

Attendance

1. Players are expected to attend every practice session and game. This includes injured players and those who for one reason or another are unable to participate.
2. No player will be excused from practice unless they inform coaches of their legitimate excuse before practice. Being on the absent list from school is considered as informing a coach and is excused.
3. Each player should be aware that all missed practices hurt their chances of competing in games because they limit time to learn the skills necessary to help them and the team.
4. Every effort to attend holiday practices should be made. Advise a coach of any family conflicts that will make you miss.
5. Players who cannot practice because of injury should be close to the coaches so they don't miss instruction.

Behavior

1. Address the coaches as "Coach" or with his/her last name.
2. Do not talk when a coach is talking.
3. Show respect in all dealings with coaches, teachers, teammates, refs, fans and opponents.
4. No foul language.
5. We will follow all Emmanuel-Faith School's extra-curricular guidelines.

Starting Practice

1. Be on time to every practice. Get into the gym and join pre-practice as soon as possible.
2. Always have your complete practice uniform at practice: team-issued practice jersey, basketball shoes, basketball shorts. No sweatpants, leggings or soccer shorts.
3. Remove all jewelry. No earrings, rings, necklaces or watches.
4. Long hair must be in a ponytail.
5. Have your water bottle filled and ready to go. There will be no drinking from the water fountain.

After Practice

1. Help coaches pick up practice items and clear gym.
2. Clear and clean locker rooms of all items and trash. Turn out locker room lights.
3. Players are to be appropriately dressed when leaving the building. Take the time to put on your long pants and coat. (It's important our teams and kids stay healthy.)
4. All players are to wait inside the building. Not outside!! Players can wait in the hall outside the gym or on the steps inside of the South school entrance. Players should keep a Voice Level 1 while waiting because other staff members are working in the building. Basketballs should not be bounced or thrown outside of the gym.

Eligibility and Academics

1. No player may participate in practice/games without the correct physical and other forms turned into the office.
2. Players must remain eligible by passing all of their classes. We will follow Emmanuel-Faith guidelines.
3. School comes first. Those who do not do their school work will not practice or play in games.
4. Basketball is never an excuse to get out of academic responsibilities.
5. When players are in need of extra help from a teacher, they should make every effort to arrange that help before school or during lunch. If after school help is needed, please let a coach know.
6. Players are expected to behave in class. Your behavior reflects on your coaches and teammates. Missing practice due to detention because of misbehaving is selfish because it hurts the team. It shows a lack of respect and discipline, and players who can't be disciplined as students can't suddenly become disciplined on the court.

Game Floor

1. Basketball is an emotional game, and strong emotions are integral to any good basketball team. Losing control of those emotions, however, is not acceptable.
2. Sportsmanship toward opponents, officials, and spectators is always expected.
3. Players who don't show sportsmanship or respect toward officials and opponents or who receive technical fouls will be assigned running at practice. Continued problems will lead to missed games and dismissal from the team.

Player Health

1. Players should make every effort to maintain healthy eating and sleeping habits.
2. Players should immediately report any injuries to the coaching staff.
3. If players become ill or injured, I will make every effort to occasionally make contact about players' illness or injury. Please keep us informed on your situation.

Travel

1. Always represent your team, school, coaches and family in a respectful and Christian manner. You are expected to behave as proper young adults.
2. Leave all locker rooms and gyms clean. Pick up after yourselves.
3. Coaches are not responsible for rides to or from games.

EMMANUEL FAITH BASKETBALL TEAM RULES

Effort

1. Work as hard as you can all the time. Effort is the basic expectation in all we do. It's the beginning of everything we do. The more effort you give the more you get.
2. Always run from drill to drill. Be involved in all that we do. We have to outwork teams in practice before we can ever expect to beat them in games.
3. Listen and communicate with your team in practice and on the court.
4. Older players should help communicate drills and plays to younger players. Leadership is a big part of our success.
5. Never sit at practice unless instructed to do so by a coach. Stay off the stage!!

Playing Time

1. Playing Time is based on everything below.
 - Attendance
 - Behavior
 - Eligibility and Academics
 - Skill and Knowledge of drills and plays
 - Effort and Leadership
2. It is at the discretion of the Coaches and will be evaluated every week.

COVID-19

1. We will follow all Emmanuel-Faith, YPS and Four Corners rules and guidelines. As parents please have masks available to our student athletes to wear before, after and during practice if needed. We will adjust our conditioning and drills to space out as much as possible.

Coach Tom Ehlers

Questions/Concerns contact me at 402-366-5406.