

# El Dorado Boys Basketball 2010 Fall

## PRACTICE GEAR

**SHOES** must fit properly. They must be tied snugly.

**ALL WHITE SOCKS.** Mid-calf length or longer.

**BLACK, GREY, SILVER, WHITE, GOLD SHORTS.** No sagging. Waistband will be over the hipbones.

**EI DORADO PRACTICE JERSEY OR SHIRT WITH COLORS LISTED ABOVE** must be tucked in.

**NO HATS, HEADBANDS, WRISTBANDS OR JEWELRY** are to be worn during practice.

**ANKLE BRACES** must be secured and fitted prior to 2:00 pm start time.

## PRACTICE STANDARDS

1. You will be on time. We will start at 2:00 pm sharp. Late start days 2:10 pm.
2. You will always put the team first.
3. You will always give the maximum effort at all times.
4. You will make a conscious effort to improve everyday.
5. You will keep yourself academically eligible.
6. You will follow school rules.
7. You will behave in class. No detentions, Saturday Work Details, Plagiarism or referrals.
8. You will respect other people's property.
9. You will clean up the gym, team room and weight room.
10. You will dress out for every practice. If you are injured, check with the coach and he will dismiss you to the trainer.
11. You will be properly groomed. No dyed hair, outrageous hairstyles, long sideburns, or goatees.
12. You will lose two points a day towards your grade for failure to adhere to the listed standards. Each player starts with 100 points towards their quarter grade. Please make doctor or dentist appointments for after 4:00 pm. Attendance is part of the class grade.
12. You will not attempt to referee or coach. You are a player who will focus on what you can control.
13. You will call Coach Mounce or Ortega or Yu if you are unable to attend practice and leave a voice mail.
14. You will respect **all** adults and fellow program participants. Insubordination will not be tolerated
15. Failure to follow the team rules may result in dismissal from the El Dorado Boy's basketball program.

## GAME GEAR

**PRPOERLY FITTED SHOES.** Varsity wears black shoes. Lower levels wear white shoes.

**ALL WHITE SOCKS.** Low level socks must be mid-calf length or shorter.

**SHORTS** must be pulled up over the hip bone.

**JERSEY** must be completely tucked in.

**NO HEADBANDS or WRISTBANDS**

**T-SHIRT** (same color as the jersey) may be worn under your game jersey.

Failure to follow the listed standards above will result in:

**1<sup>st</sup> offense**-player will sit out the entire or remaining practice time.

**2<sup>nd</sup> offense**-player sent home. Parent will be contacted.

**3<sup>rd</sup> offense**-player dropped from class and possible removal from the program.

**Playing basketball here is a privilege not a guarantee! Work hard and respect the game with the right attitude and you will get better every day. This is the most important time of the year to get better at passing, shooting, dribbling and defense!**

**Athlete's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent's Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

\*This will be put on EDBASKETBALL.COM as a PDF