



Practice and Game: Player Expectations and Responsibilities

- 1) Always be a good teammate
- 2) Only cheer positively
- 3) Don't laugh or make fun of someone if they aren't as good as you at something
- 4) Don't talk when the coaches are talking
- 5) Look your coach in the eyes when they are speaking to you
- 6) Practice isn't the time to goof around, and it won't be tolerated
- 7) Any player messing around on the bench and not engaged during games will be asked to sit with their parents
- 8) Any player taken out of the game sits next to the coach
- 9) Uniform shirts are always to be tucked into your shorts
- 10) Have no discussions, comments, or disapproving expressions to the referees
- 11) Hand the ball to the referee after a whistle
- 12) Work harder on defense than offense
- 13) If a competitor is taunting you or gets in your face, you're expected to be the bigger person and walk the other way
- 14) Do not ask to go into the game at any time
- 15) All players stand up and gather around the coach during all timeouts
- 16) Never wear your uniform or practice jersey outside of a Rams event
- 17) Only white or black undershirts are permitted during games
- 18) Practice jerseys must be worn at every practice
- 19) Always try your best
- 20) Have fun!

PLAYER NAME: _____

PLAYER SIGNATURE: _____ **DATE:** _____