Summit Basketball Covenant

Hard work beats talent when talent doesn’t work hard.

Deserve To Win

Attitude of excellence on and off the court

Proper Preparation Prevents Poor Performance

Priority list once the season starts
1. God
2. Family
3. School
4. Team

Covenant – A binding agreement…All the values, goals, do’s and dont’s of the team

1) Always be on time. Be at practice, games, meetings 5 minutes early. DTR means dressed, taped, and ready for practice on time. Practice starts at 2:55 everyday. You are expected to shoot 20 free throws before we start practice.

2) When a coach is talking, stop and listen. You can’t pay attention if you are moving or talking. When a coach makes a point to one player, he is talking to all players. When on the sideline, watch a player in your position so that you won’t make the same mistake as him.

3) Talking to another player or screwing around while a coach is talking will result in dismissal from practice. We have no time to repeat what has already been said.
4) Always go game speed in practice. Don’t ever walk anywhere on the floor. Get from one drill to the next as quickly as possible.

5) No jewelry, headbands, shooting sleeves, or any other item that might call attention to yourself while wearing a Summit uniform.

6) Look your coaches and teammates in the eyes when they are talking to you.

7) Don’t waste time by taking extra shots or dribbles after the whistle blows. No balls should be used while you are standing on the sideline unless you have been given permission from a coach.

8) No talking while shooting free throws.

9) Playing time is EARNED, not given. Minutes in games will come from competing and performing on a daily basis in practice.

10) Understand your role on the team and embrace it. The total is greater than the sum of the parts. Everyone is important to the success of the team.

11) We will play our best 5, not our 5 best.

12) Continue to get better every day. Continuous improvements in small increments.

13) Don’t let anything affect your focus in a practice or game. Court conditions, referees, people in the stands, can all be overcome if we focus and play together as a team.

14) Communicate with your teammates and coaches. Talk on the court, especially on defense. Tell your coaches when you are going to miss practice or something is going on in your life.

15) Don’t bring your baggage on the court. Check attitude and negativity at the door.

16) If you miss practice before a game, you will not play in that game. This does not include a player that has had a sickness or another valid reason that has been cleared by the coaching staff. Each situation will be handled individually.

17) Don’t transfer blame to anyone but yourself. What could you have done to make it better?

18) Every decision you make in the classroom, on the court, or in the real world will affect you in some way. Do things the right way all the time. Do things the Spartan Way.
19) Your grades will be monitored by the coaching staff. Any player struggling in the classroom may be asked to stop playing for a time period to handle academic issues. If you can’t pass, you can’t play.

20) You must see yourself being successful before you can become successful. Dream it and you can be it.

21) Turn cell phones off while in the locker room. This is our classroom and we don’t need any outside distractions in the locker room.

APPEARANCE
1. Every player is expected to be dressed in the team uniform in practice or a game.
2. Hair is expected to be neatly kept during a game & on the road.
3. Pants are expected to be worn on the waist with no underwear showing.
4. Players are expected to keep up with and wash their practice gear and uniforms before every game or practice. If you come to practice without your uniform, get ready to run. If you come to a game without your uniform, get ready to sit.
5. On home game days, players are expected to wear a collared shirt, tie, & nice pants to school.
6. On travel days, players are expected to wear their team sweats.
7. Varsity players that are not playing due to injury or suspension are expected to sit on the bench in team dress for away or home games.

ATTENDANCE
1. Each player is expected to attend every team function unless otherwise cleared by the coaching staff.
2. A player that misses practice without clearance will be disciplined by the coaching staff. Missing 2 or more practices could result in dismissal from the team.
3. If you are late to practice be ready to run at the end of practice.
4. If you are late to meet the bus to go to an away game, the bus may be gone when you arrive.
5. Players are expected to attend all practices and games over Thanksgiving and Christmas Holidays.
6. Freshman and JV players are expected to attend varsity games and events unless cleared by the coaching staff. They are expected to help with game administration (video, stats, water, etc.)

Behavior
1. Each player is expected to stay out of trouble in school or on a road trip. Any player that is disciplined by the school will also be disciplined by the coaching staff.
2. A player in ISS may not participate in practice or a game on the day he has ISS.
3. A player in OSS may not be on school grounds or at a school function on the day he is suspended.
4. Bad language will not be tolerated on the team & will result in punishment if heard by the coaching staff.
5. Any use or possession of drugs or alcohol by a player will result in dismissal from the team.
6. All players are expected to show respect to the coaching staff, faculty, administration, officials, parents, and each other at all times. Any show of disrespect will be handled by the coaching staff and could result in dismissal from the team.
7. Any act of vandalism or theft will not be tolerated by the coaching staff & will result in a suspension from the team until a meeting can be held with the parents & administration.

Travel Behavior
1. Boys will sit at the front of the bus 2 to a seat unless there is room to spread out.
2. On the way to the game, talking is to be held to a whisper. Your focus should be on the game that we are about to play, not on talking to the girls, texting, etc.
3. Cell phones will be collected by the coaches once we step foot on the bus. Cell phones will be given back to players after the game.
4. No card playing on the bus or at the gym.
5. Once arriving at the gym, we will sit together as a team in the same section of the bleachers.
6. We will go to the locker room with 4:00 left on the clock in the 3rd quarter.
7. Players are expected to ride the bus back to school with the team after a game. Any player riding back home with a parent must be cleared with the coaching staff.