

# Expectations

## General Rules

1. Athletes are expected to maintain good grades and be eligible at all times.
2. Athletes are expected to be on their best behavior at all times in every class and in the hallways between classes.
3. Athletes are expected to take care of their uniforms. If lost, it is their responsibility to pay for it.

## Practice Rules

1. During practices parents are not allowed in the gym!
2. No jewelry is to be worn under any circumstances for safety of the players.
3. Be on time to practice! Practice will start at 4:30 every day. If an athlete is late they need to report to their coach and give a reason for being late. **NO PRACTICE, NO PLAY!** If a player is absent from practice without a valid reason, this offence will result in loss of playing time at coaches discretion.
4. Be respectful to your teammates and coaches at all times.
5. Athletes must keep their lockers clean and neat at all times.
6. Always lock up your valuables and never share a locker with a teammate or anyone else in the school.
7. Always offer a helping hand after practices with equipment.

**PLAYERS ARE NOT ALLOWED TO SIT WITH PARENTS DURING THE OPPOSITE TEAMS GAME!!!**

## Game Day Rules

1. Athletes must wear collared shirt, tie and pants on game days. Shirts are expected to be tucked in all day long.
2. Once the uniform is on the athlete he must remain in the gym or dressing room. Failure to do this could result in the loss of the uniform.
3. While on the bench, player should be supportive and attentive, no homework, electronic devices, or etc. on the bench.
4. **HILDEBRANDT WILL BE A CLASS ACT!!!** If another team is being disrespectful, we will not do the same.
5. **AFTER EACH GAME AND/OR PRACTICE PLAYERS GUARDIANS MUST BE ON TIME TO PICK UP THEIR ATHLETES!!! COACHES DO NOT WANT TO WAIT.** If there are problems, plan a carpool ahead of time.
6. If a player misses a game whether excused or unexcused it is up to the coaches to decide if that player should do extra work to earn their playing time back. This is not to be viewed as a punishment. It is a justification for the players who are there all the time.

7. After the game, win or lose Athletes must, in good sportsmanship, shake the opposing teams hand and then return to a designated spot appointed by the coach, until dismissed.
8. Under no circumstances, other than to sign athlete out, should a parent have to approach a coach while he is trying to get ready for the next game.
9. On the road, while B – Team is playing the A – Team must remain seated on the bench behind the B – Team, and when the A – Team is playing the B – Team must remain seated on the bench behind the A – Team.
10. Any athletic apparel or accessories worn on game day must be white for 8<sup>th</sup> grade and black for 7<sup>th</sup> Grade. For example, if your son wants to wear tights, sleeves, wristbands, and/or a headband it must be white for 8<sup>th</sup> grade and black for 7<sup>th</sup> grade.

### **Bus Rules**

1. Athletes are expected to be seated at all times for safety.
2. **NO YELLING OR SCREAMING ON THE BUS!!!**
3. At every stop, athletes need to be quiet so the driver can listen for sirens.
4. When leaving the bus, all trash must be picked up and windows closed.
5. Transportation to and from games away games. **All athletes are expected to ride the bus with teammates to away games. After away games athletes must ride bus home unless a parent signs them out with coach.**