

What the Coaches Expect

The coaches look forward to having the players compete to the best of their ability and to contribute to building a successful program. We seek to enhance a player's skill set and provide discipline and structure to help the players grow and mature. The coaches set high standards for the players, both on and off the court, in season and out of season. We ask that outside of basketball, players set a positive example and represent Spartan Basketball in a positive manner.

Coaches Philosophy

The coaches aim to achieve a competitive level of play and we want the players to improve each day while elevating their level of game.

What the Coaches Expect of the Players:

1. Team before Individuals
2. Give 100% effort and try your best at all times, no excuses
3. Learn from each practice and game
4. Be positive towards yourself and others around you
5. Represent Tech Basketball in a respectable manner
6. Respect is EARNED not GIVEN

York Tech Basketball Team Rules and Expectations

1. Be on time! Allow yourself enough time to get taped, stretch, or warm up before you step on the floor. You are not allowed to play until you are properly dressed.
2. No shooting around, running, etc. unless you have on proper dress and shoes for practice and games.
3. Coaches will not be responsible for any valuables a player may have.
4. **Cell Phone use is prohibited during practice.**
5. Practice will begin on time and end on time.
6. When a coach is instructing a player, everyone should stop and hold the ball to listen to what they are saying.
7. Players should wait in the locker room until the gym is ready in order to be respectful of the other teams or activities going on. There is no reason to be a distraction to others.

8. When you are not participating in a practice or drill, you are to watch and listen.
9. Do NOT criticize your teammates; we are a team. It is the coaches job to correct players. Inappropriate behavior, including foul language, will not be tolerated. Student athletes are representatives of the school and are expected to represent TECH during all home and away games. If necessary, disciplinary action will be taken by the members of the coaching staff.
10. WHEN YOU COME OUT OF A GAME, YOU GIVE EVERY PLAYER SITTING ON THE BENCH A HIGH FIVE. Your teammates were cheering for you as you played, give your teammates the respect they have earned or you will sit.
11. Respect everyone in the program.
12. Accept your role as a player and be positive towards others.
13. If you will not be at practice, the player must contact the Head Coach of their team. If you miss a practice the day before a game without prior approval from the Head Coach, you will not play. If you are tardy, you may not be considered for a starting position in the next day's game (Coaches discretion). Excessive absences or tardiness will result in appropriate disciplinary action by the coaching staff and may include expulsion from the team.

Playing Time

1Playing time during contests is a direct result of execution in practice, work ethic, athletic ability, attitude, attendance, academic eligibility, and behavior during the school day (this includes the York Tech uniform policy). The opportunity to participate in athletic contests is a privilege, not a right.

NO CELL PHONE USE DURING GAMES

Discipline

Discipline is essential if there is to be respect between a coach and a player. Without discipline or consequences, a team cannot function properly.

- If a player does not have the proper grades to participate in a sport, we will address the issue according to the York Tech Eligibility Rules. Furthermore, we

believe the player should reach out to the particular teacher that can help/tutor where the player is struggling.

- Behavioral issues will be discussed with the coach and player to seek proper consequences; the more serious the issue, the tougher the consequence.

Social Media Policy

Social media (and any other form of media) regarding a player's participation in the York Tech Basketball Program should be limited to positive messages only, not derogatory messages/statements directed to the team, players, coaches, opponents etc. When you post negative comments it reflects negatively on our school, program, community, and yourself. Your posts are **never** private. We ask that if you do have an issue, you discuss it with the coaches or athletic director first.

York Tech Basketball Agreement

The coaches will enforce a 24-Hour Cool Down Rule for after games before a player or parent contacts a coach. If a player/parent wishes to talk to a coach regarding a game, they must do so after 24 hours. This allows for a more rational discussion and the ability to find a better solution. Please make sure the players have rides to and from every practice.

No meetings during or after games. Coaches will NEVER discuss playing time with players, parents, guardians, etc. Players and Parent/Guardian(s) are also responsible for positive messages only, no derogatory messages/statements directed to the team, players, coaches, or opponents verbally or on any form of social media.

Clothing Policy

Practice Attire

Bring your practice jersey to EVERY practice. Absolutely no jewelry is to be worn at practice.

Game Day Attire

Players are to wear their warm up, or anything York Tech Basketball related. We will follow all PIAA uniform rules during games. Absolutely no jewelry is to be worn during games.

I have read the above policies for the York County School of Technology Boys' Basketball Team and I agree to abide by these rules/guidelines.

Athlete's
signature _____ Date _____

Parent
signature _____ Date _____