

Knight Hoops / Player's Code of Conduct

Initial here X **1. Commit. Players need to attend ALL Knight Hoops practices, games and tournaments over all other basketball team/athletic activities ALL season long.**

2. Remember who you are and whom you represent. Remember you represent your family, your school, and your God. Play fair. Be a leader. Set the example. Rise above poor behavior. Have fun. The way in which you conduct yourself has a long lasting effect on everybody around you. That's what practicing good sportsmanship is all about.

3. Practice the fundamentals. Master the basketball basics. Practice your dribbling with both your dominant and non-dominant hand, correct shooting form, passing, rebounding and defense, over and over again.

4. Listen to your coach. You may think your coach is the best, the worst or somewhere in between. It makes no difference. If you're on the team, your job is to listen attentively to what your coach is saying. Practice time is GOLD ... don't waste that time.

5. Be patient with your teammates. Every player on your team has certain strengths and weaknesses. Be patient with your teammates as they improve their games – just as they will be patient with you improving your game. Basketball is a team sport. Success can only come when the entire team works and plays well together.

6. Learn the rules. There is always something new to learn that you did not know before.

7. Never question an official. Officials do not care who wins and they have no favorite players. All they want is for a fair and safe game to be played, and that's no easy job. Make it easier by not talking back to an official.

8. Play hard. Hustle never goes out of style. Coaches absolutely love players who try a little harder on defense, jump a little higher for rebounds and dive a little more for loose balls. If playing hard isn't part of your game – make it apart!

9. Include your parents. Your parents want only the best in life for you and they always want to see you succeed. Let them into your basketball world, but remind them that there are ups and downs and your goal is to have fun. It will be good for you to have their support and fun for them to see you take responsibility as member of the team.

10. Have fun. It's a simple concept. Win or lose, try to enjoy every moment on the court. If playing isn't fun, then something is wrong.

11. Lose yourself for the sake of the team. In other words make the tough but good choices necessary so you do not let your teammates down. This includes getting homework done, eating healthy foods, getting enough sleep, and how you treat others. Always treat your teammates, coaches, opponents and officials in the same manner that you would like to be treated. That means respect, dignity, and total sportsmanship at all times.

I have read and agree to follow these 11 codes while I play for and represent Knight Hoops teams.

PLAYER'S SIGNATURE: _____ DATE: _____