Dear Athletes and Parents/Guardians:

Welcome to Team Grind Time! We look forward to an exciting, and challenging AAU season. To make a quality team a reality, it requires dedication, cooperation, and teamwork from all involved in the program: athletes, parents and coaches. This letter includes our expectations as coaches of all members of the team and contains valuable information that will answer many of your questions about our program.

**Participation**

• Maintain a positive attitude about yourself and your team.

• Learn about your sport. There are many books, websites, and magazines to learn your sport.

• Your primary reason for attending G.T. is to improve on and off the court with the end goal to receive an education scholarship. Participation in a sport is a privilege of academic success. All student athletes must be passing all classes in order to be eligible for athletics. Minimum GPA 2.3.

**Sportsmanship**

• Good sportsmanship is really nothing more than good manners and extending common courtesy to all athletes, coaches, officials, parents, and fans regardless of which team they represent.

• Be a team player.

• Stay positive and lose gracefully.

• Respect officials and rival spectators.

• Parents be good role models for your children.

**Attendance**

**Attendance at practices is mandatory.** Practice attendance is one of the most important ingredients to a successful **TEAM.** An absence is only acceptable when:

• Absent from school

• Family emergency

• Medical/Dental Appointment with at least ONE WEEK notice.

• You must communicate with a coach if you know you plan to be absent from a practice/ game. • A parent letter or email must be sent ONE DAY in advance if a practice or game is missed. Letters sent the day of or after will not be accepted.

• Missing is subject to loss of playing time and will be made up before, during or after practice.

**Practice**

• Please arrive at all practices on time.

• Please arrive **on time to pick up your child for after school practices or games.**

• **Continuously missed practices will affect your playing time on game days.**

Games

•

**Nutrition**

• You are what you eat. Make sure you’re making healthy lunch choices at home and school. Bring healthy snacks to eat prior to games.

• Drink a gallon of water.

• DO NOT EAT CANDY OR OTHER SWEETS, HIGH FAT FOODS, OR DRINK SODAS.

Conflicts/ Concerns If a parent or an athlete has a concern, issue or anything that needs to be addressed, they will follow this protocol:

*1st: The athlete will schedule a meeting with the coach to discuss concerns.*

*2nd: If the issue is not resolved then the player, parent and coach will meet.*

*3rd: If further resolution is needed, then the coach will schedule a meeting with an administrator, the coach, player and the parent.*

Please respect this system of rules.

**Behavior Expectations**

This contract will be used to assure success on Team Grind Time Basketball.

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, will follow all school rules and behavior expectations for Team Grind Time.

**GOALS FOR STUDENT**

1. Positive communication and interactions with teammates and coaches.

2. Respecting school property, attire and rules.

3. Please respect ourselves, others, and the properties of others when visiting other school campuses.

4. Respect school bus travel by showing mature self-discipline to and from away games.

5. Learn to control your temper and keep negative comments to yourselves.

6. Do not discuss concerns of other student athletes. If goals are not met, the student athlete will have consequences:

• **First Offense:** Suspension from one game; the athlete will cheer on the team from the bench.

• **Second Offense:** Suspension for one week: practice and the game; the athlete will Not attend practice or the game.

• **Third Offense:** Removal from the team

**Parental Involvement/Volunteers**

Parents and others interested in the sport are not only welcome to volunteer, but are vital to the success of our team. To continue this excellence we need volunteers to provide snacks, water and other things. We will also be looking for Team Moms.

Again, welcome to the team! Let’s work together to make this a fun and successful season.

Sincerely,

Team Grind Time

**Parent and Athlete Signature Page**

Please Sign and Return Below.

If this document is not returned, the athlete’s participation will be delayed.

I have received and read the eligibility requirements and rules for the Grind Time athletics and understand the expectations and consequences outlined by the coaches. By signing this contract all parties agree to the stipulations in the document and will follow accordingly.

Please sign and return this page only to the coaches.

Grade Level: \_\_\_\_\_\_\_

Parent Cell: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent E-mail:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Date Athlete Print Name Athlete Signature

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Date Parent Print Name Parent Signature