

**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. SCHOODOLOGY 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.

SOCIAL MEDIA GUIDELINES:

Lady Zebra Basketball recognizes and supports its student-athletes' rights and freedom of speech, expression, and association, including the use of online social networks. Any online postings must therefore be consistent with federal and state laws, team rules, and school policies (including the guidelines below).

GUIDELINES:

If you participate on a social networking site or use social media, you must keep the following guidelines in mind:

- Everything you post is public information- any text or photo placed online is completely out of your control the moment it is placed online- even if you limit access to your site. Information (including pictures, videos, comments, and posts) may be accessible even after you remove it.
- What you post may affect your future. Many employers and college admissions offices review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posts).
- Similar to comments made in person, Lady Zebra Basketball will not tolerate disrespectful comments and behavior online, such as:

Derogatory language or remarks that may harm teammates, coaches, other student-athletes, opponents, or representatives of other schools.

Incriminating photos or statements depicting violence, hazing sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking underage drinking, selling possessing, or using controlled substances.

Creating a serious danger to the safety of another person or making credible threat of serious physical or emotional injury to another person.

Indicating knowledge of an unreported school or team violation regardless if the violation was intentional or unintentional.

In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a Place where you can say and do whatever you want without repercussions. The information You post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud of for years to come.