

ROCKET CITY FALCONS BASKETBALL

What Every Falcon Should Know

Read aloud with your team at the first practice of the season

You are here to play basketball, get better, and have fun. Part of our job is keeping you safe while you do that. Here is what you should expect from us, and what to do if something ever feels wrong.

Rules your coaches follow

- A coach will not be alone with you somewhere no one else can see. If you need to talk, we talk on the floor or in an open doorway.
- Most team messages go through GameChanger or a group text with your parents on it. A coach may text you by yourself about practice, rides, or gear, and they are not allowed to delete those messages. If a coach messages you about anything else, tell your parents.
- A coach will not ask you to keep a secret from your parents. Not ever, and not about anything.
- A coach will not give you gifts, money, or special privileges that your teammates do not get.
- A coach will not drive you anywhere by yourself. There will always be another adult or another player in the car.
- No pictures or videos taken in the locker room or the bathroom — that goes for players, coaches, and parents.

Touch that is okay, and touch that is not

Okay: a high five, a fist bump, a handshake, a pat on the shoulder or upper back, a quick side hug, or a coach moving your hands or feet to show you the right form — in the open, where people can see.

Not okay: anything under your clothes or on the parts of your body a swimsuit covers. Wrestling, tickling, slapping your backside, or any touching that keeps going after you say stop.

You are allowed to say stop. If you tell a coach to stop and they do not, that is not your fault and it is not something you have to put up with. Tell someone.

How we treat each other

Some things are not jokes and are never allowed on this team:

- Pulling down someone's shorts or pants
- Hazing, initiations, or making a new player “earn” their spot
- Bullying, threats, or ganging up on a teammate — in person, in a group chat, or online
- Anything sexual said or done to a teammate, even as a joke
- Taking or sharing pictures of a teammate in the locker room or bathroom

If any of this happens to you or you see it happen to someone else, tell a coach. You will not be in trouble for telling.

If something ever makes you uncomfortable

Tell someone. Any coach, your parents, or a Falcons board member. You can pick whoever feels easiest — you do not have to tell the person closest to the problem.

You will be heard. You will not be in trouble. It is not your fault. And we will not ask you to prove it before we take it seriously.

Scott Borchers, Board President · 256-603-0048 Kevin Turney, Vice President · 256-227-7180

If you are ever in danger right now, call 911. You can also call 1-800-422-4453 child help hotline any time, day or night, and talk to someone who is not part of our program.

Nothing on this page needs to be signed. It is yours to keep. If you have a question about any of it, ask your coach or your parents — asking is always okay.