

## Lady Wolves Chain of Command

All related team problems should be kept within the team and not discussed with outside sources. If you or your family should desire to discuss and problems please feel free to contact Head Coach, Antionette Carter.

## Attendance and Punctuality

### *Practice, Meeting, Work Outs, Games*

- Punctuality is compulsory for all mandatory sessions unless you are in class. You should report immediately to practice after any classes or doctor appointments. (Practices and Meetings: This includes individual and team practices, film sessions, shoot around and individual and team meetings.)
- **PENALTY-** Unexcused or unexplained tardiness and or absences will result in consequences to be determined by the head coach ( running, shooting, etc.). Repeated tardiness or absences will lead to harsher consequences that will be determined by the head coach and approved by the athletic director. Consequences can include suspension.
- Players must be dressed and on the court ready to practice no later than ten minutes **BEFORE** practice. When you are ill, you must notify head coach, Antionette Carter no later than an hour before practice. If you are going to miss practice at any time under any circumstances (leaving early, coming late, or not attending) you must contact the head coach for clearance.

## Cell Phones

Cell phones should be placed on silent and put away during team meetings, film session, practices, and home and away games. Please be aware of this and remind your teammates.

## Communication

Active communication is vital to the success of any successful organization. Consequently issues and schedules related to Lady Wolves will be provided as soon as they are identified. It is in the player's best interest to ask questions frequently. Each player's permanent address and current phone number must be on file in the head coach's office.

## Dress and Appearance

If you are not in uniform during a game, you must be dressed appropriately. NO bandanas hats, shorts, or flip flops will be allowed on the team bench. You will not be allowed to wear jewelry during practices, conditioning, weight room, shoot arounds or pre game warm up. Absolutely no ipods or mp3 players can be used during warm up.

## Physical Condition, Injuries and Medical Treatment

- Each player will be expected to keep themselves in first class physical condition.
- Any injury, illness or medical complaint must be reported immediately to the head coach.
- Injured players must attend all practices, weight room session, meetings and games.

## Other Governing Conduct On The Playing Court

- Players are required to stand in a dignified, unified posture during the national anthem.
- Players are prohibited from engaging improper conduct towards officials (intentional physical contact, disrespectfully addressing an official, including profanity.) Refrain from addressing an official unless you are a team captain. The head coach will address the officials, NOT THE PLAYERS!!!!

## Class

School is of the utmost importance. You are required to attend any and all scheduled classes. BE ALERT, BE PREPARED, BE AWAKE.

You must inform the head coach of any missed classes. Class, as well as grade checks, will be performed. Any athlete not meeting the class room requirements will be required to attend study hall during practice time until their grades are back on track.

There is a strict no tolerance rule to anyone that violates the classroom rules.

**Remember you are a student first and an**

**athlete second.** Our class room performance should be equal to our on court performance. Excellence does not end on the court.

**PLAY HARD, PLAY SMART, PLAY TOGETHER**

## **SIMPLY SAID**

- **TREAT PEOPLE THE WAY YOU WANT TO BE TREATED**
- **BE WHERE YOU ARE SUPPOSED TO BE WHEN YOU ARE SUPPOSED TO BE THERE**  
**CARRY YOURSELF LIKE A CHAMPION!!!!**