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12 "F.O.R.M.mandments": Player Contract 2026-27 Fall/Winter Season

1. Thou shall agree to arrive at least 15-20 minutes prior to start time of practices/training (proper activations & warm-up, discussion with Dr. Bernard, Dr. Cruz, Medical or coaching staff on injuries, etc.)
2. Thou shall agree to meet with coaches on a bi-weekly basis for academic check-ins (via phone or Zoom) and will be in attendance for all team film sessions and meetings
3. Thou shall agree to maintain a **minimum cumulative GPA of 70.0% (1.70)**. F.O.R.M. Basketball Academy will ensure to check in with players/parents 2-3 times a semester (around progress & report card time)
4. Thou shall agree to hydrate sufficiently throughout the day. Especially on practice or game days (aim to finish 1 L of water throughout the day)
    a. Thou shall agree to have sufficient water and/or Gatorade for all practices/training/games (prevention of dehydration – must have their own water bottles/no sharing permitted)
    b. Thou shall agree to finish 500 ml-1 L of water post-practice/training/games as ***per the direction of the Division of Sports Science***
5. Thou shall aim to have a small protein source (5-10 grams) and carbohydrates (grapes, carrot sticks, granola bar) for post-training glycogen recovery
6. Thou shall aim to eat a nutritious meal approx. 75-90 minutes prior to practice/training/games
7. Thou shall agree to speak with any of the coaches if they become lightheaded, dizzy, experiences shortness of breath or any COVID-19 related symptoms at any time during the course or practices/training/games
8. Thou shall agree to ***communicate at minimum 48 hours prior to*** practices/training/games if you are unable to attend practice – **Exception:** if ill the day off, then shall agree to notify us of their absences as soon as possible. **Communicate directly with the Head Coach + an email must be sent to** payments@formbasketball.com with your first and late name in the subject line Eg: *John Smith – Absent from practice/game – date*
    a. Failure to provide the ***minimum of 48 hours*** notice will result in a levied penalty as follows, along with Point #9: - these infraction fees **MUST** be paid prior to being permitted to practice and/or compete, but the athlete is still **REQUIRED** to attend practices/competitions – ***Above also applies to lateness to and/or missed practices and will be strictly enforced. Accountability is key!***
        i. **First infraction** = $25.00
        ii. **Second infraction** = $50.00
        iii. **Third infraction** = $75.00
        iv. **Fourth infraction** = Dismissal from the Academy
9. Thou shall agree to attend all practices/games/training and provide proper notification. If a practice is missed without notification, I understand that I will sit a half; 2nd missed practice without notification results in sitting a whole game; 3rd missed practice without notification will result in my dismissal from the team, along with incurred infraction fees being paid (**Note:** no refunds of team fees will be granted in whole or in part)
10. Thou shall agree to uphold the mission statement/goal of F.O.R.M. and be an ambassador for the program, both on the court, in the classroom, in the community and across all social media
11. **NO REFUNDS** shall be offered nor granted for paid team fees in whole or in part. Missed practices, games, injuries, resignation from team or dismissal with cause **ARE NOT** grounds for requesting a refund. Under extreme extenuating circumstances, will the Head of Finance & Administrator consider a team credit to be carried forward to the immediate next season of play (e.g., Fall/Winter to Spring/Summer)



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12. Payment methods are via credit card (this form **MUST** be on file with our HOF) or via e-transfer. **Please note:** you may still pay via e-transfer, however, a credit card on file is still required. Credit card chargebacks due to insufficient playing time, missed practices (this includes if the HOF reduces practices due to lack of player attendance), leaving to play for another team are **NOT** grounds for initiating one and will be subject to **a $500.00 fine** levied by the HOF – any issues, contact payments@formbasketball.com
13. Late payment fees are as follows:
    a. a 2% per day interest charge shall be levied up to the 7th day
    b. At the 7th day mark, should payment, the remaining balance is due in full
        i. **Note:** any payment plans will be **VOIDED** and the remaining balance is due in full
    c. A player will **NOT** be permitted to participate in any team activities until all balances/accounts have been brought up to date

By agreeing to this Player Contract, both Player and Parent/Legal Guardian (if player under the age of 18) certify that they have read and understood all portions. Both agree to abide by the contract and will adhere to all portions of the contract terms and F.O.R.M.'s Terms & Conditions found here: https://formbasketball.com/register *(scroll halfway down)*

Failure to follow through with adherence could result in a player's potential removal or termination from F.O.R.M. Basketball Academy forthwith and with no refund provided. Any outstanding balances must be paid in full. This agreement shall be in place for a period of 365 days, unless written consent is provided to terminate – 30 days advance notice is required.

_____ **(Player Name)** _____ **(Player Signature)**

_____ **(Parent Name)** _____ **(Parent Signature)**

_____ **(Date – mm/dd/yyyy)**