to react to it. And so it is with you – we are in charge of our attitude.”

Charles Swindoll

Impossible Is Just a Big Word Thrown Around By Little Men That Find It Easier To Live In The World They've Been Given Than To Explore The Possibilities To Change It. Impossible Is Not a Fact, Impossible Is An Opinion. Impossible Is Potential. Impossible Is Temporary. Impossible Is Nothing!

