

**LINCOLN HIGH SCHOOL  
HOME OF THE FIGHTING ZEBRAS**

**LADY ZEBRA BASKETBALL  
TEAM RULES AND EXPECTATIONS**

**RULES:**

1. BE ON TIME
2. ALWAYS GIVE 100% (YOUR BEST EFFORT EVERY PRACTICE AND GAME)
3. NEVER GIVE UP

**EXPECTATIONS:**

1. YOU HAVE SIGNED THE SCHOOL STUDENT CONDUCT CODE. PLEASE MAKE SURE YOU UNDERSTAND ALL RULES.
2. WE EXPECT THE PLAYERS TO BE AT EVERY PRACTICE AND EVERY GAME. THEY WILL RECEIVE A GAME/PRACTICE SCHEDULE FOR THE SEASON. PRACTICES ARE EVERY MONDAY THROUGH FRIDAY. \*\*FRIDAY PRACTICES ARE VERY IMPORTANT TO ME- IT SHOWS ME WHO IS TRULY COMMITTED TO THE PROGRAM AND WANTS TO PLAY BASKETBALL\*\* REMEMBER, YOU ARE PART OF A TEAM AND YOUR ACTIONS HAVE A DIRECT EFFECT ON THE SUCCESS OF THE TEAM.
3. IF A PLAYER IS FEELING ILL OR INJURED, WE WOULD LIKE THEM TO WATCH PRACTICE OR PARTICIPATE AS BEST THEY CAN. MISSED PRACTICES MUST BE MADE UP. PLAYING TIME IS EARNED AT AND DURING PRACTICES. MAKE-UP TIME CAN BE DONE WITH HUS BEFORE OR AFTER PRACTICE (ONE-ON-ONE WORK GETS GREAT RESULTS!).
4. PLAYERS MUST HAVE A 2.0 GPA FROM THE PREVIOUS GRADING PERIOD TO BE ELIGIBLE TO PLAY. LADY ZEBRA BASKETBALL EXPECTS OUR ATHLETES TO POSSESS AND MAINTAIN A 2.5 GPA. ANY PLAYER WHOSE GPA DROPS BELOW A 2.5 (BUT STILL ABOVE A 2.0) MAY NOT START A GAME AND WILL BE REQUIRED TO ATTEND TUTORING UNTIL THEIR GPA IS A 2.5. SCHOOLGY WILL BE CHECKED DAILY.

5. IT IS A PRIVILEGE TO PARTICIPATE ON AN ATHLETIC TEAM AND SHOULD NOT BE TAKE LIGHTLY. IT SHOULD BE UNDERSTOOD THAT BEING A MEMBER OF THE TEAM DOES NOT GUARANTEE YOU EQUAL PLAYING TIME, NOR DOES IT GUARANTEE YOU WILL PLAY IN EVERY GAME.
6. ALL PLAYERS MUST RIDE TO A CONTEST ON SCHOOL TRANSPORTATION. THEY MAY RIDE HOME FROM A CONTEST ONLY WITH A PARENT OR LEGAL GUARDIAN. THE PLAYER MUST BE SIGNED OUT WITH A COACH BEFORE LEAVING THE CONTEST.
7. WE EXPECT THE ATHLETES TO BE **LADIES** OFF THE COURT AND **ATHLETES** ON THE COURT. THEY REPRESENT LINCOLN HIGH SCHOOL, YOU (PARENTS) AND US (COACHES) AND WE EXPECT THEM TO ACT ACCORDINGLY IN ANY SITUATION. WE EXPECT ALL COACHES AND ATHLETES TO SHOW RESPECT FOR THE GAME AND ALL INDIVIDUALS INVOLVED (TEAMMATES, OPPONENTS, COACHES, AND OFFICIALS).
8. MISTAKES WILL BE MADE BY PLAYERS AND COACHES. IT IS NOT THAT YOU MAKE A MISTAKE, BUT WHAT YOU DO AFTER THE MISTAKE IS MADE WHERE MATURITY IS EXPECTED (I.E. HUSTLE AFTER THE BALL, NO YELLING AT TEAMMATES, NO FINGER POINTING OR EXCUSES).
9. YOU MAY NOT LIKE AND MAY DISAGREE WITH DECISIONS MADE BY COACHES, BUT YOU MUST **ACCEPT** THEM. DECISIONS ARE MADE WITH THE BEST INTERESTS OF THE **TEAM** IN MIND.
10. RESPECT OTHER PLAYERS WHO WILL BE MORE SKILLED OR LESS SKILLED THAN YOU ARE. YOU WILL BE EXPECTED TO WORK WITH AND SUPPORT ALL TEAMMATES.
11. QUESTIONS OR PROBLEMS BETWEEN A PLAYER AND A COACH WILL BE EXPECTED TO BE RESOLVED THROUGH A PLAYER-COACH CONFERENCE FIRST. QUESTIONS WILL BE ANSWERED HONESTLY AND WITH NO REPERCUSSIONS. ONGOING COMMUNICATION BETWEEN ALL PARTIES WILL HELP PREVENT MANY PROBLEMS OCCURRING.