Independence Knights

Basketball Expectations

Participation

It is expected that each athlete will engage in every practice drill and game situation with 100% effort. Lack of effort will not be tolerated by coaches or fellow teammates. Athletes who do not demonstrate their best effort will be removed from practice.

Attitude

It is expected that all athletes will demonstrate positive actions toward themselves, teammates and coaches. Selfishness and non-consideration for others will not be tolerated. Putting down or negative talk about teammates or coaches is unacceptable.

Late for Practice

It is expected that all athletes be on time for practice and events. Being on time for practice is defined as the following: in the gym, dressed-out, with shoes and equipment on at the stated time and ready for drill. Athletes late for practice will be required to perform reminder drills.

Missed Practices

It is expected that all athletes will participate in every practice including rehabilitating injured players. The only excused absence from practice is a family emergency or severe illness. Make ups for missed practices will be assigned by the coach. If you do not contact your coach prior to absence, your make-up practice will be doubled. The third unexcused absence will result in removal from the team. Everyone in our program plays a role for their team. Therefore it is imperative that you are at practice every day.

WE NEED YOU HERE!

Jewelry

It is expected that athletes remove jewelry before practice, warm ups and games. Any athlete that chooses to wear jewelry during these times will subject to disciplinary action.

Practice Gear

It is expected that athletes wear practice gear every practice. Not wearing issued practice gear will result in reminder drills for each individual. This includes knee pads and basketball shoes.

Practice Reminders

* All managers must be in the gym, ready to go at least 5 minutes before practice begins.
* If sick, come to watch practice. (If you are able to come to school and sit in class, then you are able to come sit in practice)
* All injured athletes must visit the trainer daily before practice to complete appropriate rehabilitative exercises prior to practice; until the trainer formally releases the athlete. Treatments begin at 8:30 AM.
* All injured athletes must dress out and participate in as much practice as possible, including stretching/agility, free throws, ball handling etc.
* No homework or cell phones during practice time.
* At least 30 minutes of cardio a day from each injured player- unless prohibited by trainer or dr.
* If unable to participate in practice, you are expected to be engaged during drill time and learning from practice. Always encourage your teammates.
* You are expected to get to class on time. No excuses.
* Do not wear spirit apparel from another FISD school.
* Use social media will be monitored. Be aware that anything you post on social media will be monitored by coaches.

\*\*Parent Concerns/Conferences\*\*

Any parent concerns should be addressed in the following order: Team Coach, Assistant Campus Coordinator-Amy Matlock, Athletic Coordinator-Kyle Story. Concerns cannot be addressed properly if the chain of command is not followed.

*I have read the above and agree to follow the*

*Rules and Expectations of an Independence Knight*

Athlete:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**IHS – Girls Basketball**

**Make-Up Work**

1. 10 Laps around the basketball floor
2. 10 sprints with R-hand dribble (15 seconds)
3. 10 sprints with L-hand dribble (15 seconds)
4. 10 1/2-court 2 ball dribble (5 same / 5 alternate)
5. 10 Free Throws (with at least 2 in-a-row)
6. 10 full court R-hand lay-ups (in-a-row) GAME SPEED
7. 10 full court L-hand lay-ups (in-a-row) GAME SPEED
8. 100 wall passes and catching in triple threat
9. 10 makes from 7 spots (baseline, wing, elbow, key, elbow, wing, baseline)

* Guards must make 5 from each spot from ‘3’

1. 10 Free Throws (with at least 2 in-a-row)

**Pre-Season and Off-Season – Players will have 3 days to complete make-up work**

**In-Season – Player must complete the make-up work to be eligible to participate in games/tournaments**