

## Player Expectations

1. Have a good school day – success begins in the classroom.
2. Be early for everything – if you plan to be exactly on time, something may happen. Be prepared for any situation or emergency.
3. Always give your best effort. You play like you practice
4. Sprint to all drills/meetings.
5. Direct your eyes to the coach who is speaking – be a good listener.
6. Never criticize a teammate – we are a team/family
7. Give managers the same respect you give a teammate.
8. Learn the little things – try for perfection
9. Be positive. Enjoy practice – they may actually be fun.
10. No one is excused from practice without coach's permission even if to see the trainer.
11. React positively to your coach's decisions.
12. Be respectful and loyal to each other and your coaches. The team comes first.
13. Report all injuries to the coaching staff.
14. Attend practice even if you don't feel well or are hurt. Watching is still important.
15. Take care of your body – eat right, get plenty of rest, dress for the weather, drink water.
16. There are a lot of eyes watching you, not only at games but the way you act at school/public – Give them only good things to see.
17. **Keep your grades up.**