



Fundamentals – Organization – Respect – Motivation

“Achieve the gold standard with us”

12 “F.O.R.M.mandments”: Player Contract 2024 Spring/Summer Season

1. Thou shall agree to arrive at least 15 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%**. F.O.R.M. Basketball Academy will ensure to check in with 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)
5. 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)
6. 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***
7. Thou shall aim to have a small protein source (5-10 grams) and carbohydrates (grapes, carrot sticks, granola bar) for post-training glycogen recovery
8. Thou shall aim to eat a nutritious meal approx. 75-90 minutes prior to practice/training/games
9. 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
10. Thou shall agree to **communicate at minimum 24 hours prior to** practices/training 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. **Email must be sent to payments@formbasketball.com** with your first and last name in the subject line **Eg: John Smith – Absent from practice/game – date**
11. 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 (**Note:** no refunds of team tuition fees will be given)
12. 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



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By agreeing to this Player Contract, both Player (named in registration form) and Parent/Legal Guardian (named in registration form) 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, Failure to do so, could result in 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.

_____ (Player Name) _____ (Player Signature)

_____ (Parent Name) _____ (Parent Signature)

_____ (Date – mm/dd/yyyy)