



**Fundamentals – Organization – Respect – Motivation**

***"Become your best with us"***

**Player Contract 2020-21 Season**

1. Players aim to be a training at least 15 minutes prior to the start time (proper warm-up, stretching, discussion with Dr. Bernard on injuries/nagging injuries, taping, etc.)
2. Players must bring their homework/school work to each training session
3. Players must 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. Players must aim to finish 1 L of water throughout the day
5. Players must have sufficient water and/or Gatorade (only) for all training sessions (prevention of dehydration)
6. Players aim to finish 500 ml-1 L of water post-training
7. Players aim to have a small protein source (5-10 grams) and carbohydrates (grapes, carrot sticks, granola bar) for post-training glycogen recovery
8. Players aim to eat a nutritious meal approx. 60-90 minutes prior to training
9. Players agree to speak with Dr. Bernard or any of the Coaches if they become lightheaded, dizzy or experience shortness of breath during training sessions

**Terms & Conditions:**

1. All training sessions are to be attended by players (minimum 1 per week)
2. For optimum results of skill development, players are to attend at minimum 5 sessions and commit to doing individual training on their own; optimum results start to be achieved after approximately 9 weeks
3. Players are required to wear Under Armour F.O.R.M. gear at all training sessions, practices or F.O.R.M. related events. To purchase gear, click here: <https://formbasketball.com/shop/ols/products>
4. **Cancellation Policy:** if unable to attend a training session, 24 hour notice must be provided via email to any of the coaches or Dr. Bernard. **If cancellation occurs after the requisite 24 hours and/or without notification, a \$35.00 charge will be incurred and that missed session will count (Exemption: illness day of training or injury – we must be informed via email ASAP).**
5. **3 missed training sessions and/or team practices without the appropriate 24 hour notice or without notification will result in the player being dismissed from F.O.R.M. NO REFUNDS WILL BE PROCESSED**
6. **There will be a deposit of \$75.00 charged at the start of each new registration. This deposit is meant to act as a deterrent for players to not skip training sessions. Full deposits shall be returned back to parents after 1 year (or rolled into the following year's fee), provided that there have not been any cancellations or violations of the terms & conditions. Partial deposits shall be returned less the various cancellation fees**
7. Refunds **WILL ONLY** be offered on 1 year term contracts – 6 months of membership **MUST** have been completed before a refund will be issued. That refund will be as follows: \$50 for each month remaining on the term, plus a \$100.00 administrative fee. Please refer to the FAQs on our website: [www.formbasketball.com/faqs](http://www.formbasketball.com/faqs). If an issue arises (Eg: player sustains a long-term injury, etc), a player can suspend their membership until return to play. The time off will be added to

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***Website: [www.formbasketball.com](http://www.formbasketball.com)***

***Email: [payments@formbasketball.com](mailto:payments@formbasketball.com)***

***Instagram: [f.o.r.m.\\_basketball](https://www.instagram.com/f.o.r.m._basketball)***

***Twitter: [@FORMBasketball](https://twitter.com/FORMBasketball)***

***Facebook: [www.facebook.com/formbasketball](https://www.facebook.com/formbasketball)***



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the end of that session and/or term. Please email our Head of Finance & Administrator if this situation arises at [payments@formbasketball.com](mailto:payments@formbasketball.com)

8. Payments not made by specified deadlines **will incur a 2% daily fee** of the original amount. After 5 days, the balance is due in full or a player may not be able to register for that term and/or will not be permitted to participate in sessions or team activities. Email [payments@formbasketball.com](mailto:payments@formbasketball.com) should you have any further questions
9. All rates/term pricing are subject to change without notice
10. All training sessions will be at UBC Student Recreation Center or UBC Rashpal Dhillion Track and Field Oval, West Point Grey Community Center – Aberthau, Kitsilano Secondary School or Kitsilano Beach. Training sessions run 60-90 minutes (dependent on training day and location)
11. All training dates/times are subject to change. If any changes are to occur, we will communicate that via email ASAP (**Please Note:** there will be times when the facilities we rent cancel and/or change our dates/times. As we have no control over that, we please ask for your patience and understanding in this)
12. F.O.R.M. Basketball adheres to the Long-term Athletic Development Model (LTAD) for all training sessions and also with adherence to Canada Basketball requirements (Eg: teaching/following of FIBA Rules, all Coaches are NCCP certified, etc.)
13. F.O.R.M. Basketball adheres to the Coaches Association of Canada (CAC) off-season training mandates and recommendations (<https://www.coach.ca/shawnee-harle-chpc-basketball-p157437>)
14. **Mission Statement:** The Mission of F.O.R.M. Basketball Academy is to be a model High Performance program by exemplifying character and integrity on the court, in the community and in the classroom. We seek to develop excellence by promoting the importance of academic achievement and sportsmanship. We also strive to cultivate an appreciation for the benefits of hard work, self-motivation and perseverance to develop student-athletes who will project a positive image not only with our program, but in the community as well. We encourage and empower our student-athletes to not only be great basketball players, but overall world class citizens.
15. **Goal:** Our program emphasizes respect for oneself, teammates, coaches and others; providing an avenue to build growth and confidence. Such confidence will carry the student-athlete now and in the future. We are a program of inclusiveness, accepting one another regardless of religious background, race, color or creed. Our goal is to have each of our student-athletes, parents and coaches "become their best with us".
16. F.O.R.M. Basketball Academy will post pictures/videos of training sessions that include players and their likeness. This is done to document/show players and parents what each training session achieves, while showcasing the players talents to potential members and prospective Provincial and Post-Secondary Coaches and programs. These posts shall be on our official social media platforms of Instagram, Twitter and Facebook along with the [formbasketball.com](http://formbasketball.com) website
17. Coaches at F.O.R.M. exercise the right to dismiss and/or remove a player(s) for misbehavior, inability to follow the F.O.R.M. standards or respect for oneself and others (<https://formbasketball.com/goal-%26-mission>), **excessive use of vulgar language, bullying (including cyberbullying) or refusal to train**
18. There is a zero tolerance policy for fighting, violent behavior, cyber-bullying or drug usage. A player will be removed from the session and a meeting will take place between player, coaches and parents to discuss that player's continued participation in the Academy
19. **Contact information** – website: [www.formbasketball.com](http://www.formbasketball.com) – [socialmedia@formbasketball.com](mailto:socialmedia@formbasketball.com) (Head of Basketball & Social Media - Inquiries/Basketball related Information) – [payments@formbasketball.com](mailto:payments@formbasketball.com) (Finance/Accounting/Attendance/Registration) - Instagram: [f.o.r.m.\\_basketball](https://www.instagram.com/f.o.r.m._basketball) – Twitter: [@FORMBasketball](https://twitter.com/FORMBasketball)

By agreeing to this Player Contract/Terms & Conditions, 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, Player Contract and Terms & Conditions. Failure to do so, could result in

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player’s potential removal or termination from F.O.R.M. Basketball Academy and/or pursuit of legal action for breach of session or term contract.

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